



2013 High Performance Athlete Evaluation

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 BURROUGHS

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.



2013 High Performance Athlete Evaluation

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

Setting Comments

Skill Emphasis

SQUARE TO TARGET

THUMBS UP/THUMBS DOWN HAND POSITION, ELBOWS WIDE

EXTEND ELBOWS AND FREEZE

RIGHT-LEFT-RIGHT FOOTWORK

JUMP SET



2013 High Performance Athlete Evaluation

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.



2013 High Performance Athlete Evaluation

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.



2013 High Performance Athlete Evaluation

COGNITIVE

Score Emphasis

4+	COURT SENSE/VOLLEYBALL IQ
5	COACHABILITY
4-	ATTEMPTS TO EXECUTE
5-	COMPETITIVENESS
5-	OVERALL COMMUNICATION
4	LEADERSHIP
5+	TEAM PLAYER

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.



2013 High Performance Athlete Evaluation

PHYSIOLOGY

Score Emphasis

3	OVERALL CONDITIONING
3+	UPPER BODY STRENGTH
3	LOWER BODY STRENGTH
3	COURT SPEED

Physiology Comments

Work to improve your overall quickness and foot speed.

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



2013 High Performance Athlete Evaluation

LIBERO

Score Position Emphasis

4+	SERVE RECEIVE ABILITY
5-	BACK ROW LEADERSHIP & COMMUNICATION
4	READING AND ANTICIPATION
4	DEFENSIVE COURT AWARENESS
4-	ABILITY TO CONTROL THE BALL ON DEFENSE
5-	DEFENSIVE EFFORT
4+	OUT-OF-SYSTEM SETTING

Position Comments

Continue working on reading your hitters and understanding your defensive base better.



«FIRST» «LAST»

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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.