



No matter what the level of ability, you have more potential than you can ever develop in a lifetime.

~ James T. McCoy

Free Teacher and Coach Resources



Volleyball Canada Development Model (VCDM) is an new initiative that provides Teachers, Athletes, and Coaches the tools to make their job a little less work and a little more fun!

Age Appropriate Games are important for our athletes and students. We are recommending kids in grades 1 to 9 play modified volleyball games to ensure they properly develop and enjoy the game we all love. Check out were the future of these games are going.

AGE APPROPRIATE GAMES

- Gr 1-3 (6-8 years) Circulation Volleyball
- Gr 4-5 (9-10 years) Atomic 1
- Gr 6-7 (11-12 years) Atomic 2
- Gr 8-9 (13-14 years) Triple Ball
- Gr 10-12 (15-18 years) Standard Volleyball
- Games for Sitting Volleyball

Features Coming Soon:

- Teacher FAQ's
- Sample Lesson Plans and Quizes
- Tips from National Team Coaches
- Drills for all ages (Gr 1 - 12)
- Weekly features of different matches
- All this for INDOOR and BEACH!

- Info on Volleyball Canada's vision for the future development of athletes

All this and more can be found at www.VCDM.org

TIP OF THE WEEK

Follow @VCDMTips on Twitter for weekly tips

TEACHERS' RESOURCES
Available resources by discipline

DRILL BANK

- Warm Up Games
- Serve & Pass
- Set & Attack
- Block & Defence
- Defensive Systems
- Games

Drill Bank:

We are building a full database of team drills! All designed by Canada's top coaches, filmed and prepared for your gym. Whether you coach indoor or beach, U14 or U18, girls or boys, 6 athletes or 15, we will have something for you!

Teaching the Skills: We provide age specific skill development videos featuring *slow motion* clips and *teaching cues*.

TEACHING THE SKILLS

- Serve & Pass
- Set & Attack
- Block & Defence



Click the images to see them live!