

ATHLETIC RECRUITING TRENDS BY DIVISION

NCAA DIVISION I

Division I programs are categorized into three majors (high, mid and low).

DI HIGH-MAJOR : Conference Examples: ACC, BIG 10, BIG 12, PAC 12, SEC, BIG EAST

Middle Blocker: Height: 6'1" and above *

- Approach Jump is 10' or above
- Solid footwork and lateral movement
- Advanced blocking skills (pin to pin)
- Ability to attack off of two feet (in front of the setter) and one foot (behind the setter)
- High Capacity for the workload of the position (block every ball – up for every attack)

Outside Hitter: Height: 5'10" and above *

- Heavy arm swing that terminates (both in and out of system)
- Approach Jump is 9'9" or above
- High level serve receive skills
- Ability to read/block
- High level general volleyball skills (pass/defense) for 6 rotation player

Opposite: Height: 6'1" and above *

- Approach Jump is 10' or above
- Heavy arm swing that terminates (both in and out of system)
- Physical presence & strong blocking skills
- Ability to read/block

Setter: Height: 5'9" and above (note: for programs running a 6-2 offense, setter height is based upon individual; the athletic criteria below is key at this level) *

- Great hand contact and release (touch)
- Fundamentally sound footwork & mobility (speed)
- Understand and lead offense
- Strong teammate and leadership skills
- Ability to read/block
- Above average defensive skills

DS/Libero: Height: 5'4" and above *

- Elite serve-receive skills (60% or above) passing 2.5+
- High level defensive skills and movement (includes ability to read)
- Good strength and speed to pursuit
- Strong serving skills
- Elite level tools to be a secondary setter

*denotes average

Please note: The above criteria is representative of trends in recruiting based upon feedback from coaches in these conferences. They represent averages and the overall opinion is that all athletes are unique in talent, and level of ability on an individual basis, and may fall outside of these trends.



DI MID MAJOR: Conference Examples: A10, MAC, Conference USA, AAC, Big West, OVC, Missouri Valley, Mountain West, etc.

Middle Blocker: Height: 6'0" and above *

- Approach Jump is near or 10' & above
- Solid footwork and lateral movement
- Ability to attack off of two feet (in front of the setter) and one foot (behind the setter)
- High-level ability of blocking (pin to pin)

Outside Hitter: Height: 5'9" and above *

- Heavy arm swing that terminates (both in and out of system)
- Approach Jump is 9'9" or above
- High level serve receive skills
- Ability to read/block
- High-level general volleyball skills (pass/defense) for 6 rotation player

Opposite: Height: 5'10" and above *

- Approach Jump is 9'9" or above
- Heavy arm swing that terminates (both in and out of system)
- Physical presence & strong blocking skills
- Ability to read/block

Setter: Height: 5'8" and above *

- Solid hand contact and release (touch)
- Fundamentally sound footwork & mobility (speed)
- Understand and lead offense
- Strong teammate and leadership skills
- Ability to read/block
- Strong defensive skills

DS/Libero: Height: 5'3" and above *

- High level serve-receive skills
- High level defensive skills and movement (includes ability to read)
- Good strength and speed to pursuit
- Strong serving skills
- High level tools to be a secondary setter

*denotes average

Please note: The above criteria is representative of trends in recruiting based upon feedback from coaches in these conferences. They represent averages and the overall feedback is that all athletes are unique in talent and level of ability on an individual basis and may fall outside of these trends.



DI LOW MAJOR: ASUN, SWAC, Southland, Horizon League, CAA, Sunbelt etc.

Middle Blocker: Height: 6'0" and above *

- Approach Jump is near or 10' & above
- Solid footwork and lateral movement
- Ability to attack off of two feet (in front of the setter) and one foot (behind the setter)
- High level ability of blocking (pin to pin)

Outside Hitter: Height: 5'9" and above *

- Heavy arm swing that terminates (both in and out of system)
- Approach Jump is 9'9" or above
- Solid overall athlete
- Ability to read/block
- Solid general volleyball skills (serve receive & defense at above average level)

Opposite: Height: 5'10" and above *

- Approach Jump is 9'9" or above
- Heavy arm swing that terminates (both in and out of system)
- Physical presence & strong blocking skills
- Above average serve

Setter: Height: 5'6" and above *

- Solid hand contact and release (touch)
- Fundamentally sound footwork & mobility (speed)
- Understand and lead offense
- Strong teammate and leadership skills
- Ability to read/block
- Strong defensive skills

DS/Libero: Height: 5'3" and above *

- Above average serve-receive skills
- Above average defensive skills and movement (includes ability to read)
- Good strength and speed to pursuit
- Strong serving skills
- Above average tools to be a secondary setter (underhand/overhand)

*denotes average

SELF EVALUATE!

Take a few minutes to evaluate yourself objectively. What level do you most closely resemble athletically? In addition, seek evaluations from your club coach, director, or high school coach. If you are an underclassmen (freshman/sophomore), you are in the early stages of athletic ability and your skill level will change. This information is to serve as a 'guide only' based upon current recruiting trends and data. The KEY is to always have an accurate evaluation of where you are trending to compete at the next level. This will enable you to target the right level of program.



NCAA DIVISION II

On average the top 25 program's athletic criteria is at the same level as Mid to Low Major Division I.

School Examples: (Top 25) Wheeling Jesuit, St. Paul Concordia, Gannon, Nebraska Kearney, Drury, Tampa, Palm Beach Atlantic, Rockhurst, Lewis, West Florida

- Middle Blocker: 5'10" and above
- Outside Hitter: 5'9" and above
- Opposite: 5'9" and above
- Setter: 5'6" and above
- Libero/DS: 5'3" and above

NAIA (National Athletic Intercollegiate Association)

NAIA: The top ranked NAIA schools are comparable to NCAA Division II.

- Middle Blocker: 5'10" and above
- Outside Hitter: 5'8" and above
- Opposite: 5'9" and above
- Setter: 5'6" and above
- Libero/DS: 5'3" and above

NCAA DIVISION III

The top ranked DIII schools are comparable to NCAA DII and top ranked NAIA schools

- Middle Blocker: 5'10" and above
- Outside Hitter: 5'7" and above
- Opposite: 5'9" and above
- Setter: 5'5" and above
- Libero/DS: 5'3" and above

NJCAA (Junior Colleges)

Junior Colleges recruit athletes that represent all levels athletically. NJCAA can be a strong opportunity for PSA's that are not prepared academically and/or physically before making the transition to a four-year school. There are three divisions in NJCAA. Division I recruits similar athletes to Mid-Low Major NCAA Division I, High Division II and NAIA. Their primary goal is to prepare their athletes to play beyond the 2-year program and transfer to NCAA DI or DII programs.

NOTE: This document is updated each club season and criteria is submitted via survey from college coaches at all levels. This data was updated in December of 2019 and will be revised in December of 2020 based upon the yearly survey.

