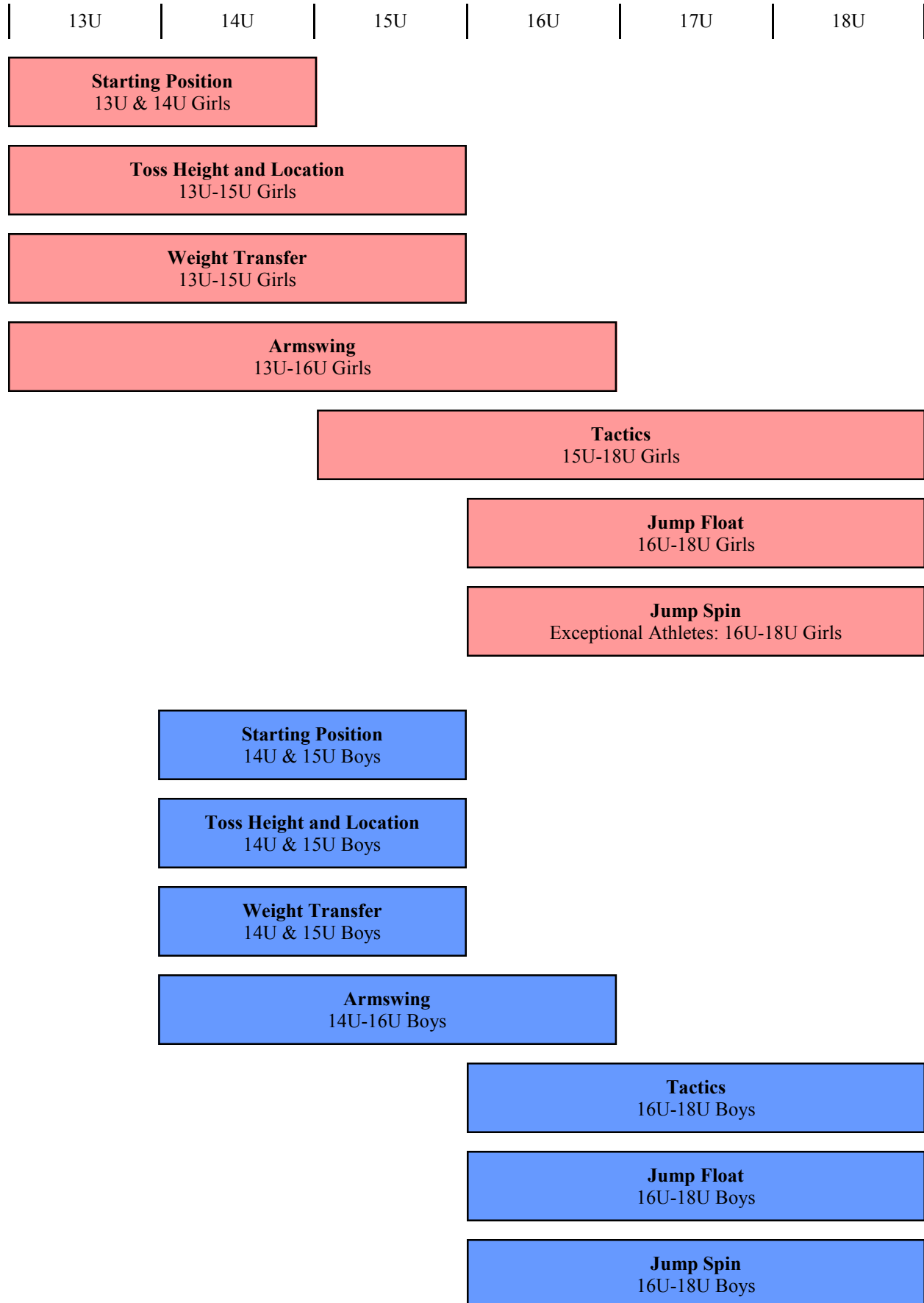


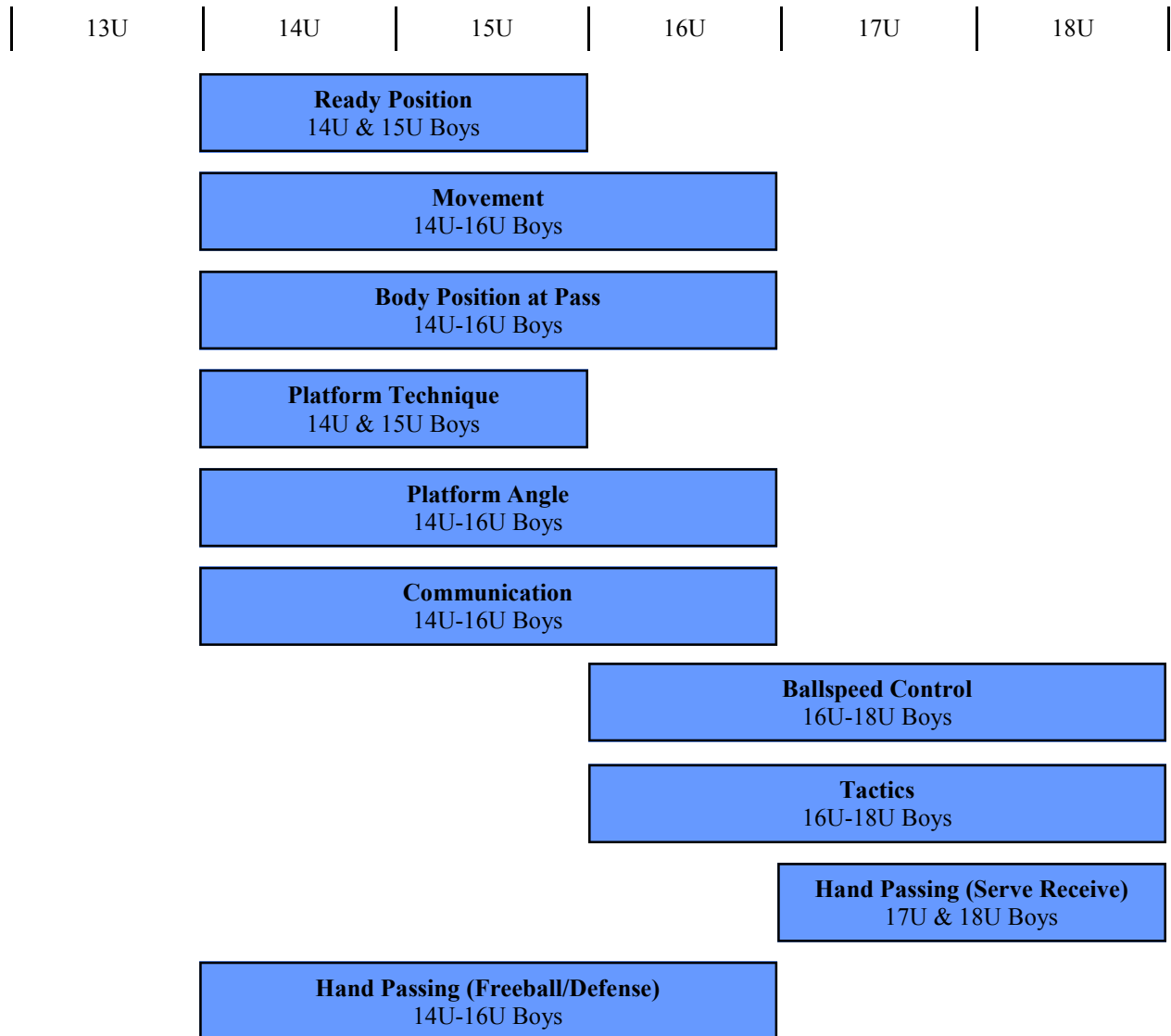
# Serving



# Passing

13U	14U	15U	16U	17U	18U
<b>Ready Position</b> 13U-15U Girls					
<b>Movement</b> 13U-15U Girls					
<b>Body Position at Pass</b> 13U-15U Girls					
<b>Platform Technique</b> 13U & 14U Girls					
<b>Platform Angle</b> 13U-16U Girls					
<b>Communication</b> 13U-15U Girls					
			<b>Ballspeed Control</b> 16U-18U Girls		
			<b>Tactics</b> 16U-18U Girls		
				<b>Hand Passing (Serve Receive)</b> 17U & 18U Girls	
<b>Hand Passing (Freeball/Defense)</b> 13U-16U Girls					

# Passing



# Setting

13U

14U

15U

16U

17U

18U

## Non-Setters

**Body Positioning**  
13U-15U Girls

**Highball Setting Technique**  
13U-15U Girls

**Extension**  
13U-15U Girls

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## Setters

**Ready Position**  
14U-16U Girls

**Movement to Ball**  
14U-16U Girls

**Body Positioning**  
14U & 15U Girls

**Setting Technique**  
14U-16U Girls

**Backsetting**  
14U-17U Girls

**Jumpsetting**  
16U-18U Girls

**Tactics**  
16U-18U Girls

# Setting

13U

14U

15U

16U

17U

18U

## Non-Setters

**Body Positioning**  
14U-16U Boys

**Highball Setting Technique**  
14U-16U Boys

**Extension**  
14U & 15U Boys

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## Setters

**Ready Position**  
14U-16U Boys

**Movement to Ball**  
14U-16U Boys

**Body Positioning**  
14U-16U Boys

**Setting Technique**  
14U-16U Boys

**Backsetting**  
15U-18U Boys

**Jumpsetting**  
16U-18U Boys

**Tactics**  
16U-18U Boys

# Attacking

13U	14U	15U	16U	17U	18U
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**Armswing**  
13U-15U Girls

