



**Team Alberta  
Women's Volleyball  
Curriculum  
(15U - 18U Athletes)**

**Version 2: August 2019**



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## Abstract

In order to get all female volleyball players in Alberta onto a similar learning and training program, the Volleyball Alberta High Performance Committee was tasked with forming a curriculum for 15 to 18 year old athletes to follow. This curriculum was originally designed to help guide Provincial Team training and planning, but is now being made available to the public, as we feel as though this document will help High School and Club coaches, and athletes as well. It has taken years to prepare, and has been written and vetted by many of the top coaches in Alberta and Canada.

As with any curriculum, this is a general guide to be followed, and not a set script. All athletes and teams are different, and coaches should feel comfortable adjusting the timing and implementation of the curriculum to best suit the individual and the situation. Experienced coaches may have different concepts and teaching points for the outlined skills, and while variety is encouraged and respected, all athletes and teams will benefit from following the VA curriculum. It is designed to help season and practice planning, but the way that these skills are implemented and practiced is up to the coach. It is recommended that coaches use consistent wording across the age categories to streamline development as athletes' progress. As such, please try to implement the terms used here in a way that will not be too foreign to your coaching practice. In order to be prepared to move on to post-secondary level volleyball, athletes should be competent in the vast majority of skills outlined at their position.

In order to better understand the curriculum, the following words are described below:

- **Acquire:** Present to the athletes a new element, or new way of practicing the element (skill OR tactical component) in stable and easy conditions.
- **Consolidate:** To stabilize the element in controlled conditions by the coach, or semi-controlled and random conditions. This framework requires opponent's opposition /confrontation.
- **Refine:** To maintain a repertoire of techniques, tactics and strategies, to polish and improve the elements in controlled, semi-controlled, or random conditions.

We thank you for considering the use of this curriculum for the coaching of 15-18U Women's volleyball. We trust that this will help guide your planning, and help you to better understand what skills and tactics are needed to achieve a higher level of performance.

Good luck in your training!

Volleyball Alberta High Performance Committee



## Team Alberta Women’s Volleyball Serving Curriculum - 15U-18U

### Introduction:

Every volleyball rally begins with the serve and therefore is the only skill in volleyball that is not influenced by a previous action. As such it should be kept uncomplicated and consistent. It is also the first opportunity to put pressure on the opponent so it can have a big influence on a team’s success. This success is largely affected by the direction, trajectory and speed of the ball. Every athlete should be capable of executing the standing float serve but depending on their ability they should also have 1 of the advanced serves that they are confident in using in competition situations.

Skill/Technical Aspect	15U	16U	17U	18U
<a href="#"><u>Pre-Serve Routine</u></a>		Consolidate	Consolidate	Refine
<a href="#"><u>Standing Float</u></a>		Consolidate	Refine	Refine
<a href="#"><u>2-foot Jump Float</u></a>		Consolidate	Consolidate	Refine
<a href="#"><u>Serving Accuracy</u></a>		Acquire	Consolidate	Refine
<a href="#"><u>Serving Pace</u></a>		Acquire	Consolidate	Refine
<a href="#"><u>Short Serve</u></a>		Acquire	Acquire	Consolidate
<a href="#"><u>Tactical Serving</u></a>			Acquire	Consolidate
<a href="#"><u>Jump Spin</u></a>			Acquire	Consolidate
<a href="#"><u>1-foot Jump Float</u></a>				Acquire

### Pre-Serve Routine:

Every high performance volleyball player must have a pre-serve routine that enables the execution of the serve under the pressures of competition. The routine:

- must be the same for every serve.
- must be relatively simple and easy to repeat without complex actions that will break down under pressure.
- should include a thought about the serve target or getting the signal from the coach.
- should include a relaxation action such as a deep breath immediately prior to beginning the serve.

### Standing Float Serve:

Every volleyball player should have this basic skill in their serving repertoire. This must be a high success rate serve that should create an unpredictable 'knuckleball' effect by striking the ball crisply with a firm, flat palm while aiming for sidelines or seams and adjusting the angle and depth. High level players should be moving beyond this serve as their ability allows. The following You Tube video is a very good supplement to the all of the jump float serves.

<https://www.youtube.com/watch?v=NRV0rMeSOBI>

### Starting Position

- Perform pre-serve routine then:
  - Erect relaxed stance facing the court with knees slightly bent.



- Feet slightly narrower than shoulder width with feet parallel or left foot slightly in front.
- The ball is held in the left hand at about shoulder height across the body in front of the right shoulder.
- The shoulders are rotated to the right 45-75 degrees.
- The right arm is held with the elbow at about shoulder height bent at about 90 degrees. The forearm is held up perpendicular to the floor.
- The right hand is held with the wrist and the palm held tight.
- The athlete is looking at the ball.

#### Toss:

- Moving simultaneously:
  - The left foot steps forward.
  - The ball is lifted with a slight toss to a height about 1m above the shoulders.
  - The shoulders rotate slightly to the right.
  - During the toss the athlete must continue to look at the ball.

#### Striking Action:

- The shoulders rotate to the left as the left arm drops leaving the right arm to initially externally rotate.
- The right arm then internally rotates and extends at the elbow such that the path of the hand is a straight line through the middle of the ball in a “High Five” type of action. This helps limit the spin put on the ball.

#### Contact:

- The contact is made with the palm of the hand in the middle of the ball.
- Both the wrist and the palm of the hand are held firm during the contact so that the energy is effectively transferred to the ball.
- The ball should be contacted as near to the peak of the toss as possible so that the ball is almost stationary at contact.

#### 2-Foot Jump Float Serve:

This is the most important serve for high performance women’s volleyball. It must have a high success rate that has similar characteristics to the standing float but with a more aggressive trajectory as a result of jumping to strike the ball. The following You Tube video is a very good supplement to the all of the jump float serves. [https://www.youtube.com/watch?v=tAZOhm\\_Y1Fs](https://www.youtube.com/watch?v=tAZOhm_Y1Fs)

#### Starting Position:

- Perform pre-serve routine then:
  - Erect relaxed stance facing the court with feet parallel or left foot slightly in front.
  - The ball is held by both hands approximately at waist height in front of the body with arms relaxed.
  - The athlete is looking at the ball.

#### Approach, Jump and Toss:

- The approach is generally a 3 step approach similar to the final 3 steps of a spike approach of left, right, left.
- After the step with the left leg and as the right leg is stepping forward the ball is tossed with no spin out in front of the right shoulder. The ball should not be tossed too high.
- During the last 2 steps and jump the arms are lifted (not swung back and forward) above the shoulders that rotate to the right in preparation to strike the ball.
- During the toss the athlete must continue to look at the ball.





#### Striking Action:

- The shoulders rotate to the left as the left arm drops leaving the right arm to initially externally rotate.
- The right arm then internally rotates and extends at the elbow such that the path of the hand is a straight line through the middle of the ball. This helps limit the spin put on the ball.

#### Contact:

- The contact is made with the palm of the hand in the middle of the ball.
- Both the wrist and the palm of the hand are held firm during the contact so that the energy is effectively transferred to the ball.
- The ball should be contacted as near to the peak of the toss as possible so that the ball is falling slowly at contact.

#### Landing:

- The athlete should fly into the court and land softly in the court with equal weight distribution on each foot, ready to move into defensive position.

#### Serving Accuracy:

When proper technique is acquired, work on developing accuracy - to seams, to sidelines, to different depths, to L/R side of passer, to deep corners, to passer's forearm or hands, etc. Targets can be used to develop accuracy.

#### Serving Pace:

When proper technique is acquired, work on developing pace and velocity of serve - harder and flatter over the net, enhance aggression. Develop in practice with less consequence for missing. Technique should not be compromised.

