



Sask Volleyball 2021 Provincial Team Video Submission Protocol

Video submission should be 5 minutes long and consist of:

- 2-3 minutes of skills. Sample Skill Videos: [SETTING EVALUATION](#), [BLOCKING EVALUATION](#), [DEFENSE EVALUATION](#), [ATTACKING EVALUATION](#), [PASSING EVALUATION](#). These clips should be in a controlled setting focusing on the MAIN skills required for your position (see below).
- 2-3 minutes of highlights. These clips should be from game like drills (4v4) focusing on the MAIN skills required for your position (see below).

MAIN SKILLS BY POSITION

- Setters - 3 minutes of your video should be setting. The remaining 2 minutes should include Serving, Blocking, and Defense.
- Middle Blockers – 3-4 minutes of your video should be blocking and attacking. The remaining time should include Serving, and Defense.
- Outside Hitters - 3 minutes of your video should be attacking and passing. The remaining 2 minutes should include Serving, Blocking, and Defense.
- Liberos - 3 minutes of your video should be passing. The remaining 2 minutes should be mainly defense and include some setting from position 5.

**All skills should be performed on following net heights: Women's - 2.24 m, Men's - 2.43 m. Net heights for highlight section may vary.*

**Videos should be taken from behind the court (centered) with skills performed on the near side.*