



# BOYS & GIRLS GRADE SCHOOL & MIDDLE SCHOOL

## JUNIOR CLUB VOLLEYBALL PROGRAM

### PROGRAM PHILOSOPHY

Every athlete/coach/parent must understand the importance of Player Development as it pertains to volleyball. A big problem facing most volleyball players is the view their coaches and clubs have on the development of their athletes. Too often today, coaches and parents are too focused on the outcome and not the journey; they put a greater emphasis on winning and less on individual skill development, which leads to practices consisting of mainly scrimmages and playing. Because they place such an emphasis on winning matches, their focus is shifted to advanced system concepts at too young of an age.

Based on the *Athletic Pyramid* below, the natural progression at the base of the triangle emphasizes the individual technical development. Ultimately, at the 11-14U age group, winning and competition take a back seat to individual skill development in order to ensure the athlete's long-term success.

### COMMITMENT TO EXCELLENCE



### TEAM SYSTEM OF PLAY

### INDIVIDUAL TACTICS AND TEAM TACTICS

#### AGE GROUP OVERVIEW 11U & 12U

**60%** Development and refinement | **20%** Individual Skill  
**20%** Individual Tactics | **10%** Team Tactics & Team Play  
**10%** Physical Development

There will be no specialty positions; all will set, pass, serve and attack. At this age, it is too early to lock any athlete into a pre-determined position. Doing so will hinder development of other necessary individual skills.

Physical fitness routines will be integrated into practices for coordination and physical development with a focus on motor development.

For example, in an average hour long, best-of-three set match, a typical player will serve the ball 6x, attack the ball 10x (depending on player position), pass/dig the ball 12x, block the ball 1x, and set the ball 5-20x (depending on the player position). Based on these numbers, clearly games or scrimmages are **not** the ideal setting for players to develop individual skills during practice. When these athletes are supposed to advance to the next level, they are lacking in basic ball-control skill.

#### AGE GROUP OVERVIEW 13U & 14U

**50%** Development and refinement | **20%** Individual Skill  
**20%** Individual Tactics | **10%** Team Tactics & Team Play  
**10%** Physical Development

The setter will begin to be developed at this age group due to the amount of training required to fully master this skill set.

Physical fitness routines will continue to be integrated into practices for coordination and physical development, focusing on stamina and speed. Winning and competition will take a back seat to individual skill development to ensure the athlete's long-term success.