#### Short Serve:

Should be deceptive, same action as normal serve (all types), but slow down arm slightly and adjust angle of hand at the end. Goal is to catch passers off balance, or to take out strong attacker by limiting their approach. Aim for attack line depth. Goal is not to get an ace, but to create an advantage, and it must be a high success rate.

#### Tactical Serving:

As part of game plan: Who is weakest passer? Does the passer struggle with forearms or hands? How can we create a positional crisis for setter? Will a short serve work? Do passers struggle with floats or spins? What is best serve location in each rotation? Does the setter struggle when ball is passed from pos. 1? Can rotations be adjusted to maximize strengths of servers' vs location of passers?

#### Jump Spin Serve:

This is an aggressive serve with the goal to attack passers with higher velocity than float serves. It is more difficult to execute well than the float serve but if the athlete has a good hand contact that produces high velocity and spin it can be very effective. **Note:** The serve should only be introduced to athletes who already have a good spiking action that produces excellent spin on the ball. Before being introduced in competition it must be executed very consistently in practice. The following YouTube Video is a very good supplement to the information below.

<https://www.youtube.com/watch?v=qRE1PCvb0-0>

#### Starting Position:

- Perform pre-serve routine then:
  - Erect relaxed stance facing the court with the left leg back.
  - The ball is held in the right hand on the right side of the body with the arm slightly bent.



#### Approach, Jump and Toss:

- The approach is generally a 3 step approach similar to the final 3 steps of a spike approach of left, right, left although 4 steps are also sometimes used.
- The approach is started with a slight forward lean of the trunk as the arm is swung down and back to an extended position.
- The left leg now makes an aggressive step forward as simultaneously the arm is swung forward and up to toss the ball forward and up.
- The final left, right steps and jump are done aggressively with the arms swinging down and back then forward and up as in a spike approach.
- After leaving the ground the arms are raised above the shoulders that are rotating to the right in preparation to strike the ball.
- During the approach, jump and toss the athlete must look at the ball.

#### Striking Action:

- The shoulders rotate to the left as the left arm drops leaving the right arm to initially lag behind and externally rotate.
- Then in a throwing type action the right arm internally rotates and extends at the elbow with the hand reaching high to contact.

#### Contact:

- Contact is with the ball high in front of the right shoulder and the arm at or near full extension.
- The contact is made with open hand, fingers spread and in the shape of the ball.
- The hand then wraps over top of the ball to maximize top spin.

#### Landing:

- The athlete should fly into the court and land softly with equal weight distribution on each foot, ready to move into defensive position.

#### 1-Foot Jump Float Serve:

This is a variation of the jump float that uses an approach similar to a step (slide) attack with a jump off one leg. It allows the athlete to move along the end line making it more difficult for the opponent passers to pick up the server and the ball.

#### Starting Position:

- Perform pre-serve routine then:
  - Erect relaxed stance facing at an angle to the end line of the court.
  - The ball is held by both hands approximately at waist height in front of the body with arms relaxed.
  - The athlete is looking at the ball.

#### Approach, Jump and Toss:

- The approach is generally a 3 step approach similar to the final 3 steps of a step (slide) approach of left, right, with a takeoff on the left although 4 or 5 steps are also used.
- After the second last step with the left leg and as the right leg is stepping forward the ball is tossed with no spin out in front of the right shoulder. The ball should not be tossed too high.
- During the last 2 steps and jump off the left leg the arms are lifted (not swung back and forward) above the shoulders that rotate to the right in preparation to strike the ball.
- During the toss the athlete must continue to look at the ball.



**Striking Action:**

- The shoulders rotate to the left as the left arm drops leaving the right arm to initially externally rotate
- The right arm then internally rotates as the shoulders rotate to the left and extends at the elbow such that the path of the hand is a straight line through the middle of the ball. This helps limit the spin put on the ball.

**Contact:**

- The contact is made with the palm of the hand in the middle of the ball.
- Both the wrist and the palm of the hand are held firm during the contact so that the energy is effectively transferred to the ball.
- The ball should be contacted as near to the peak of the toss as possible so that the ball is falling slowly at contact.

**Landing:**

- The athlete should fly into the court and land softly with equal weight distribution on each foot, ready to move into defensive position.

## Team Alberta Women’s Volleyball Passing Curriculum - 15U-18U

### Introduction

Passing is a fundamental skill that often determines team success in as it is the first contact for the receiving team and greatly influences the subsequent contacts.

- Athletes need to know the goal/outcome of the skill.
- The outcome of the skill – what do we want to happen as a result of the skill? (1st importance).
- The process of the skill – how do we do it? What are the essentials? (2nd importance)

Training Aspect	15U	16U	17U	18U
<a href="#">Starting Position</a>		Consolidate	Refine	Refine
<a href="#">Movement to Ball</a>		Consolidate	Refine	Refine
<a href="#">Basic Platform</a>		Consolidate	Refine	Refine
<a href="#">Target Area #1</a>		Consolidate	Refine/ Consolidate	Refine
<a href="#">Continued Platform Work</a>		Acquire	Consolidate	Refine
<a href="#">Ball Contact</a>		Acquire	Consolidate	Refine
<a href="#">Passing Outside Midline</a>		Acquire	Consolidate	Refine
<a href="#">Read Server &amp; Make Early</a>			Acquire	Consolidate
<a href="#">Pass Rhythm/Arc &amp; Spin</a>			Acquire	Consolidate
<a href="#">Passing Overhead</a>			Acquire	Consolidate
<a href="#">Target Area #2</a>			Acquire	Consolidate



### Starting Position:

- Athletic stance with feet wider than shoulder-width, small stagger.
- Weight on big toes.
- Shoulders forward.
- Arms hang shoulder width apart.

### Movement to the Ball:

- Move low to position to receive the ball.
- Use shuffle steps (no cross-over).

### Basic Platform:

Once in position behind the ball:

- Shoulders should be strong with straight arms.
- Elbows locked.
- Hand position with wrists and hands together (no cross-finger grip)

### Target Area #1:

- Setter is in position 2/3

### Continued Platform Work:

- Face the server and angle the arms to the target by dropping your inside shoulder.
- Platform out early to "intercept" the ball.

### Ball Contact:

- Head remains still using peripheral vision on contact (don't watch all the way into arms)
- Contact Point: Pass ball between waist and knees, and 2-6 inches above the wrist.

### Passing outside Midline:

When passing from the midline is not an option:

- Ensure that feet are still stable and platform is angled towards the target before ball arrives.
- Passer may open up their hips (drop step) and/or drop their inside shoulder to achieve this position.
- As passing action is made, ensure that arms move towards the target.

### Read Server & Make Early Decision

- Read server and anticipate where the ball will be contacted- do not 'watch' ball being tossed.
- Decide early and move before ball crosses other attack line and make one motion to the ball.

### Pass Rhythm/Arc & Spin

- Ball has an arc that allows the setter to attack the ball.
- Ball reaches its peak near the 3m line.
- Ball has no spin or some backspin.

### Passing overhead:

- Ball must be lined up in midline of body.
- Keep a strong base with feet, and attack the ball in an upward motion with your hands in front of your hips.
- Similar to a set, but with stronger fingers, and a faster redirection.



### Target Area #2

- Ball is passed to the setter .5m to 1m off the net.

## Team Alberta Women’s Volleyball Overhead Pass & Setting Curriculum - 15U-18U

### Introduction

The overhead pass or set is a very important skill as it is generally used to deliver the ball to the attackers. Usually the setter is responsible for this however it is a skill required by all players. It is also used to pass “free balls” or high serves to the setter.

