

LTD Guidelines

Period of the adolescent growth spurt
Approx. 11-15 for females and 12-16 for males

The Basics

- Season length: 22-30 weeks (early stage), 28-34 weeks (late stage)
- Physical Training: Integrated into practice or 2-4 sessions/week
- Beach and Sitting volleyball are part of the Yearly Training Plan
- Practice 60% & Compete 40%
- For more info see LTD 3.0 pages 38-41

Specialization, Competition, Participation, Education

- May focus on 2 sports based on desire and potential. Too early for full specialization
- Formal competition standings/rankings begin
- Clubs offer a 'no-cut policy' where possible
- Coaches: **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. Resources in DEV Coach Workshop	STRENGTH Body-weight strength exercises. As athletes complete their growth spurt, greater emphasis is placed on weightlifting. Master the following with only enough weight to execute the movements: Front Squat, Trap Bar Deadlift, Pull Up, Push Up.	SUPPLENESS Athletes should have pain free mobility through the joint. See Flight Deck Protocols	STAMINA Integrated into daily training. Early T2T: Maximum 6 sessions/week (ex. 3-4 practices + 1-2 matches). Late T2T: Maximum of 7 sessions/week (ex. 4 practices + 2 physical training + 1 match)
PLAYER			
SKILLS & SYSTEMS Consolidate BASIC Skills & Systems Acquire INTERMEDIATE Skills Systems at the end of the stage			

**For more details see Development Matrix*