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| **VOLLEYBALL SERVE** | Limited | Approaching  | Meets | Exceeds |
| **FEET/OPPOSITION** | Feet parallel to net. | Feet are staggered but does not lead with correct foot | Stands behind endline, Feet staggered correctly with striking foot in back. Mechanical, not fluid. | Stands behind endline, facing net, feet Staggered correctly, Back foot is striking foot. Toe drags upon contact. Efficient. |
| **TOSS/PRE-STRIKE** | Cannot toss ball or coordinate movements. | Tosses ball inconsistently (in front, behind, too high, too low) Striking arm is loose and does not form bow and arrow.  | Tosses above head. Not always consistent. Striking arm forms bow and arrow. Mechanical. Not fluid. | Very consistent toss. Allows for same contact point every time. Striking arm forms bow and arrow. Fluid motion. |
| **CONTACT/HANDS** | Cannot contact the ball. | Contact is on the sides of the hands, fingertips, wrist, or forearm. Not consistent contact. | Contact occurs above and in front of the head with open palm. May not be consistent | Contact occurs above and in front of head with open palm. Very consistent. Without hesitation. |
| **FOLLOW THROUGH** | Stops hand after contact. Ball cannot make it over net. | Stops hand after contact. Ball always landing over net. | Contact hand comes somewhat through the ball. Not always consistent. Ball is landing over net. | Bring the contact hand through the ball toward target. Consistent. Assists in accuracy, distance and power. |