



2019 Athlete Feedback Matrix

This matrix is built on the same format as the 2019 OVA High Performance Athlete Identification Matrix. It translates the skill descriptions of the Matrix in easy to understand and implementable feedback related to the skills. Athletes can use this matrix to better understand the scores they received and what they mean in terms of possible improvement to their game.

Skills		What are evaluators were looking for?	What to work on if you got a 4	What to work on if you got a 3	What to work on if you got a 2	What to work on if you got a 1				
Technical & Tactical	Serving (all players)	Can the player perform different types of serves with proper technical execution and consistency? Can the player serve to different areas of the court with an aggressive trajectory while avoiding mistakes? Does the player understand the tactics of serving and manage their serve based on what is happening in the game?	Player can use many serving techniques and serves both tactically and with power. Next step is refining serving (possibly developing a hybrid serve) and getting better at using best serve in pressure situations	Player can work on developing more power in spin or jump float serve. Player should develop a good tactical serve and be able to hit every spot on the court	Player can develop a more aggressive jump float serve and work on using a spin serve in some situations Player should work on serving consistency. Player still makes too many mistakes.	Player should develop a more aggressive and more consistent serve. This could mean developing a jump float. Players likely have to improve their technical execution of the serve				
	Passing (Leftsides, liberos, middles at 15UG and 16UB)	Can the player move and pass with proper technical execution? Can the player pass balls coming at different speeds with different trajectories and ball movement through good cue reading? Can the player produce a pass trajectory that is consistently in a position to allow the setter to run a full offence?	Player is one of the top passers in Ontario and should refine the skill in front of higher level serves. Focus on being consistent passing hard spin and float serves in pressure situations	Player has good technique and produce consistent passes on regular serves. Player should work on passing harder serves. Special focus on being able to be efficient passing with both hands and forearms Player needs to work on passing with same efficiency from every spot on the court	Technical execution of forearm pass is good but still inconsistent when moving. Player should work on passing different types of serve (float and spin) Focus on reading the serve and moving body fast to be stable at contact is still needed	Player needs to develop a better technical execution of serve receive and be more consistent Player should work on reading the serve faster and moving to the ball more efficiently				
	Setting (Setters)	Can the setter move to the ball effectively to use their hands and adopt a stable body position at contact? Is the technical execution of the set proper? Can the player set all positions of the court with accuracy and location from varying distances? Can the player set different tempo balls to create diversified offences? Can the player make proper setting decisions based on the situation, the abilities of their attackers and the opposite team's defensive strategy?	Setter's technique can be refined but is quite consistent at this level Setter needs to develop the ability to set bigger, stronger and faster attackers like those playing the game at the next level Setter needs to improve tactical decisions and location on tough transition situations. Focus on being consistent in execution and decision making under pressure situations	Player should work on becoming more consistent with the location of all their sets, regardless of where they set the ball from Player can make better decisions during rallies Because technique is more stable, setter should focus on being very precise with their sets so as to lead the attackers to hit the seam they want to create in the block. Improving from a score of 3 means getting better at the tactical setting game	Player should focus on becoming more consistent with the location of their sets and start paying attention to the decision they make. Setters need to consider attackers and blockers to make their choices. Player needs to develop the ability to set faster balls to the outside with consistency Focus is still needed on consistency of contact point when setting. Jump setting should be another point of focus.	Focus needs to be on developing good technique with both the set and the movement to the ball. Work on being squared to 4 when setting and having a consistent contact point with the ball Player needs to develop ability to set all positions, including quick sets in the middle				
	Setting (non-setters, only evaluated if significant # of sets are observed)	Can the player move to the ball effectively and be stable at contact? Can the player execute a high ball set with proper technique? Are the sets consistently allowing attackers to hit multiple shots?	Player should work on being consistent setting transition balls in various pressure situations Liberos should literally work on becoming 2nd setters on the court so the team can run an in-system offence even when the setter takes the first contact	Player can work on setting a faster ball to the outside Liberos should work on being able to jump set both front/back from the attack line	Player should start working on setting both front/back Player should still work on setting high balls but with more consistency and from longer distances from target	Focus needs to be on developing good technique with both the set and the movement to the ball. Work on being squared to target when setting and having a consistent contact point with the ball				
