

Skill	Beginner	Intermediate	Advanced
Setting (Overhead pass)	Performs fewer than 10 consecutive sets within a 1m radius.	Performs 20 stable sets, directing the ball consistently toward a 2.5m wall.	Performs 30+ precise sets, able to place the ball intentionally in game situations.
Forearm Pass (Bump)	Performs fewer than 10 controlled bumps within a 1m radius.	Performs 20 consistent bumps with stable trajectory toward a 2.5m target.	Performs 25+ accurate passes on fast/float serves, directing perfectly to the setter zone.
Serve	Completes fewer than 8/10 overhand serves; struggles to vary depth.	Completes 8–9/10 consistent float serves, able to target zones 1, 5, and 6.	Masters powerful float or spin serves; varies speed, depth, and direction strategically.
Serve Receive	Completes fewer than 8/10 basic serve receptions without movement.	Completes 8/10 receptions on moderate float serves, directing toward zones 2–3.	Completes 9/10 receptions on powerful or variable serves; anticipates trajectories early.
Attack (Spike)	Hits fewer than 8/10 self-tossed balls over the net; limited approach timing.	Completes 8/10 spikes off simple sets; adjusts approach based on pass quality.	Completes 9/10 attacks across tempos; varies angles and adapts to blockers.
Block / Defense	Hesitant positioning, limited reading of the play.	Begins anticipating and positioning effectively for blocking and digging.	Reads opponent's attack patterns, moves quickly, and adapts block timing.
Game Understanding	Still learning positions and rotations.	Understands basic systems (5-1 / 6-2) and player roles.	Masters team systems and adapts strategy in real time.