



BOYS & GIRLS HIGH SCHOOL AGE ATHLETES

JUNIOR CLUB VOLLEYBALL PROGRAM

PROGRAM PHILOSOPHY

For the younger player, we want to develop a solid base of fundamental skill as well as a passion for the sport. As players get older and progress through the program, we want to provide the path to a level of excellence that allows every athlete to test their own limitations. Only by constantly testing our limits can we truly discover our potential. This is the true measure that separates greatness from mediocrity and determines who will be the champion. Champions are not always the winner of the final match, but their effort and commitment to themselves and their teammates is the ultimate gold medal.

We want our athletes to understand what the term **“Commitment to Excellence”** really stands for—that it is not a part time endeavor to be turned on and off depending on the mood or feeling of the day. We also want them to understand what it means to be a part of a team and what the word “teammate” really stands for: a group of people who share a common goal together and the members of that group understand and agree to make the sacrifices necessary to make that goal become reality. Team members learn that individual needs are put aside for the good of the team or the team is destined to fail. It is truly a selfless commitment to be the best. Being a part of a team and making necessary sacrifices and commitments to help that team achieve success is a great life lesson that will serve team members well in life.



AGE GROUP OVERVIEW 15U & 16U

20% Development and refinement | **40%** Individual Skill
15% Individual Tactics | **15%** Team Tactics & Team Play **10%** Physical Development

TEAM WITH LITTLE OR NO EXPERIENCE

30% Movement and Ball Control **30%** Passing, Defense, Serving
20% Attack/Block **20%** Team Play

WITH EXPERIENCE

30% Movement and Ball Control **45%** Defense, Offense, Block
25% Team Play

The setter in this age group will master game management and directing an offense to put the team in a position to compete among the top teams regionally and nationally.

Physical fitness routines will continue to be integrated into practices for coordination and physical development, focusing on stamina and speed. We work hard to make sure that we **do not lose to ourselves (to compete is to never lose to yourself)**, which is what we believe is the definition of **“Competition.”**

Winning and competition will depend on proficient execution of sound fundamentals—First Contact (serve, pass, dig) Skills, First Ball Kill (FBK), I/O System Sideout Score Proficiency (SSP), End Game Proficiency (EGP) and FB/DB Transition Score, to score points in bunches.

Ball control refers to partner and group drills that we do every day in practice to incorporate overhead, forearm pass, defense, diving/rolling emergency skills to improve each player's **control of the ball** in many different areas. This type of training lasts from 20-40 minutes in length depending on the time of year.