**Approach**  
13U & 14U Girls

**Body Positioning**  
14U-16U Girls

**Positional Differences**  
15U-18U Girls

**Control**  
15U-18U Girls

**Tactics**  
16U-18U Girls

**Armswing**  
14U-16U Boys

**Approach**  
14U & 15U Boys

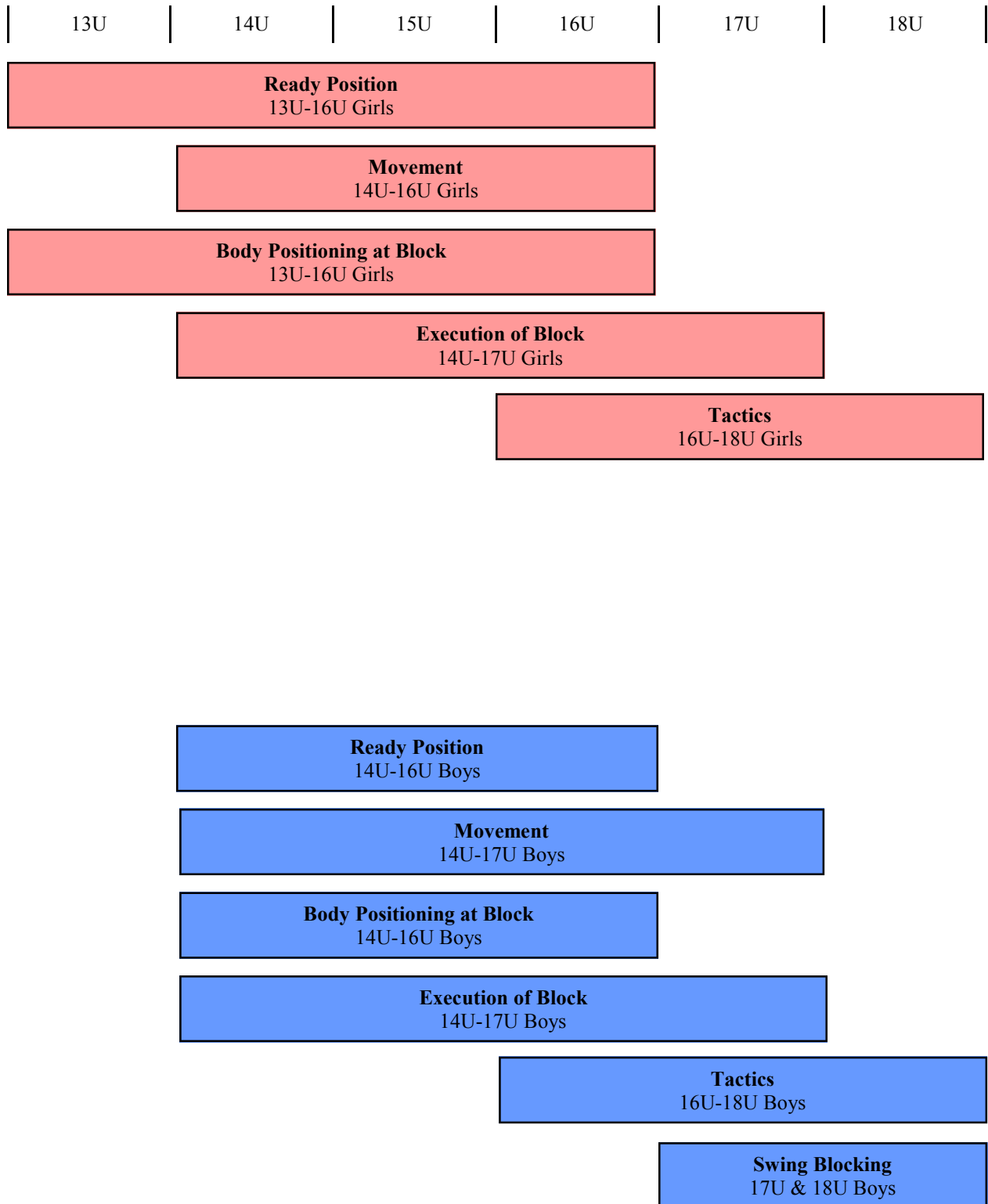
**Body Positioning**  
14U-16U Boys

**Positional Differences**  
16U-18U Boys

**Control**  
15U-18U Boys

**Tactics**  
16U-18U Boys

# Blocking



# Defending

13U

14U

15U

16U

17U

18U

**Ready Position**  
15U & 16U Girls

**Movement to Position**  
13U-16U Girls

**Movement to Ball After Stopped**  
15U-17U Girls

**Ballspeed Control**  
15U-18U Girls

**Tactics**  
15U-18U Girls

**Ready Position**  
15U & 16U Boys

**Movement to Position**  
14U-16U Boys

**Movement to Ball After Stopped**  
15U-17U Boys

**Ballspeed Control**  
15U-18U Boys

**Tactics**  
16U-18U Boys