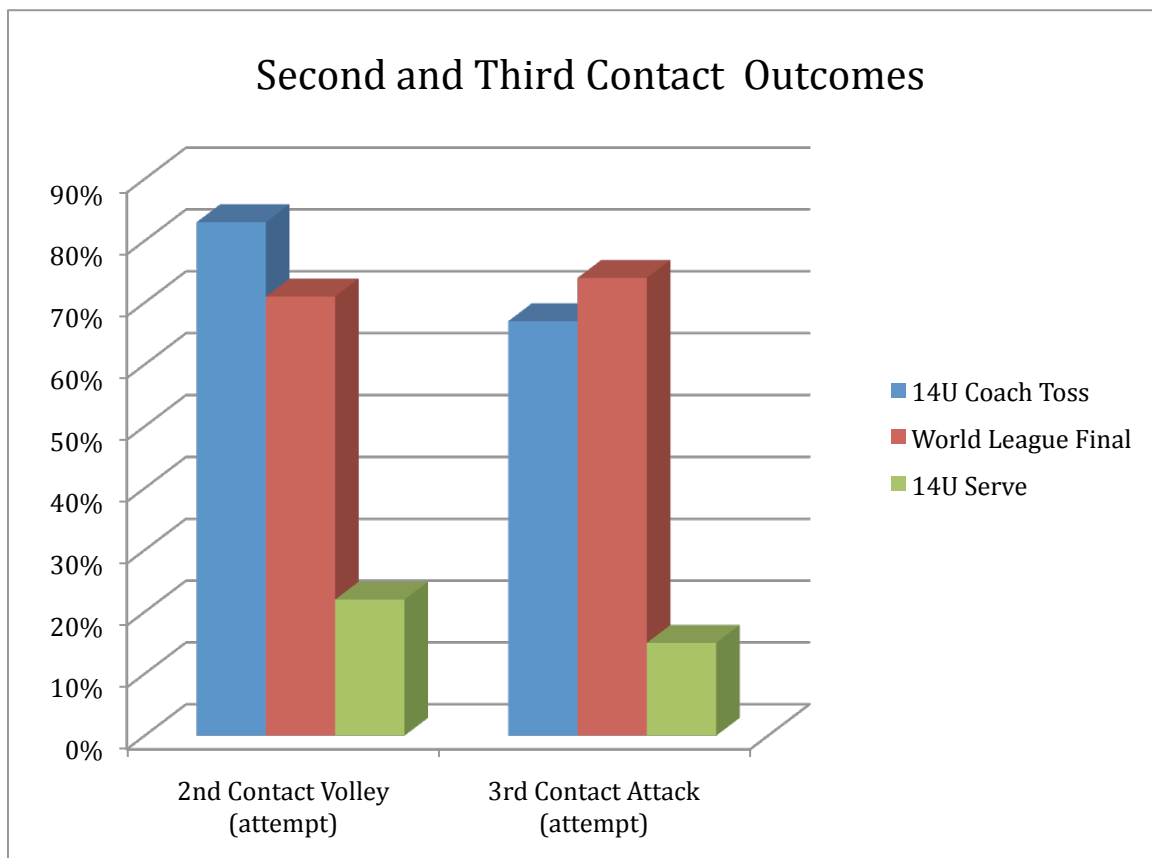


Triple Ball is a modified game that has been introduced to help developing athletes accelerate their development, improve skills, and experience more success while having triple the fun. Many countries throughout the world recognize the benefits of modified games for young developing athletes. These variations range from decreasing the court size and number of players on the floor to utilizing customized rules such as mandatory underhand serve.

Alberta Volleyball piloted Triple Ball last year and documented that it more than doubled the number of contacts and rallies versus the standard game. This allowed athletes to "play" much more and go through all the cycle of actions more consistently. Preventing players to switch positions allows athletes to experience the challenges of each position and helps them develop a broader range of abilities. Rotating substitution allows every athlete to play equally. This is a critical concept as volleyball is a late developing sport and any athlete, regardless of their ability at 13/14 years of age, could be a future star.

Ontario Volleyball held a Triple Ball tournament for their 14U boys in December and collected data from this event. The chart below compares the Triple Ball data with statistics taken from an international match, the 2009 Men's World League final between Brazil and Serbia. The following chart examines the percentage of second contact volley attempts by the designated setter and the percentage of third contact attack attempts in three different situations (14U toss, World League Final and 14U serve).



The results indicate the structure of a 14U side out rally performed after a coach toss is very similar to that of an international standard. The outcomes after 14U serves were significantly lower, due to the developmental stage of these young athletes.