

	13U Girls
Objective of season	<p><u>Warning!</u> North American sporting culture has been inferior to that of other regions for many years. We've been able to compete due to the sheer number of athletes we have, not due to how well we've trained them. Parents were generally not brought up in the sporting environment described below. For this reason, many will not understand the model. As such, it may be a challenge to commit to the model during the season due to various pressures. The club supports this model and will support you in your effort to follow it</p> <ul style="list-style-type: none"> • The following information is supported by Volleyball Canada and Sport Canada in their Long-term Athlete Development Model, which is supported by notable sports science sources • Similar models have been adopted in other nations' major sporting bodies <p><u>Objectives</u></p> <ul style="list-style-type: none"> • Skill development • Introduce proper movement patterns so they become habits in later years • Use competition as motivation to promote skill development <ul style="list-style-type: none"> • Use competition as an evaluation of how the players are developing • Avoid making decisions so that your team will be able to compete, instead make decisions to put your athletes in a position to develop and succeed at their skills, and as a result of that, be able to compete • For example, if three of your players struggled at passing during a tournament, there are generally two options: <ol style="list-style-type: none"> 1. Teach the passers how to pass 2. Find ways to make sure your weak passers don't pass in future competitions <ul style="list-style-type: none"> • Option 1 should be chosen at 13U, whereas option 2 may be more appropriate for 18U
Aspects of skills to focus on	
Serving	<p>ASSUMING A RIGHT HANDED SERVER</p> <p><u>Starting Position</u></p> <ul style="list-style-type: none"> • Right elbow back and up • Right thumb down, palm facing out • Ball held with left hand with a straight arm at shoulder height • Ball held over right side of body so that the toss is vertical instead of a left-to-right arc <p><u>Toss height and location</u></p> <ul style="list-style-type: none"> • Maximum height slightly higher than contact height <ul style="list-style-type: none"> • Ball's apex is at contact • Ball isn't moving at contact • Toss travels straight up from left hand <p><u>Weight Transfer</u></p> <ul style="list-style-type: none"> • Slight step with left foot <u>after</u> toss to facilitate weight transfer • Push with right leg to transfer body weight forward after toss • To provide power to the serve, the speed of weight transfer is more important than the size of the step <ul style="list-style-type: none"> • Should be timed to occur as arm is moving forward • All movements should occur in a straight line towards the intended target

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Serving (continued)	<p>ASSUMING A RIGHT HANDED SERVER</p> <p><u>Armswing</u></p> <ul style="list-style-type: none"> • Right shoulder turns forward, right elbow leads the motion • Arm and hand snap to the ball • All movements should occur in a straight line towards the intended target <p><u>Other considerations</u></p> <ul style="list-style-type: none"> • Servers should be encouraged to serve deep into the court <ul style="list-style-type: none"> • The best error is an error out the back of the court, the second best is out the sidelines, the worst is into the net • If players aren't strong enough to serve with straight and compact movements, it is better for them to serve underhand for the time being to avoid bad technique <ul style="list-style-type: none"> • Players grow stronger throughout the season, so this should be re-evaluated regularly
Forearm Passing	<p><u>Ready Position (Serve Receive)</u></p> <ul style="list-style-type: none"> • Relaxed until server contacts ball • Weight slightly forward • Arms relaxed • Feet wider than shoulder width • At contact, centre of gravity drops slightly <p><u>Lateral Movement</u> (assuming movement to the left)</p> <ul style="list-style-type: none"> • Shuffle step • First movement is a push with the right leg in order to get upper body moving to the left • In order to regain balance, right foot moves first to the left, followed by the left foot <ul style="list-style-type: none"> • Gives the appearance of one foot kicking the other out of the way when done quickly <p><u>Forward/Backward Movement</u></p> <ul style="list-style-type: none"> • First reaction to short/long serve should be small fast steps • Players should make every effort to stay on their feet <ul style="list-style-type: none"> • Platform integrity should be maintained • Sliding on kneepads, lunging, or jumping disturbs the platform • A lunge should be done as a last resort <p><u>Body Position (Ideal)</u></p> <ul style="list-style-type: none"> • Hips square to the source of the ball • Feet wider than shoulder width • Positioned so that the ball is passed in between the hips <ul style="list-style-type: none"> • Weight shift if positioning isn't perfect so that body is in front of ball <p><u>Platform Technique</u></p> <ul style="list-style-type: none"> • Arms straight and even with each other • Shoulders squeezed together • Platform pushed away from body • Hands pushed downwards, exposing inside of arms • Hands interlocked in some way to provide support to each other

