

**TRAIN TO TRAIN OBJECTIVES (15/16)**

\*Shaded areas represent skills/tactics that are objectives from the previous stage (two year increments), but require continued development



| Cycle of Action                      | Skills                                | Skill Variations  | Cue Reading + Decision Making  | Tactics  | Athletic Abilities  | Competition  |
|--------------------------------------|---------------------------------------|---|--|--|---|--|
| <b>Service Reception</b>             | Forearm Pass                          | Ball is to the left or right of passer's body<br>Ball is behind or substantially in front of passer | Alignment and stepping direction of server. Self-position. Ball movement. Position of partners. Distance to the net. Determining if movement is required prior to executing skill + direction. Selection of target for the pass. Amount of force applied at contact for ball to reach target with good trajectory.   | 3-person line  |   |  |
| <b>Preparation for Attack</b>        | Free ball pass                        | Passing from the backcourt and frontcourt   | Self position. Ball movement. Position of and distance to partners. Distance to the net. Determining if movement is required prior to executing skill + direction. Selection of target for the pass. Amount of force applied at contact for ball to reach target with good trajectory.   | 6-2 & 5-1 Offensive Systems (options)                    | Make aerobic training a priority after PHV while maintaining or further developing levels of skill, speed, strength and flexibility.  | 6 vs. 6<br>2.35m net (M)<br>2.20m net (F)<br><br>For athletes of this age group, 60% of the time should be spent in practice, with 40% spent on competition (which includes competition specific training).      |
|                                      | Attacker transition movements         | For all positions   |  |  |   |  |
|                                      | Non-Setters: 2nd ball set             | Frontcourt to frontcourt attacker<br>Backcourt to frontcourt attacker                               |  |  |   |  |
|                                      | Setters: High Ball set                | At the net & Off the net  |  |  |   |  |
|                                      | Setters: 73                           | At the net & Off the net  |  |  |   |  |
|                                      | Setters: 51                           | At the net & Off the net  |  |  |   |  |
| Setters: A,B,C backcourt sets        | At the net & Off the net              |   |  |  |   |  |
| Combinations (X's and Tandems)       | At the net & Off the net              |   |  |  |   |  |
| <b>Attack</b>                        | Line                                  | At the net & Off the net  | Reading the setter hands + body position; ball speed and trajectory<br>Selection of skill to attack. Angle of approach. Selection of target. Amount of force to apply at contact.  |  | Consider the sensitive periods of accelerated adaptation to strength training for females: immediately after PHV or the onset of menarche. For males, the sensitive period for strength begins 12 to 18 months after PHV. | Train athletes in regular competitive situations in the form of practice matches, scrimmages or competitive games and drills.  |
|                                      | Cross                                 | At the net & Off the net  |  |  |   |  |
|                                      | Sharp cross                           | At the net & Off the net  |  |  |   |  |
|                                      | Tip or Roll Shot (off speed attacks)  | At the net & Off the net  |  |  |   |  |
|                                      | Quick Attack (51)                     | At the net & Off the net  |  |  |   |  |
|                                      | Backcourt sets (A,B,C)                | At the net & Off the net  |  |  |   |  |
|                                      | Combinations (X's and Tandems)        | At the net & Off the net  |  |  |   |  |
| <b>Attack Coverage</b>               | Court movements                       |   | Position and movements of attacker and blockers.<br>Direction of movements. Determining who will be performing the action, self or partner.  | 3-2 system   | Encourage flexibility training, as the rapid growth of bones during this stage leads to stress on tendons, ligaments and muscles.   | During competitions, athletes play to win and to do their best, but the major focus of training and competition is on applying the skills, strategies and tactics learned in training in competitive situations. |
|                                      |                                       |   |  | 2-3 system   |   |  |
| <b>Transition to Defensive Ready</b> | Movement to blocking ready positions  |   | Position and movements of opponents; opponents freeball actions and attack direction.<br>Position on the court. Alignment of own body at the net or in relation to the court lines. Final movements based on location of opponent pass.  | 2-person Blocking System                                 | Encourage athletes to focus on two sports based on their desire to participate and their sport-specific potential.  | Learn to cope with the physical and mental challenges of competition and develop further mental skills.  |
|                                      | Movement to defensive ready positions |   |  |  |   |  |
|                                      | Blocking ready positions              |   |  |  |   |  |
|                                      | Defensive ready positions             |   |  |  |   |  |
| <b>Blocking and Defense</b>          | Blocking movements                    | Middle movements (step cross over footwork)   | Blockers: position and trajectory of ball, position of setter, position and trajectory of ball, angle of approach and body position of hitter (ball, setter, ball, hitter).<br>Defenders: position and trajectory of ball, position of setter, position and trajectory of ball, position and actions of blockers (via peripheral vision), angle of approach and body position of hitter.<br>DM: Position on the court. Alignment of own body relative to attacker. Determine if action will be performed by self or partner. | Spread System (2 person)<br>Commit Block (1 or 2 person) | Special emphasis can be made for females to develop the strength and speed for high velocity attacks.   |  |
|                                      |                                       | Outside Blocker movements (shuffle or cross)  |  |  |   |  |
|                                      | Ball Pursuit and Retrieval            | From both directions  |  |  |   |  |
|                                      | Overhead Dig                          | From all positions  |  |  |   |  |
|                                      | Dive                                  | Both directions   |  |  |   |  |
|                                      | Roll and/or Sprawl                    | Both directions   |  |  |   |  |
| Pancake                              | With both hands                       |   |  |  |   |  |
| <b>Service</b>                       | Standing Float                        | Serving to fixed and relative locations   | Opponents defensive formation, attention and ability of individual passers<br>When and where to serve; choice of service technique.  |  |   |  |
|                                      | Jump Float                            | Serving to fixed and relative locations   |  |  |   |  |
|                                      | Jump Float - Step                     | Serving to fixed and relative locations   |  |  |   |  |
|                                      | Jump Spin - Power                     | Serving to fixed and relative locations   |  |  |   |  |