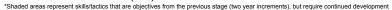
LEARN TO COMPETE OBJECTIVES (17/18)





Cycle of Action	Skills	Skill Variations	Cue Reading + Decision Making	Tactics or Skill Emphasis	Athletic Abilities	Competition
Service Reception	Forearm Pass	Ball is to the left or right of passer's body 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.	Passing targets (LS to middle, RS slightly right of the middle) Trajectory (waterfall) Establish seam Progressively shorter steps for centre line passing Forearm Pass angle parrallel to thighs	All the objectives of the Train to Train stage must be achieved before the objectives of the Learn to Compete stage can begin. Provide year-round, high intensity, individual, event- and position-specific training. Teach athletes, who are now proficient at performing basic and sport-specific skills, to perform those skills under a variety of competitive conditions during training. Special emphasis can be made for developing	e gege 2 vs. 2 2.43m net (M) 2.24m net (F) Change the training-to-competition and competition-specific training ratio to 40:60. Devote 40 percent of available time to the development of technical and tactical skills and improving fitness, and 60 percent to competition-specific training and actual competitions.
				Vary starting positions (shade the line on a spike serve especially if serve is against the line) Vary starting positions (create a smaller seam to serve the other guy) Closer to line to prevent ace on short distance Passing short serve		
Preparation for Attack	Free ball pass	Passing from the backcourt and frontcourt		Forearm or overhand trajectory (2m away principle) Being still while overhand setting		
	·	Double Axe Handle	Self position. Ball movement. Position of and distance to			
	Release from reception + footwork Setting from a pass 4-5m off the net		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.			
	Calling the shot	Calling the open soft shot (line, line, line)				
	Forearm set after hard dig (adjust for spin)	Calling 'nobody'				
	Cover after call	,				
	Emergency setting with forearms					
	Diving sets					
Attack	Line (over)		Reading the setter hands + body position; ball speed and trajectory Selection of skill to attack. Angle of approach. Selection of target. Amount of force to apply at contact.	Hard attack approach always (deception for shot or attack) Listening for the call Giving a free ball (high to give yourself time) Footwork adjustment (feet closer together) Armswing critical (compact)		
	Cross-court					
	Cut Shot Poke Shot					
	Transition attack (after dig, get into position					
	while wiping hands of sand))					
	Knuckle/Pockey (line short only)					
	Joust (get to the ball and push second and stright ahead)					
	Deception line or cross shot					
	Cutty - high contact point					
Attack Coverage	Court movements		Position and movements of attacker and blocker. Direction of movements. Determining who will be performing the action, self or partner.			
Transition to Defensive Ready	Movement to blocking ready positions		Position and movements of opponents; opponents freeball	and movements of opportents receball	strength for males (12-	
	Movement to defensive ready positions		acitons and attack direction. 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.		18 months after PHV).	by modelling
	Blocking ready positions			Individually tailor fitr programs, recove	Individually tailor fitness	Learn to compete
		-			programs, recovery programs, psychological	
	Defensive ready positions					
Blocking and Defense	Blocking Line				preparation	Learn to cope with the
	Blocking Cross				and technical	physical and mental
	Blocking Ball				development.	challenges of
	Peeling Line		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).		Select one sport or, at most, beach and indoor volleyball.	competition and develop further mental skills.
	Digging short roll behind blocker					
	Peeling Cross					
	Joust, knuckle or spike sets on top of the net		Defenders: position and trajectory of ball, position of setter,		1400-1-1-1	
	(go get it first)		position and trajectory of ball, position and actions of blocker (via peripheral vision), angle of approach and body position of hitter. DM: Position on the court. Alignment of own body relative to attacker. Determine if action will be performed by self or partner.		Utilize single, double and/or triple	
	Set a blocked ball (consecutive contact)				periodization as the	
	Hard driven dig			Initial starting position (cross court from person served) even if there is a cross call Final position depends on signal Stationary at contact	optimal framework of preparation.	
	Double Axe Handle Dig					
	Direct set after block touch					
	High knuckle dig (from a peel)					
	Digging backwards when charging the net					1
	Diving or slide stride for a ball	1 and 2 hands			ļ	
Service	Standing Float	Serving to fixed and relative locations	Opponents formation, attention and ability of individual passers When and where to serve; choice of service technique.	Harder into the wind		
	Jump Float Jump Spin - Power	Serving to fixed and relative locations		Back up with the wind		
	ourily opin - rower			Either block or defense position afterwards Higher or deeper location if blocking		
				Serve weaker attacker or passer		
	lump Cain Control	Serving to fixed and relative locations		Vary baseline positining vs winder direction Servig strategy (short, deep, left and right seams)		
	Jump Spin - Control	Serving to fixed and relative locations		[co. rig ou alogy (orion, deep, for and right seams)	1	l