



Volleyball Levels

- Open to all This offering does not require a specific level of ability and is open to all Unisport participants.
- N1 Players do not have very solid basic volleyball skills. The N1 courses teach/practice basic techniques such as overhead setting, underarm pass, serving, receiving, attacking, and defending, practice play sequences, improve general ball control, and introduce/apply the 6-6 positioning without specialization.
- N2 Players have already completed an intermediate to advanced level and have successfully completed several N1 courses. The technical/tactical core elements (position to the ball, running, touching the ball, momentum/striking movement, court position, etc.) can be correctly executed during serving, receiving, setting, attacking, and defending. The ball can be played in a controlled and precise manner from simple and more challenging positions (at least 7 out of 10), enabling the teammates to attack in a targeted manner. Players have prior knowledge of the 6-6 positioning without specialization and with penetration 1 (5 attackers/1 setter).
- N3 Players have an advanced to competitive level and exceed the N2 participation requirements. The players have (very) good technical skills: The ball can always be played in a controlled and precise manner (10 out of 10) from simple positions. The players are increasingly confronted with more demanding and difficult game situations and are well versed in the 6-6 positioning without specialization and with penetration 1 (5 attackers/1 setter).