



Capital City Volleyball Divisions

B

The "B" League encompasses a "moderately competitive" league. In this league, you will find both players that are in the early stages of learning/perfecting skills as well as a handful of more seasoned players who are confident in their skills but haven't yet moved up to "BB".

B league players should know how to complete the following with good success: serve the ball, bump/pass a ball, bump set or even hand set with some success, spike/attack a ball (although this does not mean you are a power hitter by any means), and block the ball (as it is attacked from the opposing team).

A B player is still learning, and may not always execute these skills consistently, but has a basic understanding of these skills and the rules of the game. B level often includes plays of recreational volleyball. These individuals enjoy the game for leisure & social interaction, and might not prioritize rigorous training or strategic depth.

(Please see second page for further explanation on B v BB play.)

BB

"BB" players are often referred to as "Seasoned" players as they all know where to be on the court at all times and are confident in all five skills (bump/pass, set, spike/attack, block, and serve). BB players represent an intermediate tier where they demonstrate greater consistency and strategic acumen. They are seasoned players confident in their ability to perform in all aspects of the game.

These players will have a good understanding of running 6-2 and 5-1 plays. They will also have an understanding of the communication needed within the team and how to cover for each other.

(Please see second page for further explanation on B v BB play).

A

An "A" player is basically a "BB" player with more perfection and power. These players have a very high success rate in their attempts and execute their skills with accuracy and more power.

These are advanced players that display proficiency and sometimes specialize in certain volleyball skills. They possess a thorough understanding of volleyball strategy and can execute complex plays.

Individuals at this level likely played at the collegiate level and/or consistently play/played in tournaments.

Further B v BB Explanation

The B level is for players who are familiar with the fundamental techniques but may lack consistency and advanced strategic play. In contrast, BB level players exhibit notable skill proficiency and better understanding of game strategy, positioning themselves above the B level proficiency.

The B level encompasses those with solid foundational skills and a basic strategic understanding. BB gameplay includes a more advanced understanding of offensive and defensive systems compared to B level individuals.

At the B level, players focus on delivering a consistent serve and are introduced to the mechanics of hitting. Progressing to BB, players incorporate power and tactical placement into their serves. Hitting becomes more sophisticated, with players being capable of executing both line and angle shots, showing improved ball control and the ability to adapt their approach based on the defensive setup they face.

B level matches generally see a simpler 4-2 offense, while BB-level teams may employ a more complex 5-1 or 6-2 offense.

B level play: Simpler plays, focused on fundamental techniques.

BB level play: More complex strategies, involving a mix of quick and isolation plays.