

VCNebraska Long Term Development Structure

Level	YA Level 1	YA Level 2	Youth Club / Level 3	14-15's	16-18's
Focus	FUNdamentals	Learning to Train	Training to Train	Training to Train	Learning to Compete
Age	6-8 years	9-10 years	11-13 years	14-15 years	16-18 years
Skill Development	Introduction of basic skills with movement.	Basic skills in sequence, with emphasis on 1st and 2nd contact 4 on 4 focus	Excel in 1st and 2nd contact Attack progression Blocking skill work 3 contact focus Floor work introduction	Team strategy and system integration Position specifics Advanced attack and block technique	Advanced team and individual tactics Multiple offensive options Swing blocking mastered
Physical Development	Motor skill development Basic footwork Catching and throwing emphasis	Coordination work Dynamic movement Basic body weight work	Speed / agility development Aerobic development Strength with body weight	Power development Lateral and vertical training Core focus	Power development Continued aerobic development Overall fitness
Accelerated Learning Opportunity (ALO)	Physical Literacy / Flexibility	Basic Sports Skills	Endurance / Speed	Strength	Develop / Maintain / Refine
Season Length*	4 - 12 weeks	12 - 32 weeks	20-34 weeks	24 - 35 weeks	35 - 44 weeks
Practices per Week	1 - 2	1 - 2	2	2 - 3	2-3
Hours per Week	1 - 2 hours	1 - 2 hours	1.5-2.5 hours	3 - 6 hours	5-9 hours
Practice Length	60 minutes	60-90 minutes	90-120 minutes	120-150 minutes	120-180 minutes
Outside P.T.	included in training	included in training	included in training	1 hour a week	1 hour a week
Train vs Compete	1 on 1 ball training	90% / 10%	80% / 20%	70% / 30%	60% / 40%

*Includes total weeks in club season, school season, camps, and clinics.

VCNebraska.com

Data compiled from multiple sources including

VCN Staff / Curriculum

www.greatlakescenter.com

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