Training Aspect	15U	16U	17U	18U
<b>Overhead Pass</b>				
• <a href="#">Pre-contact Movement &amp; Footwork</a>		Consolidate	Consolidate	Refine
• <a href="#">Ball contact</a>		Consolidate	Consolidate	Refine
• <a href="#">Post Contact (follow through)</a>		Consolidate	Consolidate	Refine
• <a href="#">High Ball / location</a>		Consolidate	Refine	Refine
<b>Setting</b>				
• <a href="#">Specific Movement</a>		Consolidate	Refine	Refine
• <a href="#">Back set /Jump set</a>		Acquire	Acquire	Consolidate
• <a href="#">Trajectory</a>				
10/70 - Outside sets		Consolidate	Refine	Refine
Shoot/33/53/73		Acquire	Consolidate	Refine
Out of system or backrow		Consolidate	Consolidate	Consolidate
Middle (51)		Acquire	Consolidate	Refine
Step, slide/31/61		Acquire	Consolidate	Consolidate
• <a href="#">Set selection</a>		Acquire	Consolidate	Consolidate
• <a href="#">Application of game plan</a>		Acquire	Consolidate	Consolidate

### Overhead Pass

#### Pre-contact Movement and Footwork

- Balanced / athletic position, knees bent.
- Face the target area / shoulders - hips - feet square.

#### Ball Contact

- Contact point - above forehead / hairline.
- Hand position - thumbs back.



- Ball shaped hands / fingers spread "big hands".

#### Post Contact

- Follow through - arms directed to target.
- Hands through/arm extension.
- Possible weight shift to target - extension of bent legs.

#### High Ball Location

- Set direction facing
- Predetermined area, high (3m), off net

### Setting

#### Specific Movement

- Movement to ball (from home position at 2 1/2 along net, open to court). Quick and early / last two steps: left step just past ball and right jab step to position four (right foot points to "referee stand").
- Consistent pre-contact position, square to target (shoulders/hips),
- "Load" = knees bent / contact point-shoulders-hips in line - athletic position (hips neutral)
- "Big hands" fingers spread, tight - contact on ball is like a "pulse", transfer the energy of the ball, not absorb it
- Consistent contact point (5-6" above forehead).
- Follow through - hands through and arm extension, use of legs (extension is an athletic body motion - rhythm).
- Thumbs most important to trajectory.

#### Back Set/Jump Set

- Back set: pre contact and contact phase remains the same, keep same head position, follow through to target (hands, arms/shoulder pop).
- Jump set: pre contact is same / add jump and contact at peak of jump (in air before contact). extension and follow through important, 2-foot landing, ready to move and cover.

#### Trajectory

- Height decreases and speed increases as age increases. Note table above.

#### Set Selection

- In system vs out of system
- Information gathering: other team's individual physical abilities, defensive system, tendencies.

#### Application of Game Plan

- Game plan with coach: using the above observations
- breaking the game down into increments (score-5 points/8 points).
- Strengths/weaknesses of your team and opponents
- Situations (serve rec./transition/free ball).
- Creating 1 on 1's.



## Team Alberta Women’s Volleyball Attacking Curriculum - 15U-18U

### Introduction:

The attack has the goal of directing the ball over the net in a manner than that the opposition is unable to keep the ball in play or return it back over the net. A successful high performance volleyball player will execute many variations that require a large amount of focused practice. A supporting video for attack can be found at: [https://www.youtube.com/watch?v=86\\_Psmdb5kl](https://www.youtube.com/watch?v=86_Psmdb5kl)

Training Aspect	15U	16U	17U	18U
<a href="#">Throw Training</a>		Acquire	Consolidate	Refine
<a href="#">Attack Approach &amp; Jump</a>		Consolidate	Refine	Refine
<a href="#">Attack Striking Action</a>		Consolidate	Refine	Refine
<a href="#">Attack Landing</a>		Consolidate	Refine	Refine
<a href="#">3rd Tempo Attack</a>		Consolidate	Refine	Refine
<a href="#">2nd Tempo Attack</a>		Consolidate	Refine	Refine
<a href="#">Tip Attack</a>		Consolidate	Refine	Refine
<a href="#">1st Tempo Attack</a>		Acquire	Consolidate	Refine
<a href="#">Out of System Attack</a>		Acquire	Consolidate	Refine
<a href="#">1-Foot (Step/Slide) Attack</a>		Acquire	Consolidate	Refine
<a href="#">Roll Shot Attack</a>			Acquire	Consolidate
<a href="#">Cross – Body Attack</a>			Acquire	Consolidate
<a href="#">Using the Block Attack</a>			Acquire	Consolidate
<a href="#">3 meter Attack</a>			Acquire	Consolidate
<a href="#">Combination Attack</a>			Acquire	Consolidate
<a href="#">Off Speed Attack</a>				Acquire

### Throw Training

Throwing a softball is not often a regular part of high performance volleyball training but it has now proven to be a good aid in the technical development and physical training of attack. It is based on a basic overhand throwing action with slight modifications to more accurately imitate the spiking action. If used as a regular part of training it does assist greatly in improving the athlete’s effectiveness as an attacker.

#### Throw Starting Position

- Stand in erect body position, legs about shoulder width apart with the left foot slightly in front of the right.
- High elbow with arm externally rotated
- Elbow bent about 120 degrees with hand close to head.
- Trunk laterally rotated about 45 degrees
- Opposite arm up



### Volleyball Throw Action

- **Do not step** with opposite leg (helps to prevent hip slide habit)
- Trunk begins with slight lateral rotation to right followed by medial rotation to left as left arm rotates laterally and down.
- Simultaneously a small external rotation of the arm at the shoulder then
- Internal rotation at right shoulder and extension at elbow as elbow moves forward and up
- During medial rotation to the left of trunk there is a crunching action of the abs.
- Ball released at top slightly in front of shoulder, with shoulders in front of hips.

### Attack Approach & Jump

- Starting position should have a relaxed upright slight forward lean either leg slightly forward watching the trajectory of the pass to the setter
- As ball nears setter's hands step to left leg as the arms move in front of the body
- Depending on the speed of set roll onto left leg slowly (higher sets) or quickly (fast sets)
- Explode off left leg with low driving step to right foot rolling from heel to flat foot
- Simultaneously arms are swung back to a position behind the body.
- Left leg closes to a position with foot slightly in front of the right.
- Simultaneously the arms are aggressively swung down.
- The legs then drive up as the arms continue their swing up to a position about shoulder height.
- As the body rises in the air the trunk rotates laterally to the right with the striking arm cocked and the opposite arm relatively extended up.

### Attack Striking Action

- Ready position is with left arm extended up and shoulders rotated laterally to the right about 45 degrees. The right elbow is above shoulder height bent at about 120 degrees with the right arm externally rotated at shoulder. The right hand is held with wrist straight, fingers spread and held in a curved shape like the ball.
- The action begins with a pulling down of the left arm to the side of the body as the shoulders rotate slightly to the right.
- Shoulders and upper right arm then rotate to the left as the bent arm externally rotates at shoulder.
- From this stretched position the upper arm now rotates forward and up with internal rotation beginning at the shoulder.
- As the elbow reaches maximum height it decelerates rapidly.
- At the same time, the forearm which has been lagging behind now rotates forward and up to contact as the arm continues the internal rotation at the shoulder.
- A crunching action in the abs takes place as the arm is rotating up and forward.
- Ball is contacted high and in front of the striking shoulder.
- Palm of the hand or finger tips contact ball first and then fingers wrap around ball to produce spin.
- Wrist is held relatively firm but not locked.

### Attack Landing

- Emphasize being balanced and landing on two feet.
- Bend knees to effectively absorb the landing but not excessively.
- Bend trunk slightly forward during landing with shoulders ahead of hips.

### 3<sup>rd</sup> Tempo Attack

- Generally, for high ball sets 10, 70.
- Get off the net quickly to good starting position ready for 3 or 4 step approach





- Watch trajectory of the pass to setter to determine time to start approach.
- Wait then as ball leaves setters hands step on left foot and roll to a loaded position.
- Aggressive acceleration to final 2 steps.

