

TRAIN TO TRAIN OBJECTIVES (15/16)

*Shaded areas represent skills/tactics that are objectives from the previous stage (two year increments), but require continued development



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		
Preparation for Attack	Free ball pass	Passing from the backcourt and frontcourt Double Axe Handle	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	Make aerobic training a priority after PHV while maintaining or further developing levels of skill, speed, strength and flexibility.	2 vs. 2 2.35m net (M) 2.20m net (F) For athletes of this age group, 60% of the time should be spent in practice, with 40% spent on competition (which includes competition specific training).
	Release from reception + footwork					
	Setting from a pass 4-5m off the net					
	Calling the shot	Calling the open soft shot (line, line, line) Calling 'nobody'				
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)	Consider the sensitive periods of accelerated adaptation to strength training for females: immediately after PHV or the onset of menarche. For males, the sensitive period for strength begins 12 to 18 months after PHV.	Train athletes in regular competitive situations in the form of practice matches, scrimmages or competitive games and drills.
	Cross-court					
	Cutty					
	Pockey					
Attack Coverage	Court movements		Position and movements of attacker and blocker. Direction of movements. Determining who will be performing the action, self or partner.		Encourage flexibility training, as the rapid growth of bones during this stage leads to stress on tendons, ligaments and muscles.	During competitions, athletes play to win and to do their best, but the major focus of training and competition is on applying the skills, strategies and tactics learned in training in competitive situations.
Transition to Defensive Ready	Movement to blocking ready positions		Position and movements of opponents; opponents freeball actions 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.		Encourage athletes to focus on two sports based on their desire to participate and their sport-specific potential.	Learn to cope with the physical and mental challenges of competition and develop further mental skills.
	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	Special emphasis can be made for females to develop the strength and speed for high velocity attacks.	
	Blocking Cross					
	Blocking Ball					
	Peeling Line					
	Peeling Cross					
	Digging short roll behind blocker					
	Hard drive dig					
	Double Axe Handle Dig					
Dive	Left and right					
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.	Under 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					
		Serving to fixed and relative locations				