

LTD Guidelines

Approx. 16-18 for females and 17-19 for males

The Basics

- Season length: 32-40 weeks
- 2-3 practices/week for improvement; max 4-7 practices/week for high-performance.
- Physical Training: 2-4 sessions/week
- Beach and Sitting volleyball are an important part of the Yearly Training Plan
- Practice 40% & Compete 60%
- For more info see LTD 3.0 pages 47-48

Specialization, Competition, Participation, Education

- May focus on 1 sport based on desire and potential
- Tiered competition can range from regional to international for national teams
- Clubs offer a 'no-cut policy' where possible
- Coaches: **Advanced Development Coach** "Certified"

Volleyball Development Matrix Pillars*

PERSON			
COMMON NEEDS Physiological Safety Belongingness Esteem	CONNECTION To the present moment To self To others	CARE For self For others For groups	COURAGE To take risks and fail To commit and persevere
ATHLETE			
SPEED Provide speed exercises for the first 5 minutes of every practice after warm-up. Maximum of two 30-minute sessions per weeks as part of the training regimen.	STRENGTH Increase the load of the following weightlifting movements once mastered: Front Squat, Trap Bar Deadlift, Pull Up, Push Up. Consult a professional to design individualized plans.	SUPPLENESS Athletes should have pain free mobility through the joint. See Flight Deck Protocols	STAMINA Integrated into daily training. Maximum 11 sessions/week. 1 session = 60-120 min of a practice, match, or work out). For example: 6 practices + 3 physical training + 2 matches = 11.
PLAYER			
SKILLS & SYSTEMS Refine BASIC Skills and Systems Consolidate INTERMEDIATE Skills and Systems			

*For more details see Development Matrix