### 2<sup>nd</sup> Tempo Attack

- This attack is used with 13 (shoot, go) 33, 53, 63, & 73 sets.
- Watch trajectory of pass to the setter to determine timing of approach.
- Ensure that left leg is fully loaded as ball contacts setter's hands. Generally means that there is often only time for a 2 step approach especially in transition.

### Tip Attack

- The starting position should be the same as normal attack. Should not be different because it will telegraph intention.
- The initial part of the striking action should be as similar as possible to a normal attack but as the arm rotates forward and up it decelerates rapidly at the end of the motion.
- The elbow remains externally rotated and bent longer.
- The final action consists only of slower controlled extension at the elbow with no internal rotation at the shoulder.
- The ball is contacted in front of the striking shoulder on the back lower half of the ball.
- Contact with the hand is on the pads of the fingers which are spread in the shape of the ball for control.
- There is a flexion of the wrist during contact with the ball.

### 1<sup>st</sup> Tempo Attack

- This is used for 31, 51 & 61 sets.
- Watch trajectory of pass all the way to the setter to determine timing of approach.
- Generally only time for 2 step approach and sometimes only 1 step.
- Attacker should be up in the air as the ball contacts the setter's hands.
- The attacker should not take their eyes off the ball to look at the setter, rather they should see the setter with their peripheral vision while staying focused on the ball.
- In preparation to spike the right elbow should be held higher than 2<sup>nd</sup> and 3<sup>rd</sup> tempo attacks with more external rotation at the shoulder.

### Out of System Attack

- Most technical points are the same as 3<sup>rd</sup> tempo attack.
- The farther off the net the contact for the set is, the farther outside the court the attacker must start the approach so the trajectory of the set is perpendicular to the approach path.
- The location of the set for this ball must be off the net about 2 m and inside the court about 2 m.
- The ball should be hit as high above the net as possible and hit deep into the court (priority to the corners) using the spin of the ball to bring it down.

### 1-Foot (Step/Slide) Attack

This attack is generally used by middle attackers hitting behind the setter in 61 or 73 positions but can also be used in front of the setter for middle attackers at 31 and 51 positions or outside attackers with 52 sets.

Supporting videos for the 1-foot attack can be found at:

<https://www.youtube.com/watch?v=xQMcbTtoGRjM>

<https://www.youtube.com/watch?v=zlO4nubLzWU>

### Approach and Jump

- Can be used from any length of running approach with at least 2 steps.



- The final 2 or 3 steps are generally run at a slight angle towards the net moving from left to right.
- The 3rd last step onto the left foot is taken as the ball contacts the setters hands and is about 3 m from the net driving at a slight angle to the right side of the net.
- The 2nd last step is onto the right foot about 2-3 m from the net continuing at a slight angle.
- The attacker drives into the last step of the left foot about 1.5 m from the net as they lower their center of gravity.
- The athlete drives up with the arms (rather than swinging them) and the right leg, jumping off the left (similar to a layup in basketball).
- The last two steps should be at the same speed as the set so the athlete is slightly chasing the ball.
- As the right leg drives up it also rotates the body to the left to put the hips parallel to the net.

#### Striking Action

- The striking action is very similar to the first tempo attack with the emphasis on higher elbow position as the arm is drawn back.

#### Landing

- The athlete must land balanced on 2 feet despite having jumped off one.:

#### Roll Shot Attack

- The starting position, approach and jump are the same as the basic attack.
- The initial part of the striking action should look as similar as possible to a full spiking action up to the point where the shoulders and upper striking arm are rotated to the left and the bent arm is externally rotated at the shoulder.
- From this stretched position the upper arm now rotates forward with no internal rotation.
- As the elbow reaches a position in front of the striking shoulder there is an extension at the elbow at the same time as extension at the shoulder. This produces a slightly forward and mostly upward path of the hand.
- Ball is contacted in front of the striking shoulder at slightly less than full extension on the lower back part of the ball.
- Palm of the hand contacts the ball producing large amounts of top spin.
- The trajectory of the ball should be such that it passes just over the block landing just behind the blocker.

#### Cross-Body Attack

- The starting position, approach and jump are the same as the basic attack.
- The initial part of the striking action begins with the left arm being pulled down and across the body in a hugging type action the upper striking arm rotates to the left and the bent arm is externally rotated at the shoulder.
- From this stretched position the upper right arm now rotates forward and up crossing toward the mid line of the body.
- As the elbow reaches this position near the midline of the body there is slight extension at the elbow and a large internal rotation at the shoulder. This produces a path of the hand that crosses the body of the attacker.
- Ball is contacted in high and in front of the non-striking shoulder at slightly less than full extension on the upper back part of the ball.

#### Using the Block When Attacking

- These options work best when ball is set closer to the net making it difficult for the attacker to get past the block.



- The wipe-off option is best used when the ball is attacked near the antenna. The ball should be hit towards the outside hand of the block in a line that will direct the ball out of bounds. It must be hit hard enough that the blocker cannot control the ball.
- Using the block to recycle the ball is an option that is best used when the ball is set tight and inside. The ball should be hit with an upward trajectory into the block in an attempt to have it rebound high off the block back to the attacker's side of the court. Again it must be hit hard enough that the blocker cannot control the ball.
- Another option to use when the block is well formed is to hit the ball high off the top of the block with a very aggressive attack that will cause the ball to go deep out the back of the court beyond the defenders.

### 3m Attack

- The starting position must be far enough from the attack line that the athlete can take at least a full 3 step approach.
- The approach and jump are basically the same as a front court attack except that the athlete should exaggerate the forward travel after takeoff, flying forward. The idea is to contact the ball as close to the net as possible.
- The striking action is basically the same as front court attack except the ball should be contacted as high as possible.
- It is advantageous if the ball is spinning very quickly. This allows the ball to travel higher over the net and have the spin bring the ball down in bounds.

### Combination Attack

- When a play is developed that involves a combination of a 1<sup>st</sup> tempo attack and a 2<sup>nd</sup> tempo attack. Examples are 31 (middle) & 52 (left side) called a Left X or 51 (middle) & 41 (right side) called a Right X.
- The first tempo attacker must be on time and force the blocker to make a decision.
- The second tempo attack must be set quick enough that the blockers cannot recover.

### Off Speed Attack

- This attack is designed to increase the hitter's ability to hit a hole in the block or back court defense. It is not the same as a roll shot as the technique is more similar to the full speed spiking action.
- The approach and jump should be exactly the same as a regular spike.
- The striking action should very closely resemble a full speed striking action except that the action is decelerated at the end of the action.
- The speed of the arm is slowed down. This should give the attacker better control of the ball with increased accuracy.
- Ball is contacted as high as possible and the follow through is abbreviated to reduce the speed of the ball.



## Team Alberta Women's Volleyball Blocking Curriculum - 15U-18U

### Introduction:

The block forms the first line of defense for a team and provides the foundation around which back court defense is based.

Training Aspect	15U	16U	17U	18U
<a href="#">Block Jump</a>		Consolidate	Refine	Refine
<a href="#">Blocking Action</a>		Consolidate	Refine	Refine
<a href="#">Shuffle Movement</a>		Consolidate	Refine	Refine
<a href="#">Stride to Hop</a>		Consolidate	Refine	Refine
<a href="#">Stride to Cross</a>		Acquire	Consolidate	Refine
<a href="#">Eye Sequence</a>		Acquire	Consolidate	Refine
<a href="#">Blocking 1st Tempo</a>		Acquire	Consolidate	Refine
<a href="#">Blocking Combinations</a>			Acquire	Consolidate

### Block Jump

- The starting position is with the feet are about shoulder width apart, equal distance from the net with the knees slightly bent. The back is straight and the arms are up so that the hands are held close to the net, slightly above head height with the elbows wider than shoulder width apart. The hands must have the fingers spread and held slightly flexed. The distance from the net should be slightly greater than the length of the upper arm.
- The jumping action has the athlete jump straight up by first bending then extending the legs with only a slight swing of the arms.
- The hands should slide up the surface of the net as the athlete extends.

