

LTD Guidelines

Girls around 8, Boys around 9 to onset of adolescent growth spurt

The Basics

- Season length: 12-24 weeks
- 2-3 practices/week at 45-70 min
- Physical training is integrated into practice through play
- Beach and Sitting volleyball are introduced
- Practice 70% & Compete 30%
- For more info see LTD 3.0 pages 32-37

Specialization, Competition, Participation, Education

- Build fundamental skills in a wide range of sports (on ground, water, air, ice/snow) before entering the Train to Train stage
- Informal competition using Smashball levels
- Clubs offer a 'no-cut policy' where possible
- Coaches: **Community Coach** "Trained"

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 Speed exercises are integrated within games and play	STRENGTH Strength is developed through play. May use medicine ball, Swiss ball, and own body-weight strength exercises. Focus on Fundamental Movement Skills.	SUPPLENESS Participants should have pain free mobility through the joint.	STAMINA Integrated into daily training. Maximum volleyball training three times per week plus participation in other sports or activities three times a week.
PLAYER			
SKILLS & SYSTEMS Initiate/Acquire BASIC Skills & Systems			

**For more details see Development Matrix*