

Organised by the Volleyball Association of Hong Kong, China
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme for Volleyball

Purpose: To provide testing standards and awards for trainees participating in volleyball training, and to encourage their continuous improvement and upgrade of skills.

Type of Badges: 1. Four levels of award, namely Platinum, Gold, Silver and Bronze
 2. Contents of the tests

Badge	Assessment Items
Platinum	Serve, underhand pass, overhand pass, block and spike (higher skill requirements)
Gold	Serve, underhand pass, overhand pass, block and spike
Silver	Serve, underhand pass, overhand pass, single-hand pass
Bronze	Serve, underhand pass, overhand pass

(Remarks: *Trainees who has obtained the Platinum Badge will be exempted from the skill assessment of the Coaches Course offered by the Volleyball Association of Hong Kong, China (VBAHK).)

Award/ Participation Method: Trainees of the volleyball training courses of the Outreach Coaching Programme under the School Sports Programme may ask to be assessed by coaches at the end of the courses based on the contents of the respective tests. Besides, badge assessment tests are also organised regularly by the LCSD and the VBAHK every year.

Collection of Badges and Certificates: Schools may contact the VBAHK to purchase badges and certificates, and enquire of relevant fees.

Enquiries (1): The Leisure and Cultural Services Department
Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin

Telephone No.: 2601 7602 **Fax:** 2684 9076
Website: www.lcsd.gov.hk **Email:** ssp@lcsd.gov.hk

Enquiries (2) : The Volleyball Association of Hong Kong, China
Address: Room 1007, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong

Telephone No.: 2771 0129 **Fax:** 2834 6510
Email: info@vbahk.org.hk

School Sports Programme – Badges Award Scheme
Standards and Assessment of Volleyball Badges

Badge Skill	Platinum	Gold	Silver	Bronze
1. Serve	<p>Procedures:</p> <p>1. The candidate serves 10 times at the same spot behind the end line, using the same skill (overhand or underhand).</p> <p>2. The opposite court is divided into 9 zones, each of which carries a different score. When the ball lands on a certain zone, the candidate earns the respective score of that zone. The coach will also give a maximum score of 5 based on the technical performance.</p>	<p>Procedures:</p> <p>1. The candidate serves 10 times at the same spot behind the end line, using the same skill (overhand or underhand).</p> <p>2. The opposite court is divided into 9 zones, each of which carries a different score. When the ball lands on a certain zone, the candidate earns the respective score of that zone. The coach will also give a maximum score of 5 based on the technical performance.</p>	<p>The candidate serves 10 times (underhand or overhand) anywhere behind the end line. 1 point will be scored for each successful serve to the 9 metre x 9 metre area in the opposite court .</p>	<p>The candidate serves 10 times (underhand or overhand) 2 metres in front of the end line. 1 point will be scored for each successful serve to the 9 metre x 9 metre area in the opposite court.</p>
2. Underhand Pass	--	--	<p>The candidate stands 6 metres away from the net to receive 10 balls over the net, with underhand, from the coach on the 3-metre line in the opposite court. 1 point will be scored if the ball is higher than the net and lands on the 4.5 metre x 3 metre area in his/her own court.</p>	<p>The candidate stands 4-6 metres away from the net to receive 10 balls over the net, with underhand, from the coach. 1 point will be scored if the ball passes over the net and lands on the 4.5 metre x 9 metre area in the opposite court.</p>
3. Overhand Pass	--	--	<p>The candidate stands 6 metres away from the net to receive 10 balls over the net, with overhand, from the coach on the 3-metre line in the opposite court. 1 point will be scored if the ball is higher than the net and lands on the 4.5 metre x 3 metre</p>	<p>The candidate stands 3 metres away from the net to receive 10 balls over the net, with overhand, from the coach. 1 point will be scored if the ball passes over the net and lands on the 4.5 metre x 9 metre area in the opposite court.</p>