### Blocking Action

- The blocker must be watching the attacker not the ball as they are jumping.
- The hands must begin to reach over the net as soon as they reach the top of the net.
- The arms and hands are held about shoulder width apart with the head held in the line of the arms.
- The arms continue reaching over the net to full extension at the elbows.
- As the attacker strikes the ball the blocker must tighten the abdominal, shoulder and arm muscles so that the block is solid.
- At contact with the ball the arms and hands must be angled so that the ball will rebound down into the opponent's side of the court.

### Shuffle Movement

- Used for distances up to 1 meter.
- The blocker begins in a good starting position.
- The shuffle movement is done using either:
  - the lead foot stepping out with trailing foot closing or
  - the weight shifting to lead foot as trailing foot comes off the ground then hops to trailing foot contact ground first then lead foot.



### Stride to Hop Movement

- Used in distances of 1-2 m and most used movement method in blocking.
- The blocker begins in a good starting position.
- The blocker first strides in direction of movement with lead foot without rotating the hips excessively.
- The blocker then hops sideways off the lead foot then lands with both feet.

### Stride to Cross Movement

- Used in distances of 2-3 m.
- The blocker begins in a good starting position.
- The blocker first strides in direction of movement with lead foot without rotating the hips excessively.
- The blocker crosses the trailing leg as they drive off the lead foot in leaping action.
- The crossing foot contacts the ground and then the lead foot closes to the crossing foot.

### Eye Sequencing

For **outside blockers** the eyes watch in the following order:

- The **attacker** they are responsible for as the ball is travelling to the opponent's passer/digger. Provides information about intent of the attacker.
- The ball as it is traveling from the passer/digger to the setter and then out of the setters hands.
- Once the **ball** leaves the setters hands and the direction and trajectory of the set is determined the blocker looks back to the **attacker**.

For **middle blockers** the eyes watch in the following order:

- The **attacker** they are responsible for as the ball is travelling to the opponent's passer/digger. Provides information about intent of the attacker.
- The ball as it is traveling from the passer/digger to the setter and then out of the setters hands. **Note:** As the ball is travelling to the setter the middle blocker must keep track of their attacker with their peripheral vision.
- If the **ball** is set 1st tempo to their hitter the eyes will stay focused on the ball until contact.
- If the ball is set to an outside attacker in 2nd or 3rd tempo the eyes then switch to focus on the outside **attacker** as they move to close the block while seeing the outside blocker they are closing to with their peripheral vision.

### Blocking 1<sup>st</sup> Tempo

- As the ball is travelling from the passer/digger to the setter the middle blocker must be aware of the approach path of the middle attacker and move usually using quick shuffle step to **front the attacker** by being in their line of approach.
- The ready position for blocking 1st tempo must be with the hands held almost near full extension.
- While in the ready position the blocker must have their knees slightly bent to allow for immediate extension when jumping.
- The blocker while staying focused on the ball coming from the setter's hands must jump at the same time as the attacker.
- There should be little or no lowering of the body prior to jumping and no arm swing.
- The blocker must reach quickly over the net rather than focusing on jumping high.

### Blocking Combinations

- Outside blockers must learn how to block 1st tempo attacks. Note above.



- As the ball is being passed to the setter the outside blocker must identify early and communicate immediately and loudly to the middle blocker the crossing pattern of the outside attacker.
- The outside blocker must move over and block the middle attackers 1st tempo attack.
- The middle blocker must not commit but wait to see the set before jumping to either help with the 1st tempo attack or block the crossing 2nd tempo attack.
- If the outside blocker has jumped with the 1st tempo attack but the 2nd tempo attacker is set the outside blocker should jump immediately on landing to help with the block keeping the hands as high as possible.



## Team Alberta Women’s Volleyball Back Court Defense Curriculum - 15U-18U

### Introduction:

The primary purpose of back court defense is to keep the ball in play and prevent the opponent from scoring. Generally this skill is referred to as “digging” and uses the forearm pass as its foundation but is not restricted to contact on the forearms.

Training Aspect	15U	16U	17U	18U
<a href="#">Ready Position</a>		Acquire	Consolidate	Refine
<a href="#">Movement to Ball</a>		Acquire	Consolidate	Refine
<a href="#">Basic Dig</a>		Acquire	Consolidate	Refine
<a href="#">Extending Range</a>		Acquire	Consolidate	Refine
<a href="#">Digging off net (20/10)</a>			Acquire	Consolidate
<a href="#">Eye Sequence</a>			Acquire	Consolidate
<a href="#">Defense In/Out of System</a>			Acquire	Consolidate
Good Reception Responsibility				Acquire
Bad Reception Responsibility				Acquire

### Ready Position

Athletic stance with:

- Feet wider than shoulder-width
- Small stagger
- Weight on big toes
- Shoulders forward
- Arms hang shoulder width apart.

### Movement to Ball

- Move low to the ball using shuffle steps (no cross-over)
- Regardless of positioning, defender must be stopped and balanced upon attack contact. Defender must be in a position to dig a hard driven ball and also chase down a tip or wipe.

### Basic Dig

- Feet and shoulders square to the ball.
- Dig at midline when possible.
- Arms Up & In Front
- Intercept the ball in front of body.
- Avoid reaching as well as trunk rotation.
- Square to Attacker: Shoulders and chin to the attacker, line defenders with a slight angle to the middle of the court.

### Extending Range

- Stride-slide
- Sprawl
- Dive
- Pancake



- Overhead Dig: Use open hands to control and angle the ball back to the target on defense.

#### Digging Off the Net (20/10)

- Athletes need to understand that defense and fore-arm passing are not the same skill.
- Dig the ball high (20 feet in the air) and off the net (10 feet off the net)

#### Eye Sequence

- Basic visual cues for defenders- "Receiver-Ball-setter-ball-hitter-ball".
- Watch the play progress, and adjust positioning based on attack patterns.
- Prioritize 1st tempo attack first.
- When set is made, focus on attacker, watching attack angle, block formation, and arm swing. Anticipate movement based on these cues

#### Defense in/Out of System

- What are your defenders' responsibilities when the other team passes/digs a ball?
- Is the pass/dig in/out of system?





