



EARLY CONTACT INITIATIVE
An Expansion of the Indoor Youth Competition
Program

JUNE 2, 2021

Volleyball for Life

AGENDA

1. Why improve the competition structure?
2. Early Contact Initiative
 - i. 4v4 Rallyball
 - ii. 6v6 Rallyball
 - iii. Traditional Non-Specialized
3. Timelines & Next Steps
4. Find Your Fit



Why improve the competition structure?



OVA's Mission

The OVA is an athlete-centred association providing leadership and expertise in the growth, development and delivery of volleyball in Ontario.

Strategic Objectives

- Deliver quality, fit for purpose, experiential programming
- Remove barriers to participation
- Commit to an innovation mindset



Why improve the competition structure?

- Rapid growth with athletes starting club volleyball earlier in recent years
- New Long-Term Development Model in 2020 (LTD)
- Creation based on collaboration with the Indoor Volleyball Development Committee
- Addressing needs and concerns of members based on survey feedback





Why improve the competition structure?

Align competition with research-based and LTD defined characteristics of quality, positive, developmentally beneficial youth sport experience

Health and needs of KIDS first



Characteristics of a program that puts the health and needs of KIDS first

Fun, joy and intrinsic reward

Removal of barriers to access

Developmentally-appropriate instruction and formats

De-emphasize winning/results

Promote development and participation



OVA's Traditional Competition System

Divisions organized by chronological age

Athlete preparation is geared to the short-term outcome—must win/fear of relegation

Early specialization

The Early Contact Initiative



Development appropriate divisions = FUN



Decreased focus on winning/results (no more relegation)



Delayed specialization



Flexibility for clubs and coaches to do what's best for their athletes

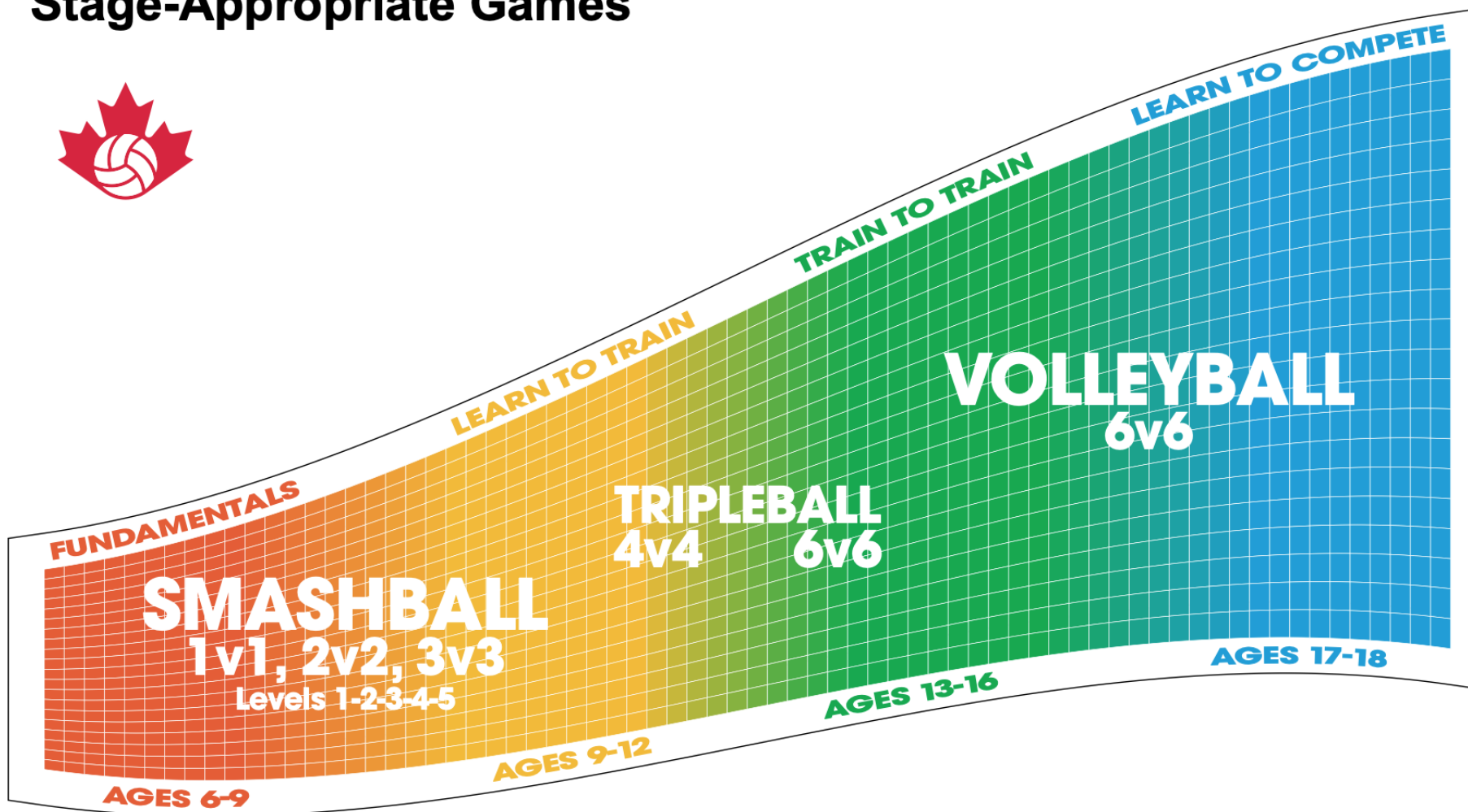
What is The Early Contact Initiative?

