

TRAIN TO COMPETE OBJECTIVES (19-22)

*All skills and tactics are the same as Learn to Compete, however athletes move into the later stages of consolidation or refinement



Cycle of Action	Skills	Skill Variations	Cue Reading + Decision Making	Tactics or Skill Emphasis	Athletic Abilities	Competition
Service Reception	Forearm Pass	Ball is to the left or right of passer's body Ball is behind or substantially in front of passer	Alignment and stepping direction of server. Self-position. Ball movement. Position of partners. Distance to the net. Determining if movement is required prior to executing skill + direction. Selection of target for the pass. Amount of force applied at contact for ball to reach target with good trajectory.	Passing targets (LS to middle, RS slightly right of the middle) Trajectory (waterfall) Establish seam Progressively shorter steps for centre line passing Forearm Pass angle parallel to thighs		
				Vary starting positions (shade the line on a spike serve especially if serve is against the line) Vary starting positions (create a smaller seam to serve the other guy) Closer to line to prevent ace on short distance Passing short serve		
Preparation for Attack	Free ball pass	Passing from the backcourt and frontcourt	Self position. Ball movement. Position of and distance to partners. Distance to the net. Determining if movement is required prior to executing skill + direction. Selection of target for the pass. Amount of force applied at contact for ball to reach target with good trajectory.	Forearm or overhand trajectory (2m away principle) Being still while overhand setting	All the objectives of the Train to Train stage must be achieved before the objectives of the Learn to Compete stage can begin.	2 vs. 2 2.43m net (M) 2.24m net (F)
	Release from reception + footwork	Double Axe Handle				
	Setting from a pass 4-5m off the net					
	Calling the shot	Calling the open soft shot (line, line, line)				
	Forearm set after hard dig (adjust for spin)	Calling 'nobody'				
	Cover after call					
	Emergency setting with forearms					
Diving sets						
Attack	Line (over)		Reading the setter hands + body position; ball speed and trajectory Selection of skill to attack. Angle of approach. Selection of target. Amount of force to apply at contact.	Hard attack approach always (deception for shot or attack) Listening for the call Giving a free ball (high to give yourself time) Footwork adjustment (feet closer together) Armswing critical (compact)	Provide year-round, high intensity, individual- event- and position- specific training. Teach athletes, who are now proficient at performing basic and sport-specific skills, to perform those skills under a variety of competitive conditions during training.	Change the training-to- competition and competition-specific training ratio to 40:60. Devote 40 percent of available time to the development of technical and tactical skills and improving fitness, and 60 percent to competition-specific training and actual competitions.
	Cross-court					
	Cutty					
	Pockey					
	Transition attack (after dig, get into position while wiping hands of sand)					
	Knuckle/Pockey (line short only)					
	Joust (get to the ball and push second and stright ahead)					
Deception line or cross shot						
Cutty - high contact point						
Attack Coverage	Court movements		Position and movements of attacker and blocker. Direction of movements. Determining who will be performing the action, self or partner.		Special emphasis can be made for developing strength for males (12-18 months after PHV).	Place special emphasis on optimum preparation by modelling competitions in training.
Transition to Defensive Ready	Movement to blocking ready positions		Position and movements of opponents; opponents freeball acitons and attack direction. Position on the court. Alignment of own body at the net or in relation to the court lines. Final movements based on location of opponent pass.		Individually tailor fitness programs, recovery programs, psychological preparation and technical development.	Learn to compete
	Movement to defensive ready positions					
	Blocking ready positions					
Defensive ready positions						
Blocking and Defense	Blocking Line		Blockers: position and trajectory of ball, position of setter, position and trajectory of ball, angle of approach and body position of hitter (ball, setter, ball, hitter). Defenders: position and trajectory of ball, position of setter, position and trajectory of ball, position and actions of blocker (via peripheral vision), angle of approach and body position of hitter. DM: Position on the court. Alignment of own body relative to attacker. Determine if action will be performed by self or partner.	Initial starting position (cross court from person served) even if there is a cross call Final position depends on signal Stationary at contact	Select one sport or, at most, beach and indoor volleyball. Utilize single, double and/or triple periodization as the optimal framework of preparation.	Learn to cope with the physical and mental challenges of competition and develop further mental skills.
	Blocking Cross					
	Blocking Ball					
	Peeling Line					
	Digging short roll behind blocker					
	Peeling Cross					
	Joust, knuckle or spike sets on top of the net (go get it first)					
	Set a blocked ball (consecutive contact)					
	Hard driven dig					
	Double Axe Handle Dig					
	Direct set after block touch					
	High knuckle dig (from a peel)					
	Digging backwards when charging the net					
Diving or slide stride for a ball	1 and 2 hands					
Service	Standing Float	Serving to fixed and relative locations	Opponents formation, attention and ability of individual passers When and where to serve; choice of service technique.	Harder into the wind Back up with the wind Either block or defense position afterwards Higher or deeper location if blocking Serve weaker attacker or passer		
	Jump Float	Serving to fixed and relative locations				
	Jump Spin - Power					
	Jump Spin - Control	Serving to fixed and relative locations				
			Vary baseline positining vs winder direction Servig strategy (short, deep, left and right seams)			