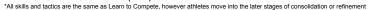
TRAIN TO COMPETE OBJECTIVES (19-22)





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 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	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-	te le 2 vs. 2 2.43m net (M) 2.24m net (F) Change the training-to- competition and competition-specific te 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
				Passing short serve		
Preparation for Attack	Free ball pass Release from reception + footwork Setting from a pass 4-5m off the net Calling the shot Forearm set after hard dig (adjust for spin) Cover after call Emergency setting with foreams	Passing from the backcourt and frontcourt Double Axe Handle Calling the open soft shot (line, line, line) Calling 'nobody'	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.	Forearm or overhand trajectory (2m away principle) Being still while overhand setting		
Attack	Diving sets Line (over) Cross-court Cutty Pockey 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		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 sho or attack) Listening for the call Giving a free ball (high to give yourself time) Footwork adjustment (feet closer together) Armswing critical (compact)		
Attack Coverage	Court movements		Position and movements of attacker and blocker. Direction of movements. Determining who will be performing the action, self or partner.		during training. Special emphasis can be made for developing	to competition-specific training and actual competitions.
Transition to Defensive Ready	Movement to blocking ready positions Movement to defensive ready positions Blocking ready positions Defensive ready positions		Position and movements of opponents; opponents freeball 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.		strength for males (12- 18 months after PHV). Individually tailor fitness programs, recovery	Place special emphasis on optimum preparation by modelling competitions in training.
Blocking and Defense	Detensive ready positions Blocking Line Blocking Cross Blocking Ball Peeling Line Digging short roll behind blocker Peeling Cross Joust, knuckle or spike sets on top of the net (go get it first) Set a blocked ball (consecutive contact) Hard driven dig Double Axe Handle Dig Direct set after block touch High knuckle dig (from a peel) Digging backwards when charging the net Diving or slide stride for a ball	1 and 2 hands	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). Defenders: position and trajectory of ball, position of setter, 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.	Initial starting position (cross court from person served) even if there is a cross call Final position depends on signal Stationary at contact	programs, psychological preparation and technical development. Select one sport or, at most, beach and indoor volleyball. Utilize single, double and/or triple periodization as the optimal framework of preparation.	Learn to cope with the physical and mental challenges of competition and develop further montal skills
Service	Standing Float Jump Float Jump Spin - Power Jump Spin - Control	Serving to fixed and relative locations Serving to fixed and relative locations 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 Back up with the wind Either block or defense position afterwards Higher or deeper location if blocking Serve weaker attacker or passer Vary baseline positining vs winder direction Servig strategy (short, deep, left and right seams)		