A set of rules and an evolution of the competition pathway that will help clubs find development-appropriate competition opportunities for their younger players while giving them the best experience possible for long term retention and success.



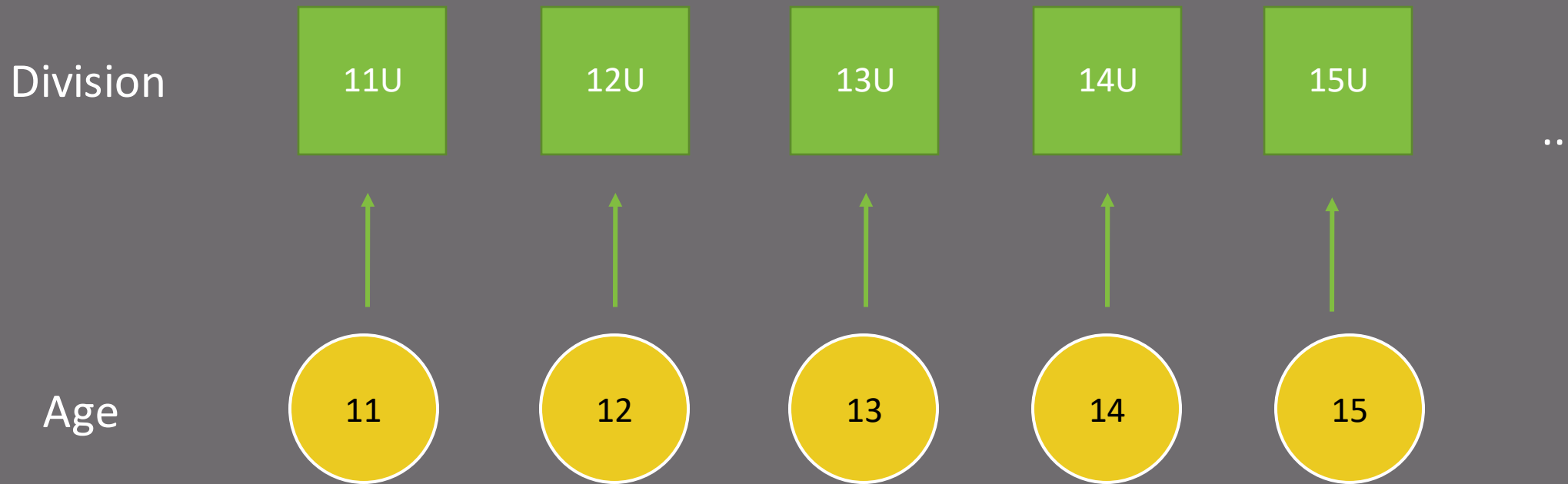
Aligned with Volleyball Canada LTD 3.0

Stage-Appropriate Games



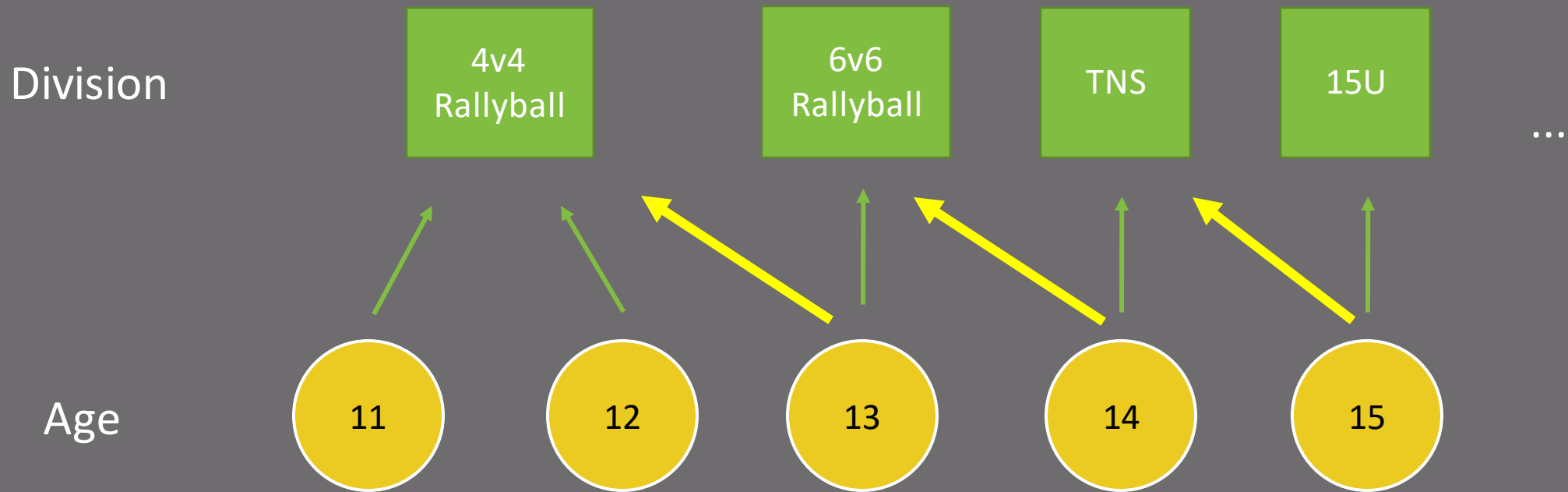


Traditional Competition





With Early Contact Rules



First entry point to Indoor Youth Competitions: 4v4 Rallyball

Fewer players
on the court



Players more
involved



More ball
touches



More fun and
engagement



4v4 Rallyball



Format geared towards entry level teams.
Great for transition from house league to club

Great opportunity to learn flow game, develop the fundamental skills and grow confidence.

All events are developmentally focused and maximize number of games played

Development of a membership and fee structure to eliminate cost barrier



4v4 Rallyball – Summary

| | 4v4 Rallyball |
|----------------------|---|
| Formally | 11U/12U |
| Eligible Birth Years | 2009 & Under |
| Divisions | Male/Coed Female |
| Number of Events | 5 events per regular season |
| Event Structure | Regional Competitions with various round robin formats |
| Substitutions | Fairplay |
| Court Size | 7x14 or as close as the facility has available Badminton doubles court |
| Playing time | Rotational Play |
| Net Height | 2.10m Female, 2.15m Male/Coed |
| Specialization | None |

6v6 Rallyball

Less aces and missed serves

- >50% of serves end the point at younger ages

More opportunities to bump-set-hit

- >95% of free balls lead to an attack with Rallyball

More rallies

- 2x the number of contacts



6v6 Rallyball

- Format geared towards teams and athletes with exposure to Rallyball in the 4v4 format and those needing more rallies to learn the flow of the game
- Great opportunity to develop fundamental skills and introduce the systems and tactics of 6v6 volleyball
- Alternating development and challenge events





6v6 Rallyball - Summary

| 6v6 Rallyball | |
|----------------------|---|
| Formally | 13U |
| Eligible Birth Years | 2008 & Under 24-month Eligibility |
| Divisions | Female/Male |
| Number of Events | 5 events per regular season |
| Event Structure | Regional Competitions with alternating Development and Challenge Events |
