

www.VCDV

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

~ James T. McCoy

Teacher and Coach Resources



Appropriate Games are

> modified games are going.

Age important for our athletes and students. We are recomending kids

AGE APPROPRIATE

Gr 1-3 (6-8 years)

Gr 4-5 (9-10 years)

Gr 6-7 (11-12 years)

Gr 8-9 (13-14 years)

Gr 10-12 (15-18 years)

Standard Volleyball

Games for Sitting

Circulation Volleyball

GAMES

Atomic 1

Atomic 2

Triple Ball

Volleyball

in grades 1 to 9 play volleyball games to ensure they properly develop and enjoy the game we all love. Check out were the future of these

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

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!

DRILL BANK

Warm Up Games

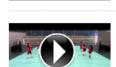
Serve & Pass

Set & Attack

Block & Defence

Defensive Systems

Games





TIP OF THE WEEK



Follow @VCDMtips on Twitter for weekly tips

TEACHERS' RESOURCES y discipline

Drill Bank:

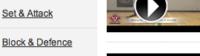
We are building a full database of team drills! All designed by Canada's top coaches, filmed and prepared for your gym. Whether you coach indoor or beach, U14 or U18, girls or boys,

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



10U Serving



13U Serve



Click the images to see them live!