

TRAIN TO TRAIN OBJECTIVES (13/14)

*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
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.	5-person W 4-person cup		6 vs. 6 2.20m net (M) 2.15m net (F) Tripleball rules at 13U Standard rules at 14U
Preparation for Attack	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.	6-0, 4-2, 6-3 Offensive Systems (options)	Make aerobic training a priority after PHV while maintaining or further developing levels of skill, speed, strength and flexibility. 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.	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). Train athletes in regular competitive situations in the form of practice matches, scrimmages or competitive games and drills.
	Attacker transition movements	For all positions				
	Non-Setters: 2nd ball set	Frontcourt to frontcourt attacker Backcourt to frontcourt attacker				
	Setters: High Ball set	At the net & Off the net				
	Setters: 73	At the net & Off the net				
Attack	Setters: 51	At the net & Off the net	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.		Special emphasis can be made for females to develop the strength and speed for high velocity attacks. 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. Learn to cope with the physical and mental challenges of competition and develop further mental skills.
	Setters: A,B,C backcourt sets (optional)	At the net & Off the net				
	Line	At the net & Off the net				
	Cross	At the net & Off the net				
	Sharp cross	At the net & Off the net				
Attack Coverage	Court movements		Position and movements of attacker and blockers. Direction of movements. Determining who will be performing the action, self or partner.	3-2 system		
				2-3 system		
Transition to Defensive Ready	Movement to blocking ready positions		Position and movements of opponents; opponents freeball actions 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.	2-person Blocking System	Encourage flexibility training, as the rapid growth of bones during this stage leads to stress on tendons, ligaments and muscles.	
	Movement to defensive ready positions					
	Blocking ready positions					
Blocking and Defense	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). 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.	6-up Defensive System 6-back Defensive System	Encourage athletes to focus on two sports based on their desire to participate and their sport-specific potential.	
		Outside Blocker movements (shuffle or cross)				
	Ball Pursuit and Retrieval	From both directions	6-up Defensive System 6-back Defensive System			
	Overhead Dig	From all positions				
Service	Jump Float	Serving to fixed and relative locations	Opponents defensive formation, attention and ability of individual passers When and where to serve; choice of service technique.			
	Jump Float - Step	Serving to fixed and relative locations				
	Spike Serve - Power	Serving to fixed and relative locations				