

	House Leagues 9-12 years Learning to Train	Learn to Train 13-14 years girls 14 years boys	Train to Train 14-16 years girls 15-16 years boys	Learn to Compete 17-18 years girls 17-19 years boys
Emphasis	Fun & Communication	Basic Skills	Intro Reading and responding	Crisp Transitions
	Hussle - Don't let drop	Basic Concepts	to cues	Perfect Skills & Decisions
	Physical Literacy	Correct Attack Arm Swing	Decision Making	Team Play - Competitive Intensity
	Guided Discovery	Reinforce HL goals	Skill refinement	Finding ways to score/adjust
		Intro Ball Control	Refine general ball control	Ball Control at higher demand
		Read/React to what happens	Reinforce L2T goals	Reinforce T2T goals
Technical	Movement - move and stop	balls outside midline	Digging hard driven balls	Digging extended body
	Ready Positions & Stance	recognizing & adjusting to sets	within your 1 step range	Increased tempo of game
	Grip & Platform - Forearm	lining up a hitter to block	Setting back sets	Fast middle in transition
	▲ Hand/Arm Position - Volley	intro split hop	2-player blocking - closing	Aggressive serving & location
	Spike Dance & Roll Shot		Hitting line, tipping & when to	Digging around 2 player block
	Under Hand Serve	Intro concept of absorb/dig	Attacking rightside	Reading the attack/attacker
		Intro overhand serve	How to hit from backrow	High ball management - score
			Refine passing/serve receive	Setter tactics/game plan
		Intro middle set	intro jump float, jump spin	Balls out of net, setting tight balls
		defending around 1 blocker	High ball management - control	
			using the block	
Tactical	Move to and from net	Intro 3 system concept	Refine systems from L2T	Use of the back row attack
	Put it where no one is	Intro transition concept	When/Where/Whether to Block	2 defensive systems in place
	Call for ball	Serve Receive to Offense	Add penetrating setter (6-2)	When to tip, roll & where
	4 on 4 - small court, lower net	Offense & Cover	Lower middle set to 51-53	Cover and counter attack
		Defense (and counter attack)	Setting with Deception	Serving under pressure
		M Serve Receive	4 player serve receive	3 player serve receive
		Only Setters specialize	Specialize but no libero	Use of libero
		Fixed Read System	Read & React system &	
			Reacting to tips & holes	
Drill Structures	Everybody equal	High Repetitions - Controlled	High Repetitions - partially	High Intensity - Medium Reps
	Everybody all positions	but with transition movement	controlled with decisions	minimum control 75% of the time
	Play oriented		Only controlled wash drills	Lots of wash type drills with purpose
	Lots of variety & activity	Intermittent play activity with	Intro qualitative criteria	Demand qualitative criteria
	No one in line for anything	drills that achieve specifics	Intro competitive drills	Competitive drills to finish
	Constantly touching ball & move		Separate position training	situation and position specific
Psychological	All praise - relax and try - good	Concentration	Accepting roles within team	Pressure management
	High reward - self esteem	Coping with stress/errors	Developing Leadership	Arousal management
	High affiliation - team spirit	Parking errors	Distraction Management	Competitive Fierceness
		Positive Self Talk	Mindfulness	
Fitness	Agility, Balance, Coordination	Aerobic base, speed work	As per T2T + light weight	Aerobic Power
		Intro to basic weight technique	Intro Intervals MAP	Anaerobic Alactic Training
		Intro stretching routine	Regular flexibility work	Strength Development
			Strength endurance	Agility
Frequency & Duration	1.5 hour sessions - 2 x per week	2 hour sessions - 2 x per week	2 hours 2-3 x per week	2-2.5 hours 3 x per week
	45 min. instruct + 45 min play	1.5 hour learning/training	1 competition per month	1 competition every 6 weeks
	50:50 competition to training	30 min play		
		70:30 training to competition		
Competencies Upon Completion	Understand game concepts	Good ability to recognize,	Ability to set diagonal highball	Ability to make decisions
	of to, along, over - create chaos	transition and pass free balls	Ability to control shots	Ability to manage emotions under pressure
	Habit of calling the ball	Understand game concepts	General Ball Control & technique	Ability to play and compete effectively
	Habit of encouraging others	Good ability to adjust to sets	Reading Skills	Ability to understand what it takes to go up
	Fluid Basic Movement & Skill	and recognize what to do with	Effective Transitions	Strong core & Skill Competent
		the set they got		
Other	Encourage other sports	Encourage other sports	Develop Flexibility	Support in recruiting
	Run, jump, throw, kick & catch	Direction Changes & jumping	Intro Nutrition	Leadership