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Forearm Passing (continued)	<p><u>Platform Angle</u></p> <ul style="list-style-type: none"> • Platform is angled to deflect ball to the target • Angle is made by adjusting the shoulders and upper body depending on the amount of angle needed • In order to pass balls outside of the body, upper body may have to turn to the side in order to create the proper platform angle <p><u>Communication</u></p> <ul style="list-style-type: none"> • Seams, “mine”, in/out
Setting	<p><u>Body Positioning</u></p> <ul style="list-style-type: none"> • If ball wasn’t set and hands were pulled away, ball would hit setter on the forehead • Shoulders square to target • Legs and arms bent, “loaded” <p><u>Highball Setting Technique</u></p> <ul style="list-style-type: none"> • Wrists turned so that they create the shape of the ball • Thumbs turned back towards head • Legs and arms loaded to provide power and height to highball set • Wait until ball is in the hands, then push it out forcefully <ul style="list-style-type: none"> • Avoid hitting the ball to maximize control, a pushed set should be relatively quiet when listening to it <p><u>Extension</u></p> <ul style="list-style-type: none"> • Full extension with entire body once ball touches hands <ul style="list-style-type: none"> • Body should be a straight line when the ball is released • Extension is both upwards and forwards so that the set is high and to the outside of the court
Hand-Passing (Freeball, Defence)	<ul style="list-style-type: none"> • Similar points to highball setting, however extension and follow-through is limited to limit power
Attacking	<p><u>Armswing</u></p> <ul style="list-style-type: none"> • Whip-like action <ul style="list-style-type: none"> • Elbow leads the forward movement for hitting arm • Both arms used in armswing—provides balance and power <ul style="list-style-type: none"> • Non-hitting arm raised when hitting arm is loaded • Non-hitting arm driven downwards forcefully when hitting arm starts forward • Arm and hand snap to the top of the ball <ul style="list-style-type: none"> • Wrist snap done once in contact with the ball will aid in putting spin on ball <p><u>Approach</u> (assuming right handed attacker)</p> <ul style="list-style-type: none"> • Two step approach • Footwork ordering <ul style="list-style-type: none"> • Right—left ends every approach • Armswing timing during approach <ul style="list-style-type: none"> • Arms back when right foot hits the ground • Arms forward and up and left foot hits the ground

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Attacking (continued)	<p><u>Approach Angle</u> (assuming right handed attacker)</p> <ul style="list-style-type: none"> • Leftside attackers start outside of the court and approach towards the court • Rightside attackers approach along the sideline • For the above two points, the opposite is true if the attacker is left handed • Player must back off the net to allow space for the approach to take place
Blocking	<p><u>Body Position</u></p> <ul style="list-style-type: none"> • Shoulders square to the net, or facing slightly towards the middle of the court • Spaced 1-1.5 feet away from the net to allow the forearms space to penetrate over the net <ul style="list-style-type: none"> • Too close to the net and you can't penetrate without net faulting • Stop, then jump
Defending	<p><u>Ready Position</u></p> <ul style="list-style-type: none"> • Similar to passing ready position, except <u>slightly</u> lower • Arms are extended out from body and palms are facing up • Objective for defended balls is for them to go high and to the centre of the court <ul style="list-style-type: none"> • Do NOT try to pass them to the net • Remaining defensive points are irrelevant for 13U, treat it like passing
Game Concepts	<ul style="list-style-type: none"> • Cycle of Actions and the movements required to transition to/from each <ul style="list-style-type: none"> • Serve → Defend → Attack/Cover → Defend → Attack/Cover Or • Receive → Attack/Cover → Defend → Attack/Cover → Defend • Freeball <ul style="list-style-type: none"> • Early recognition, movement • Passing with the hands should be encouraged in all circumstances, except where it is deemed illegal (serve receive, freeball toss from coach) <ul style="list-style-type: none"> • It is a necessary skill and still needs to be trained • Don't let the OVA outlawing it in SPECIFIC situations discourage your players from doing it at all
Conditioning (See Appendices)	<p>The following aspects can be trained in specific conditioning drills or by modifying your volleyball drills in order to incorporate them:</p> <ul style="list-style-type: none"> • Speed • Stamina • Bodyweight Strength
Appropriate Systems	<p>Offense: 6-6 (mandatory for triple ball) Defense: 6-up Serve Receive: 5-person "M", 4-person "Cup" or "Checkmark" for faster teams</p>