

LTD Guidelines

Athletes are generally at provincial, junior national or early national level

The Basics

- Season length: 38-45 weeks
- 5-7 practices/week is recommended for high-performance.
- Physical Training: 3-4 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 49-50

Specialization, Competition, Participation, Education

- Players choose indoor or beach volleyball as their sport, with some exception.
- Tiered competition can range from provincial to international
- Player roles are identified by the coach
- Coaches: **Performance 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. Resources in DEV Coach Workshop	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 INTERMEDIATE Skills and Systems			

*For more details see Development Matrix