| Substitutions | Fairplay |
| Court Size | 9x18 |
| Net Height | 2.1m Female, 2.2m Male |
| Specialization | None |

Traditional Non-Specialized (TNS)

Delays specialization

- Early specialization has been linked to burn out and higher injury rates

Playing multiple positions

Click to add text

- Leads to a better understanding of the game and the development of transferable skills

Supports long term participation

- Gives athletes the confidence to play different positions



Traditional Non-Specialized (TNS)

Format geared towards teams and athletes with exposure to 6v6 Rallyball and a basic understanding of 6v6 volleyball systems and tactics

Great opportunity to develop multiple positional skills and understand the relationship between the different positions in 6v6 volleyball

1 development event and 4 challenge events

No downwards relegation



Traditional Non-Specialized - Summary

| | TNS |
|----------------------|---|
| Formally | 13U/14U/15U |
| Eligible Birth Years | 2007 (FEMALE ONLY September – December) & Under 16-month eligibility – Female 24-month eligibility – Male |
| Divisions | Female/Male |
| Number of Events | 5 events per regular season |
| Event Structure | Gradual build-up of competitive tiers with no downward movement |
| Substitutions | Fairplay |
| Court Size | 9x18 |
| Net Height | 2.15m Female, 2.2m Male |
| Specialization | Permitted to introduce alternate playing system except a 5-1 |



Timelines & Next Steps

1. Information live to public on OVA website and e-blasts – mid-June
2. Develop and deliver coach webinars on how to deliver Early Contact in your Club – ongoing
3. Development of Club Support materials I.e., Marketing for Clubs to utilize, parent education, coach training webinars, etc.
4. Continual review of all Youth Competitions streams with IVDC





What's the Marketing plan?

- Find your Fit is a marketing campaign to be rolled out over the next few weeks including surrounding the Olympic and Paralympic Games. We know success on the world stage breeds excitement and interest and we want to be prepared.
- We will curate a collection of marketing assets directed at our clubs, coaches, returning players, and new players supporting various entry points on the early contact initiative.





Questions?



ONTARIO
Volleyball





Thank-you OVA community!



OVA