## Team Alberta Women’s Volleyball Offensive System Curriculum - 15U-18U

### Introduction:

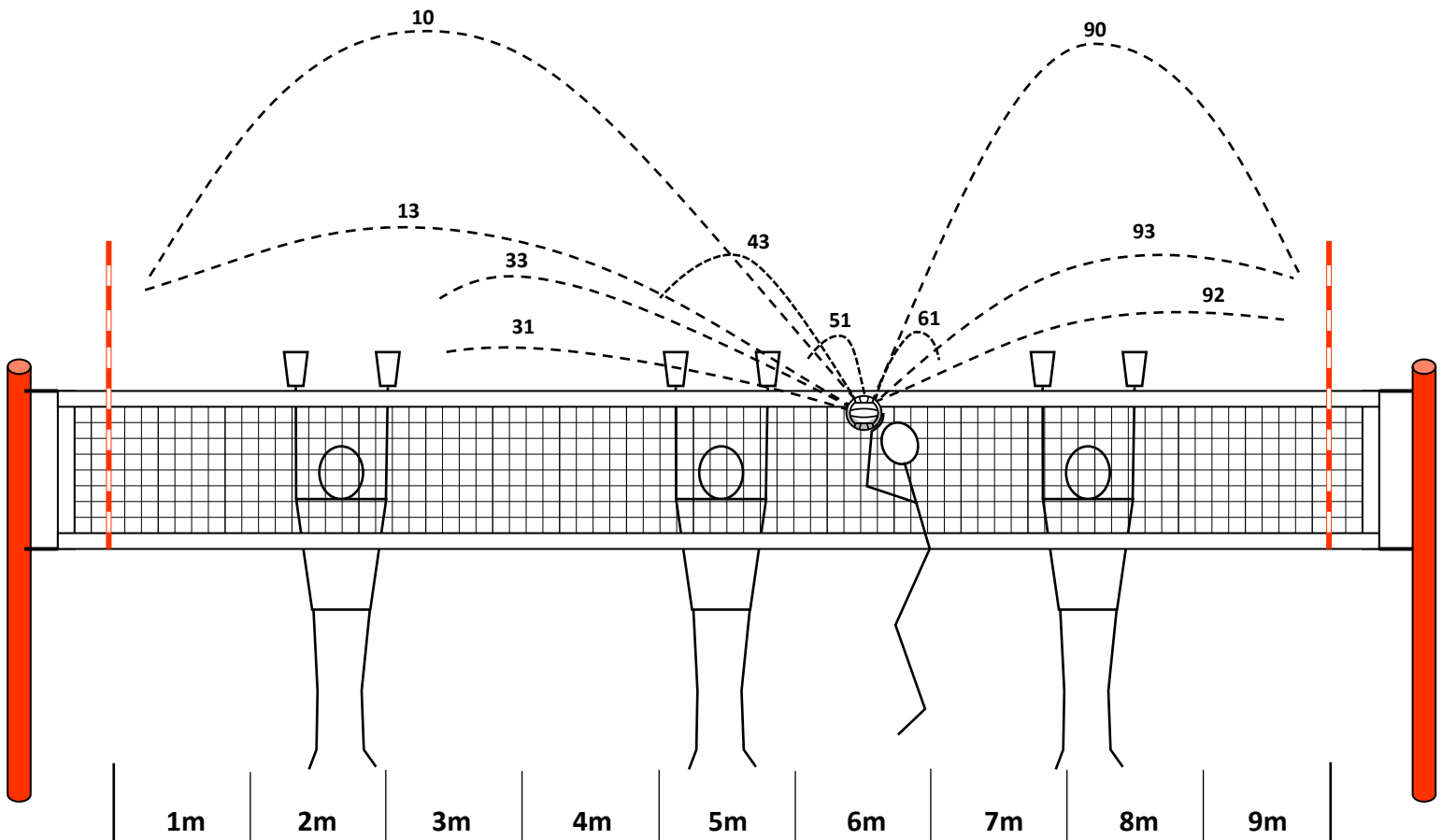
The following will provide the basis of the offensive system that will be used by Team Alberta Women. The purpose is to provide sufficient offense to be able to successfully compete against opponents of similar age groups. The sets and plays are designed to attack the gaps in the opponent block or with enough speed to create 1 on 1 situations for the attacker. **Note:** the skills required to successfully attack the sets demanded by the plays must be at least consolidated before plays using them are employed in the offense.

Training Aspect	15U	16U	17U	18U
<u>In System Sets</u>				
• Outside - 10,90		Consolidate	Refine	Refine
• Outside - 13,93		Acquire/Cons	Refine	Refine
• Middle - 51		Acquire/Cons	Consolidate/	Refine
• Middle - 31		Acquire	Consolidate	Refine
• Middle – Step 92		Acquire		Refine
• 3m - Pipe		Acquire	Consolidate	Refine
• Outside – 33, 43			Acquire	Consolidate
• Middle - 61/Step 61			Acquire	Consolidate
• 3m - C Ball			Acquire	Consolidate
<u>In System Plays</u>				
• <b>Play 1</b> – 13, 51, 33		Acquire/Cons	Consolidate/	Refine
• <b>Play 2</b> – 13, 31, 93		Acquire	Consolidate	Refine
• <b>Play 3</b> – 13, Step 72,		Acquire/Cons	Consolidate/	Refine
• <b>Play 4</b> – 13, 31, 3m		Acquire	Consolidate	Refine
• <b>Audible Adjustments</b>		Acquire	Consolidate	Refine
• <b>Play 5</b> – Left X(43),			Acquire	Consolidate
• <b>Play 6</b> – 13, 51/61,			Acquire	Consolidate
• <b>Play 7</b> – 33, Step 72,			Acquire	Consolidate
• <b>Play 8</b> – 13, 31, 3m C				Acquire
<u>Out of System Sets</u>				
• Left Side/Right Side		Acquire	Consolidate	Refine
• Pipe		Acquire	Consolidate	Refine
• C Ball			Acquire	Consolidate
• A Ball				Acquire

### In System Sets

These following sets will ideally be used when the pass to the setter is relatively near the net and right of center about 1 m. Most however can be delivered even if the pass is 2 – 3m off the net near the center of the court. Setters and attackers must learn to execute these attacks when the pass is less than perfect.

#### Outside - 10, 90



- Objective: To put the ball high to the outside and provide the attacker the time and space to move the ball around the block.
- This ball should be set 1 to 1.5m from the net just inside the antennae allowing the attacker to hit line or cross court.

#### Outside - 13, 93

- Objective: To create a time crunch for the opposition blockers to close. Foundation of the Spread offense. Note: Set tempo should be dependent on the ability of the setter and the attacker but they are generally 2<sup>nd</sup> tempo. Hit high and deep with range.
- As the ball reaches the setters hands the attacker should be fully loaded on the left leg in preparation for the final 2 steps which should then be very dynamic.

#### Middle -51

- The objective of this set is to beat the opposing middle blocker to the gap on the right side of the blocker.



- Quick hitter's ability to have the opposing middle stay with them is important. Quick hitters should try to hit so that the opposing middle blocker has to move; i.e. run the quick into the gap.
- Quick hitters should try to be jumping as the ball is set. Depending the quality of the pass the attacker may have to adjust to the pass and setter to float.
- The setter should not push this set directly in front of the middle blocker but keep it to the right side of the blocker.

#### Middle - 31

- The purpose of this set is also to beat the opposing middle blocker to the gap between the opponent right side blocker and middle.
- More difficult set to master as the set comes from a difficult angle. A good tool to use in a spread style of offense. Depending the quality of the pass off the net, the set will have to float instead of a fixed set to the gap.
- Depending on the quality of the pass, the attacker and the setter will have to adjust. Contact should be completed high and angle should take the attacker deep to the corners.

#### Middle – Step 92

- Important for the spread offense, and to stress bunch style defenses
- Speed of the FW is slow to quick steps and small to large steps. Last step on the left foot and drive up with right leg should have the opponent middle blocker chasing the ball to the pin. Step speed can be increased depending on the speed of attacker.

#### 3m Pipe

- As with all 3m attacks this set is to provide the setter with a back court option which is particularly important when the setter is in the front row.
- This ball is generally set in the middle of the court forward of the attack line about 1m and with a trajectory similar to a 43 but off the net about 1 m in front of attack line.
- Attackers must learn to take off behind the attack line and “fly” forward to the ball.
- When used in system it should be run as a 2<sup>nd</sup> tempo attack so that the opposition does not have time to establish a 3-person block.

#### Outside 33, 43

- Both of these sets are 2<sup>nd</sup> tempo and are usually run with 1<sup>st</sup> tempo middle attacks.
- They put pressure on the middle blocker to decide whether to “commit” with the middle attack or “read” the setter and go with the set. If they commit to middle it opens up the 33 and 43 to 1-on-1 situations.
- If they read block the sets should still create some stress for the blockers.
- For both of these sets the outside hitters must not commit too early to their approach so the blockers have less time to react.

#### Middle – 61/ Step 61

- Objective is to have numerous zones for the step to hit into and increase the stress on the left side blocker. Another component to an overload or spread style of offense. Can put pressure on spread blocking defenses.
- Make sure the left foot is planted even with the setter and right knee is driven up.

