**D Level - Basic Knowledge/Skill**

Familiar with basic rotation (front row hitters, back row defense, setter’s position-right front)

Familiar with Zones: Zone #1: Right back, Zone #2: Right front, Zone #3: Middle front, Zone #4: Left front, Zone #5: Left back, Zone #6: Middle back.

Overlapping zones: Player needs to know who she can and cannot overlap without breaking the line up zones.

LINE UP Position: The zone that a player moves to, in clock wise rotation, upon side out (possession from opponent).

PLAYING Position: Outside/right side/middle hitter, setter, libero are “Playing positions”, the position that a player will transition to once the ball is put into play. A player is assigned or told their playing position by the Coach.

Passing: Player is under the ball, staying low, flat platform ready to pass to target. Player uses legs with limited arm swing. Player squares shoulders, hips, and feet to target consistently.

Setting: Player understands that the setter is to get the second ball and the purpose is to set it up for another player to play over the net.

Hitting: Demonstrates basic approach. Player begins to uses arms to power up. Player begins to adjust to sets.

Serving: Players is able to serve with some consistency. Underhand is okay at the start of the season while working on overhand.

At this level, coachability and determination to improve are key to success.