



LEARN TO TRAIN OBJECTIVES (9-12)

Cycle of Action	Skills	Skill Variations	Cue Reading + Decision Making	Tactics	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.	3-person V Serve Reception Formation		
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.	4-0 Offensive System	Training activities should emphasize coordination and fine motor control, as this is a period of accelerated improvements for these abilities. Quickness/speed of movement, flexibility, and endurance should also be developed during this period. For full athletic development, children should participate in a broad range of sports and activities: some land-based, some water-based and some ice- and snow-based.	2 v 2 (9-10 years old) 4 vs. 4 (11-12 years old) using Badminton lines and a 2m net For children of this age group, 70% of the time should be spent in practice, with only 30% spent on competition. Participants must be exposed progressively to competition in order to experience its challenges. When engaged in competition, the priority should be learning to compete - not winning
	Attacker transition movements					
	Non-setter 2nd ball set	Frontcourt to frontcourt attacker Backcourt to frontcourt attacker				
	Setter - Front Set Setter - Back Set	At the net & Off the net At the net & Off the net				
Attack	Approach, striking action, and landing	Spike & Tip from left side Spike & Tip from right side	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.			
Attack Coverage	Court movements		Position and movements of attacker and blockers. Direction of movements	Setter moves under the attacker Other players face to cover the ball		
Transition to Defensive Ready	Movement to blocking ready position		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.	1 person blocking system		
	Movement to defensive ready positions			3 person V		
Blocking and Defence	Blocking (1 person)	Shuffle movements - right and left	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 blockers (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.	1 person blocking system		
		Turn and Run movements - right and left				
	Defence	Movements		3 person V		
		Digging action Sprawl (safely hitting the floor)				
Service	Underhand & Standing Float	Serving to fixed and relative locations	Opponents defensive formation, attention and ability of individual passers When and where to serve; choice of service technique.			