#### 3m – C Ball

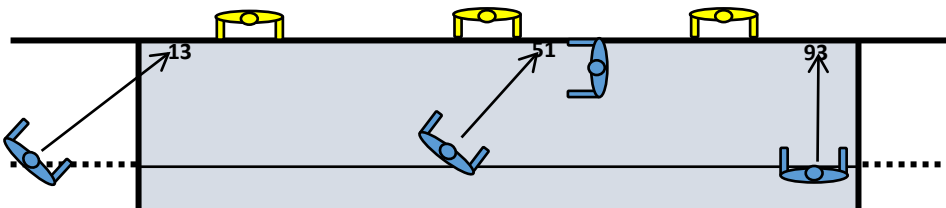
- With the same general objective of providing a back row attacker as other 3m attacks this set is designed to attack the right side of the court.
- The ball is set about ½ m from the right side line and about 1 m in front of the attack line.

- This ball is generally set forward of the attack line about 1 m and with a trajectory similar to a 93 but off the net about 1 m in front of attack line.
- As with the pipe set the ball should be run at 2<sup>nd</sup> tempo when in system.
- Again the attacker must learn to fly forward on to the ball.

### In System Plays

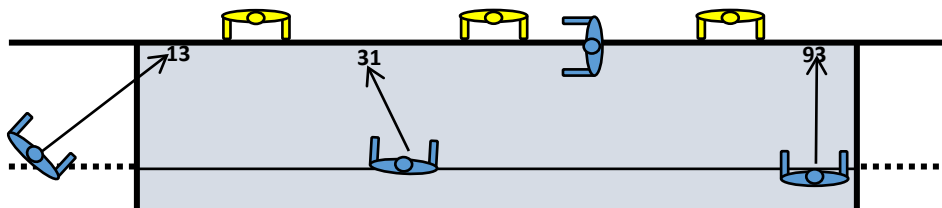
The following are the most common offensive play patterns run on high performance women's volleyball teams and will form the basic plays for the Team Alberta Offense. As skills and experience permit coaches may add other plays.

#### Play 1 – 13, 51, 93



- To spread the attack and put time pressure on the middle blocker due to the 2<sup>nd</sup> tempo 13 and 93 sets.
- Against a cross court blocking teams the priority is to get the 13 and 93 sets almost to the pins with enough speed to open up line shots for the attackers.
- Against line blocking teams there is often seam shots open for the attackers.

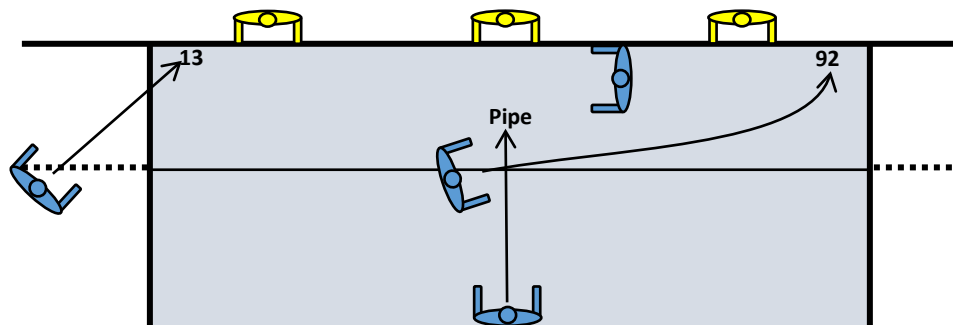
#### Play 2 – 13, 31, 93



- Objective: Again to spread the attack and put time pressure on the middle blocker due to the 2<sup>nd</sup> tempo 13 and 93 sets.
- With the middle blocker moving to block the 31 it creates a larger gap for the 93 attacker cross court.
- Against a bunch block the priority is to get the 13 and 93 sets almost to the pins with enough speed to open up line shots for the attackers. The 31 has a smaller gap to attack because the bunched outside blocker is very near the zone being attacked.
- Against spread blocking teams the gap for the 31 will be larger.

#### Play 3 – 13, Step 92, 3m Pipe

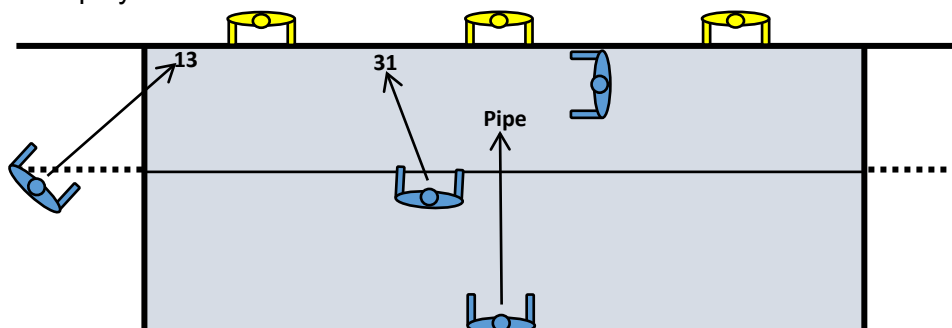
- This play is used when the setter is in the front row.



- Objective: Again to spread the attack and put time pressure on the middle blocker due to the 13 and step 92 but with the added pressure of the 3m pipe.
- Against a bunch block the priority is to get the 13 and step sets almost to the pins with enough speed to open up line shots for the attackers.
- Against spread blocking teams the gap for the pipe will be larger.
- It is important that the setter jump set whenever possible giving the option of a dump attack which then pressure the middle blocker.

#### Play 4 – 13, 31, 3m Pipe

- This play is used when the setter is in the front row.

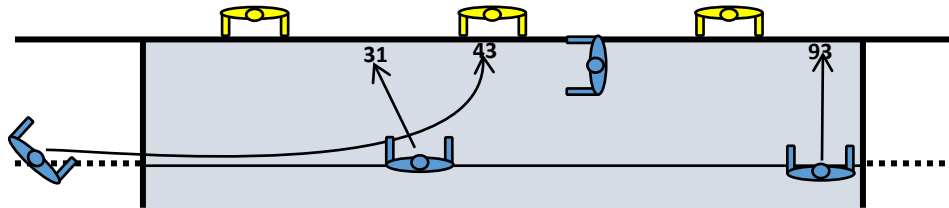


- Objective: to put pressure on the middle blocker due to move to the 31 but with the added pressure of the 3m pipe.
- Against a bunch block the priority is to get the 13 almost to the pin with enough speed to open up line shots for the attackers.
- Against spread blocking teams the gaps for the 31 and pipe will be larger.
- Again it is important that the setter jump set whenever possible giving the option of a dump attack which then pressure on the opponents left side blocker who is normally given the responsibility to block the setter dump.

### Audible Adjustments

- The location of the pass will often dictate an adjustment by 1 or more of the attackers involved in the play depending on the location of the pass.
- The attackers and setter must learn appropriate changes to the sets from the play called.
- E.g. If play 2 is called but the pass is significantly left of normal target zone the middle hitter may find it necessary to switch to hitting a 61 set behind the setter. This they must learn to audible to the setter.
- A significant amount of time must be dedicated to training for these variations of the called plays.

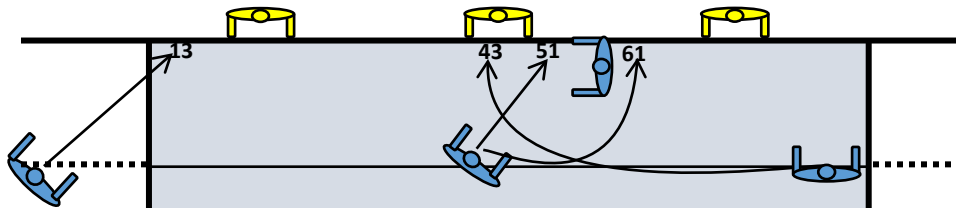
### Play 5 – Left X (43), 31, 93



- Objective: block the left side attackers' blocker from getting around the middle blocker to block.
- The left side attacker must delay their approach until the last possible second so that the blockers have less time to react to the crossing pattern.
- The success of this play depends on the setter reading the middle blocker. If the middle blocker moves to front the 31 the 43 or 93 should be set. If the middle blocker does not front the 31 the 31 should be set.

