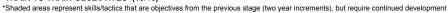
TRAIN TO TRAIN OBJECTIVES (15/16)





| 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. | 3-person line | developing levels of skill, speed, strength and flexibility. Consider the sensitive practice, with 40% on competition (w adaptation to strength | |
| Preparation for Attack | Free ball pass | Passing from the backcourt and frontcourt | | 6-2 & 5-1 Offensive Systems (options) | | |
| | Attacker transition movements | For all positions | | | | 2.20m net (F) For athletes of this age group, 60% of the time should be spent in practice, with 40% spent on competition (which includes competition) |
| | 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 Setters: 51 | At the net & Off the net At the net & Off the net | | | | |
| | Setters: A.B.C backcourt sets | At the net & Off the net | | | | |
| | Combinations (X's and Tandems) | At the net & Off the net | | | | |
| | Line | At the net & Off the net | | | | |
| Attack | Cross | 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. | | training for females: | specific training). |
| | Sharp cross | At the net & Off the net | | | immediately after PHV or the onset of menarche. For males. | Train athletes in regular competitive situations in |
| | Tip or Roll Shot (off speed attacks) | At the net & Off the net | | | | |
| | Quick Attack (51) | At the net & Off the net | | | the sensitive period for | the form of practice |
| | Backcourt sets (A,B,C) | At the net & Off the net | | | strength begins 12 to 18 months after PHV. Encourage flexibility training, as the rapid growth of bones during this stage leads to stress on tendons, ligaments and muscles. Encourage athletes to focus on two sports based on their desire to participate and their sport-specific potential. Special emphasis can be made for females to competition and derivation and service of training and competitive situating participate and their sport-specific potential. | matches, scrimmages or competitive games and drills. During competitions, athletes play to win and to do their best, but the major focus of training and competition is on applying the skills, |
| | Combinations (X's and Tandems) | At the net & Off the net | | | | |
| Attack Coverage | | | Position and movements of attacker and blockers. Direction of movements. Determining who will be performing the action, self or partner. | 3-2 system | | |
| | Court movements | | | 2-3 system | | |
| Transition to Defensive Ready | Movement to blocking ready positions | | | 2-person Blocking System | | |
| | Movement to defensive ready positions | | | | | |
| | Blocking ready positions | | | 6-up Defensive System 6-back Defensive System | | |
| | Defensive ready positions | | | | | |
| Blocking and Defense | Blocking movements | Middle movements (step cross over footwork) | 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. | Spread System (2 person) Commit Block (1 or 2 person) | | strategies and tactics learned in training in |
| | | Outside Blocker movements (shuffle or cross) | | | | competitive situations. Learn to cope with the physical and mental challenges of competition and develop further mental skills. |
| | Ball Pursuit and Retrieval | From both directions | | | | |
| | Overhead Dig | From all positions | | 6-up Defensive System 6-back Defensive System | | |
| | Dive | Both directions | | | | |
| | Roll and/or Sprawl | Both directions | | | | |
| | Pancake | With both hands | | | | |
| Service | Standing 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. | | velocity attacks. | |
| | Jump Float | Serving to fixed and relative locations | | | | |
| | Jump Float - Step | Serving to fixed and relative locations | | | | |
| | Jump Spin - Power | Serving to fixed and relative locations | | 1 | 1 | 1 |