Evaluation for MAYALIE DOYLE

2013 High Performance Program: GYA3 - COLORADO SPRINGS

HEIGHT: N/A
APPROACH: N/A
BLOCK: N/A
SHUTTLE: 10

Position: LIBERO

Head Coach: DON BURROUGHGS

Thank you for participating in a 2013 USA Volleyball High Performance Program. As you review your evaluation, please keep in mind the purpose and objective of the evaluations. This is a feedback tool illustrating your current level of performance and gives you recommendations for areas of focus for improvement to take your game to the next level.

Coaches are charged with scoring players openly and honestly in an effort to give athletes the tools necessary to improve. The goal of USA Volleyball High Performance is to identify and train future Olympic prospects. The common objective between you and USA Volleyball is your overall improvement.

Evaluations are based on comparisons with other participants in the program in which you participated. Please note that the skills listed are broken down by the particular USA Volleyball cues used in camp. Please use this as a guideline for what you should personally work on as this is essentially a reminder of what was taught in your program. Below you will find a listing of each skill performed during the camp and your comparative score. The scale is as follows:

5 – Excellent  4 – Very Good  3 – Good  2 – Adequate  1 – Needs Training

Thank you for your participation in USA Volleyball’s 2013 High Performance Programs. Athletes like yourself help make USA Volleyball a success.
PASSING

Overall Score: 4-

Skill Emphasis
- FACE THE SERVER - ANGLE THE ARMS
- ARMS STRAIGHT BEFORE, DURING, AND AFTER SHUFFLE FOOTWORK
- TRACK BALL WITH PLATFORM
- PASS AND FREEZE

Passing Comments
- Drop shoulder when passing outside midline of body.
- Freeze platform in straight position after contact when passing.
- Minimize the movement of your platform throughout the pass.
2013 High Performance Athlete Evaluation

SETTING

Overall Score: N/A

Skill Emphasis

- SQUARE TO TARGET
- THUMBS UP/THUMBS DOWN HAND POSITION, ELBOWS WIDE
- EXTEND ELBOWS AND FREEZE
- RIGHT-LEFT-RIGHT FOOTWORK
- JUMP SET

Setting Comments
SERVING

Overall Score: 4-

Skill Emphasis
- JUMP SPIN - 4 STEP APPROACH
- JUMP SPIN - HIGH TOSS WITH HITTING HAND AFTER 1ST STEP
- JUMP FLOAT - 4 STEP APPROACH
- JUMP FLOAT - TOSS TO RIGHT SHOULDER AFTER 2ND STEP
- FLOAT/JUMP - HITTING ARM UP AND BACK QUICKLY
- FLOAT/JUMP - SOLID HAND THROUGH CENTER OF BALL

Serving Comments
Give yourself lots of repetitions with your footwork on your jump float serve. Keep your toss in front of you by tossing to where you will be on your jump top-spin.

Continue to work on your jump serves with more accuracy so you can hit short zones with those serves as well.

Focus on developing a consistent toss (toss to hitting shoulder) and hand contact on the ball.
DEFENSE

Overall Score: 4

Skill Emphasis
- READY POSITION - GOOD POSTURE, SQUARE TO BALL, BALANCED, WEIGHT FORWARD
- PLATFORM ANGLED UP
- DIG 20' HIGH AND 10' OFF
- MOVEMENT - FACE BALL, DROP - STEP - STEP
- DEFENSIVE EFFORT
- FLOOR SKILLS

Defense Comments
- Work to stay in a low body position through the play.
- Work to keep hips low while on defense.
- When you pursue the ball, work to control the ball to target, not just get a touch on it.
## COGNITIVE

<table>
<thead>
<tr>
<th>Score</th>
<th>Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>4+</td>
<td>COURT SENSE/VOLLEYBALL IQ</td>
</tr>
<tr>
<td>5</td>
<td>COACHABILITY</td>
</tr>
<tr>
<td>4-</td>
<td>ATTEMPTS TO EXECUTE</td>
</tr>
<tr>
<td>5-</td>
<td>COMPETITIVENESS</td>
</tr>
<tr>
<td>5-</td>
<td>OVERALL COMMUNICATION</td>
</tr>
<tr>
<td>4</td>
<td>LEADERSHIP</td>
</tr>
<tr>
<td>5+</td>
<td>TEAM PLAYER</td>
</tr>
</tbody>
</table>

### Cognitive Comments

Work on consistency.

You are very coachable and great at applying learned techniques.

Continue to improve your volleyball IQ by playing and watching as much volleyball as possible.
# Physical Performance Evaluation for Athlete

**2013 High Performance Athlete Evaluation**

## Physiology

<table>
<thead>
<tr>
<th>Score</th>
<th>Emphasis</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>OVERALL CONDITIONING</td>
<td>Work to improve your overall quickness and foot speed.</td>
</tr>
<tr>
<td>3+</td>
<td>UPPER BODY STRENGTH</td>
<td>Work to improve overall body strength to improve every part of your game.</td>
</tr>
<tr>
<td>3</td>
<td>LOWER BODY STRENGTH</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>COURT SPEED</td>
<td></td>
</tr>
</tbody>
</table>

**Physiology Comments**

Work to improve your overall quickness and foot speed.

Work to improve overall body strength to improve every part of your game.
LIBERO

<table>
<thead>
<tr>
<th>Score</th>
<th>Position Emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>4+</td>
<td>SERVE RECEIVE ABILITY</td>
</tr>
<tr>
<td>5-</td>
<td>BACK ROW LEADERSHIP &amp; COMMUNICATION</td>
</tr>
<tr>
<td>4</td>
<td>READING AND ANTICIPATION</td>
</tr>
<tr>
<td>4</td>
<td>DEFENSIVE COURT AWARENESS</td>
</tr>
<tr>
<td>4-</td>
<td>ABILITY TO CONTROL THE BALL ON DEFENSE</td>
</tr>
<tr>
<td>5-</td>
<td>DEFENSIVE EFFORT</td>
</tr>
<tr>
<td>4+</td>
<td>OUT-OF-SYSTEM SETTING</td>
</tr>
</tbody>
</table>

**Position Comments**

Continue working on reading your hitters and understanding your defensive base better.
ADDITIONAL COMMENTS FROM ASSISTANT COACH
- NAVEED NIZAM:

Great job developing as a stronger libero throughout the camp. When asked to be a team player, you stepped up and took charge.