



TRAIN TO COMPETE OBJECTIVES

*All skills and tactics are the same as Learn to Compete, however athletes move into the later stages of consolidation or refinement (see full skill matrix)

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	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 line			
	Overhead Pass	Ball is behind or substantially in front of passer		2-person Serve Receive			
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. Reading opponent blockers and defenders prior to the set. 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.	6-2 & 5-1 Offensive Systems (options)	All the objectives of the Learn to Compete stage must be achieved before the objectives of the Train to Compete stage can begin.	6 vs. 6 2.43m net (M) 2.24m net (F)	
	Attacker transition movements	For all positions					
	Non-Setters: 2nd ball set	Frontcourt to frontcourt attacker Backcourt to frontcourt attacker					
	Setters: 41	At the net & Off the net					
	Setters: 61	At the net & Off the net					
	Setters: 31	At the net & Off the net					
	Setters: Step (61)	At the net & Off the net					
	Setters: Step (71)	At the net & Off the net					
	Setters: Fast Left Side (12)	At the net & Off the net					
	Setters: Fast Right Side (72)	At the net & Off the net					
Setters: Fast B (pipe)	At the net & Off the net						
Setters: Fast C	At the net & Off the net						
Attack (Middles)	41	At the net, Off the net & Against the grain	Reading the setter hands + body position; ball speed and trajectory. Reading the opponent blockers and defenders movements and actions prior to the set. Selection of skill to attack. Angle of approach. Selection of target. Amount of force to apply at contact.		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.	
	61	At the net, Off the net & Against the grain					
	31	At the net, Off the net & Against the grain					
	Step (61)	At the net, Off the net & Against the grain					
	Step (71)	At the net, Off the net & Against the grain					
Attack (Outsides)	Fast Left Side (12)	At & off the net, inside-out and outside-in approach	Reading the setter hands + body position; ball speed and trajectory. Reading the opponent blockers and defenders movements and actions prior to the set. Selection of skill to attack. Angle of approach. Selection of target. Amount of force to apply at contact.		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.	
	Fast Right Side (72)	At & off the net, inside-out and outside-in approach					
	Wipe off (Tool) blockers' hands	At & off the net, inside-out and outside-in approach					
	"Rebound" spike for continuation of rally	At & off the net, inside-out and outside-in approach					
	Back court attack	Left and Right seams from B and C					Wipe off (Tool) the top
		Rebound					Tip and Roll shot to targeted locations
		Fast B (pipe)					Fast C
Fast C							
Attack Coverage	Court movements		Position and movements of attacker and blockers. Direction of movements. Determining who will be performing the action, self or partner.	3-2 system	Individually tailor fitness programs, recovery programs, psychological preparation and technical development.	Learn to compete	
				2-3 system			
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.	Spread Blocking System	Select one sport or, at most, beach and indoor volleyball.	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 and Defensive movements for a Spread Block System (3-person block)	Middle movements (step cross over footwork)	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.	Spread System (3 person)	Utilize single, double and/or triple periodization as the optimal framework of preparation.		
		Outside Blocker movements (shuffle or cross)					
	Blocking and Defensive movements for a Bunch Read System (2-person block)	Middle movements (both sides)		Bunch Read System			
		Outside Blocker movements (both sides)					
	Blocking and Defensive movements for a Bunch Read System (3-person block)	Middle movements (both sides)					
		Outside Blocker movements (both sides)					
Service	Jump Float	Serving to fixed and relative locations	Opponents defensive formation, attention and ability of individual passers, When and where to serve; game plan application; choice of service technique.				
	Jump Float - Step	Serving to fixed and relative locations					
	Jump Spin - Power	Serving to fixed and relative locations					
	Jump Spin - Control	Serving to fixed and relative locations					