	Attacking (Leftsides, middles, rightsides)	Does the player have a dynamic approach and technically sound hitting motion? Can the player hit to score? Can the player hit the whole court with velocity and consistency? Can the player hit different shots and choose the best option based on the set and the context of the rally? Can the player attack different types of sets from different positions?	Player needs to work on attacking against a bigger and more stable block Player should work on refining attacking technique and decision making to maximize efficiency Player should focus on scoring on a variety of different sets in pressure situations	Player needs to work on finishing the point in both good and bad situations. That means being able to hit harder and being able to score with a variety of shots Player needs to work on being more aggressive on high ball situations Player develops ability to recycle the ball into the block to give their team another chance to hit	Player needs to develop more shot variation. Player should work on hitting the whole court (sharp cross, deep cross, line and short) Player needs to develop the ability to attack the block and score Player needs to become more efficient and manage hitting errors better Player likely needs to develop more power in order to hit the ball harder	Player should develop attacking technique and power Player needs to improve approach to the ball so the timing is more consistent and so they are in a position to attack aggressively				
	Blocking (all players except liberos)	Can the player move quickly to blocking position with good body control? Can the player produce a high, stable and aggressive block (hands across the net)? Can the blocker identify the offensive choice and produce an appropriate response? Can the player execute efficient blocks in both directions with both shuffle and crossover techniques?	Player should work on blocking against a faster and more diversified offence Player should focus on refining technical execution and decision making Player should develop the ability to set up a proper block on both quick and higher sets from both the front and back row Middle blockers work on being able to read-block and commit-block	Focus is on developing better reading skills. Players at the next level are expected to help in the middle Players should work on being able to triple block Player can work on moving faster to set the block as the offence starts to become faster	Player can still improve technical execution of blocking movement Focus should be on pressing over the net and being stable in the air Player must work on reading the play and react properly to the set Player should develop the ability to help in the middle and intervene on a variety of different sets, even those not in their main area of intervention	Player should improve ready position at the net Player needs to get back to the net in ready position faster after transition Player should focus on developing better foot work and being able to move left and right Player needs to work on reading the play to react 1) faster to the set and 2) more accurately to the set (in the correct direction)				
	Defence & Ball control (All players)	Can the player read the play effectively as to position themselves in the right position to defend the ball? Can the player defend the ball high and off the net to allow a transition? Can the player defend hard hits as well as rolls and tips? Is the player in a constant state of readiness allowing them to move quickly to balls at various distances?	Player should work on being as consistent as they are on harder hits like those of the next level Player must develop the ability to defend a settleable ball on a variety of different shots and under pressure	Player works on defending harder hits and being more consistent with their digs in various situations Player must refine their read-defence skills to better position themselves for the dig Player must be able to defend balls hit from all hitting positions	Focus on developing the ability to defend balls hit to the outside of their body. Player must work on going to the floor and keeping the ball in play high in the middle of the court Player must develop the ability to read the attacker AND their own blockers' position in order to choose their defence position (read-defence)	Player should improve ready position and work on continuously adjusting their position based on what is happening with the ball. Players should never be static on a volleyball court Player needs to develop the strength required to handle harder hits Player should work on defending balls with both their forearm and their hands				
Physical	Physical Assessment (All players)	Average for 18U		Average for 17U		Average for 16U		Average for 15U		
		All in centimeters (cm)	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
		Height	192 (top = 201)	N/A	188 (top = 202)	177 (top = 195)	187 (top = 207)	177 (top = 197)	181 (top = 201)	174 (top = 192)
		Block Touch	310 (top = 327)	N/A	307 (top = 330)	270 (top = 287)	296 (top = 328)	268 (top = 293)	283 (top = 324)	264 (top = 298)
		Spike Touch	329 (top = 344)	N/A	323 (top = 344)	284 (top = 320)	316 (top = 348)	282 (top = 307)	305 (top = 334)	278 (top = 315)
		Vertical (spike-reach)	83 (top = 99)	N/A	78 (top = 101)	50 (top = 85)	70 (top = 99)	50 (top = 77)	71 (top = 94)	48 (top = 77)
<p>These numbers represent the average scores (and the top score) of all athletes from each age group who did the testing at the Ontario Championships in April 2019. They should give athletes an idea of where they stand in their age group and where they should be to be among the top players moving forward</p>										