			area in his/her own court.	
4. Single-hand Pass	--	--	The candidate receives 10 balls, all higher than the net, near the net with a single hand (standing serve or jump serve) from the coach inside the court (on the right side of the candidate). 1 point will be scored if the ball passes over the net and lands on the 6 metre x 4.5 metre area in the opposite court.	--
5. Underhand Pass	<p>Procedures:</p> <ol style="list-style-type: none"> 1. The candidate stands in the centre of a 4-metre-wide area 6 metres away from the net. 2. The assistant stands on the 3-metre line in the opposite court. 3. The candidate has to move left or right horizontally away from the centre of the designated area and return to the designated area to receive the ball. 4. The assistant throws the ball at the designated area when the candidate leaves the designated area and touches the ground. 5. The candidate passes the ball to the target with underhand. 6. After passing the ball, the candidate has to move horizontally away from the 	<p>Procedures:</p> <ol style="list-style-type: none"> 1. The candidate stands in the centre of a 4-metre-wide area 6 metres away from the net. 2. The assistant stands on the 3-metre line in the opposite court. 3. The candidate has to move left or right horizontally away from the centre of the designated area and return to the designated area to receive the ball. 4. The assistant throws the ball at the designated area when the candidate leaves the designated area and touches the ground. 5. The candidate passes the ball to the target with underhand. 6. After passing the ball, the candidate has to move horizontally away from the 	--	--

	<p>designated area to one side, touch the ground and return to the designated area to receive the next ball.</p> <p>7. The candidate has to make 10 underhand passes. 2 points will be scored if the ball is higher than the net and lands on the 1 metre x 1 metre target near the net in his/her own court. The coach will also give a maximum score of 5 based on the technical performance.</p>	<p>designated area to one side, touch the ground and return to the designated area to receive the next ball.</p> <p>7. The candidate has to make 10 underhand passes. 2 points will be scored if the ball is higher than the net and lands on the 1.2 metre x 1.2 metre target near the net in his/her own court. The coach will also give a maximum score of 5 based on the technical performance.</p>		
6. Overhand Pass	<p>Same procedures as those of underhand pass except for with overhand.</p>	<p>Same procedures as those of underhand pass except that with overhand.</p>	--	--
7. Block and Spike	<p>Procedures:</p> <p>1. Assistant A stands in the middle of the court near the net and throws the ball to the 4th position above the top of the net.</p> <p>2. The candidate spikes the ball onto the opposite court starting from the 3-metre line.</p> <p>3. Assistant B stands on the 3-metre line in the opposite court, and throws the ball above the top of the net for the candidate to block after the spike.</p> <p>4. The candidate has to block the ball for it to return to Assistant B.</p> <p>5. After performing the block, the candidate has to retreat to the 3-metre line to</p>	<p>Procedures:</p> <p>1. Assistant A stands in the middle of the court near the net and throws the ball to the 4th position above the top of the net.</p> <p>2. The candidate spikes the ball onto the opposite court starting from the 3-metre line.</p> <p>3. Assistant B stands on the 3-metre line in the opposite court, and throws the ball above the top of the net for the candidate to block after the spike.</p> <p>4. The candidate has to block the ball for it to return to Assistant B.</p> <p>5. After performing the block, the candidate has to retreat to the 3-metre line to</p>	--	--

	<p>wait for the next spike.</p> <p>6. The candidate has to perform 5 sets of “block and spike”. 2 points will be scored for each successful block or spike. The coach will also give a maximum score of 5 based on the technical performance.</p>	<p>wait for the next spike.</p> <p>6. The candidate has to perform 5 sets of “block and spike”. 2 points will be scored for each successful block or spike. The coach will also give a maximum score of 5 based on the technical performance.</p>		
Remarks	<p>The Platinum Badge will be awarded if the candidate scores 70 points or above out of a total of 100 points for all four items.</p>	<p>The Gold Badge will be awarded if the candidate scores 60 points or above out of a total of 100 points for all four items.</p>	<p>The Silver Badge will be awarded if the candidate scores 24 points or above out of a total of 40 points for all four items.</p>	<p>The Bronze Badge will be awarded if the candidate scores 18 points or above out of a total of 30 points for all three items.</p>