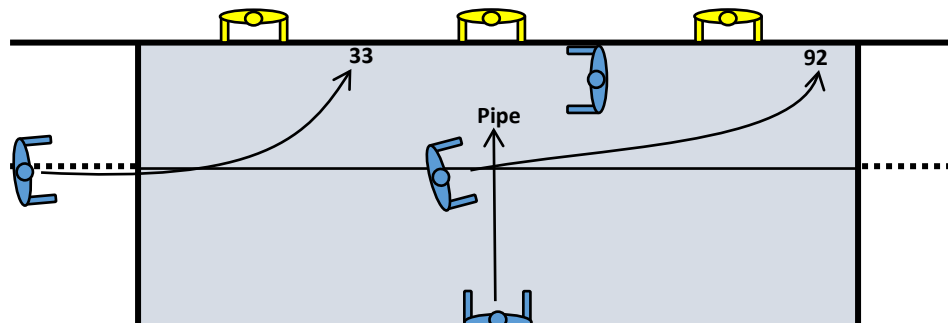
### Play 6 – 13, 51/61, Right X (43)

- Objective: block the right side attackers' blocker from getting around the middle blocker to block.
- The right side attacker must delay their approach until the last possible second so that the blockers have less time to react to the crossing pattern.
- The success of this play depends on the setter reading the middle blocker. If the middle blocker commits to the 51 or 61 the 43 or 13 should be set. If the middle blocker does not commit to the 51 the 51 or 13 should be set.



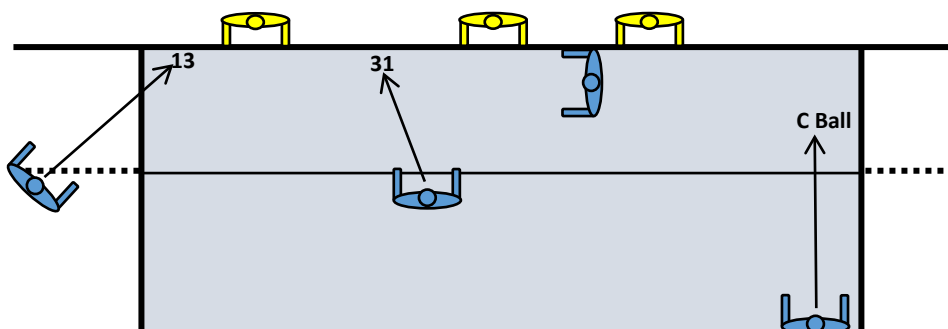
### Play 7 – 33, Step 92, 3m Pipe

- Used when the setter is in the front row.



- Objective: Similar to play 3 but with additional pressure on blocker of the left side attacker. The blocker has less time to adjust to the inside position of the 33 set.
- Is most effective against line or spread blocking teams.
- If the middle blocker moves to help with blocking the step the setter should set the 33.
- If the middle blocker moves to help against the 33 the setter should set either the pipe or the step.
- Again the jump set with the option to dump increase the effectiveness.

### Play 8 – 13, 31, 3m C Ball

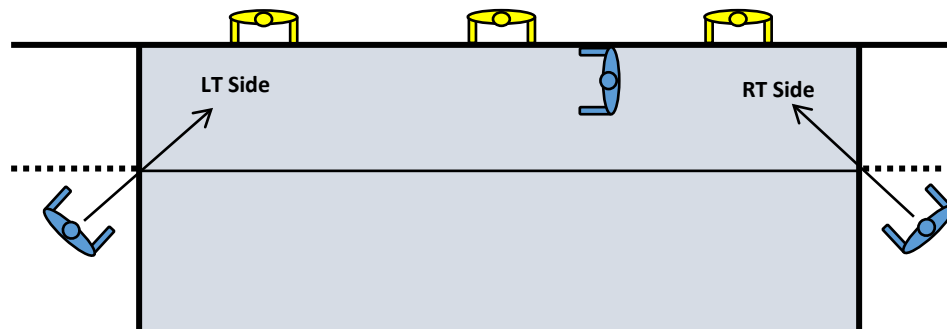


- Used when the setter is in the front row
- Objective: Similar to play 2 but with C ball creating the spread to the attack.
- Additional pressure is applied if the setter jump sets creating the option for the dump.
- The C ball is more effective if the opponent left side blocker is pinched inside to block the setter's potential dump.

## Out of System Sets

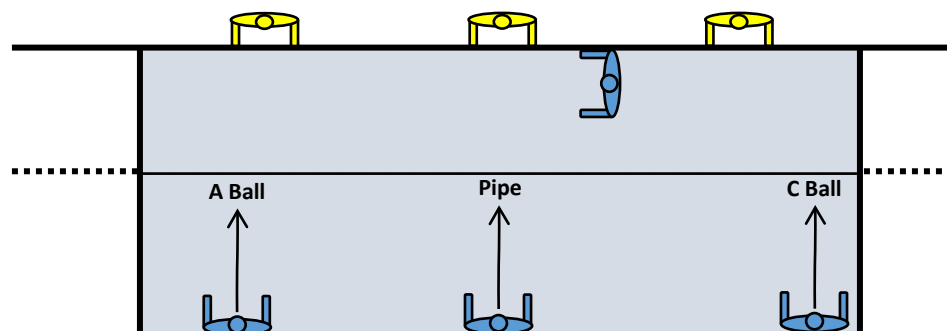
These sets are generally used when the pass/dig is behind the attack line and the called play is not possible. In these situations the attacking team must make the best of a poor situation. The goal is to put as much pressure as possible on the opponent while avoiding attacking errors that give the opponent an easy point.

### Left and Right Side Attack



- Should be made high and off the net where the attacker can approach from inside the court to either take the angle or go high off the hands down the line.
- The location of the set should be 3 feet off the net and 3 feet inside the sideline.
- Outside hitter should approach at an angle trying to get an approach perpendicular to the path of the set; easier cross court range, easier to adjust to inside/outside sets, easier to open up to the set.
- OH's can have a delay step so to keep their timing on the ball coming off the net

### 3m Balls



- These set should be relatively high and near the attack line.
- They can be set in the A, Pipe or C positions depending on the location the setter is setting from and hitters available.
- The attacker should wait to see the set to determine its exact location and height.
- At least a 2 step approach should be used and the attacker should fly onto the ball.
- The attacker must be aware of the block and determine if it 2 or 3 persons.
- Generally the ball should be hit to deep corners although if facing a 3 person block a tip just over the block is often a good choice.





## Team Alberta Women’s Volleyball Defensive System Curriculum - 16U-18U

### Introduction:

The following will provide the basis of the defensive systems that will be used by Team Alberta Women. However, it may be adjusted depending on:

- the abilities of the athletes and
- the specific needs of match plans for specific opponents they will be adjusted.

Training Aspect	16U	17U	18U
<a href="#"><u>Defensive Starting Positions</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Attack in Zone 1 Line Block 2 Blockers</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Attack in Zone 1 Line Block with Seam</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Attack in Zone 1 Cross Court Block 2 Blockers</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Attack in Zone 9 Line Block 2 Blockers</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Attack in Zone 9 Line Block with Seam</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Attack in Zone 9 Cross Court Block 2 Blockers</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of 51 Attack with Back Row Setter</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of 51 Attack with Front Row Setter</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of 31 Attack</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of 61 Attack with Back Row Setter</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of 61 Attack with Front Row Setter</u></a>	Acquire	Consolidate	Refine
<a href="#"><u>Defense of Right X Attack</u></a>		Acquire	Consolidate
<a href="#"><u>Defense of Left X Attack</u></a>		Acquire	Consolidate

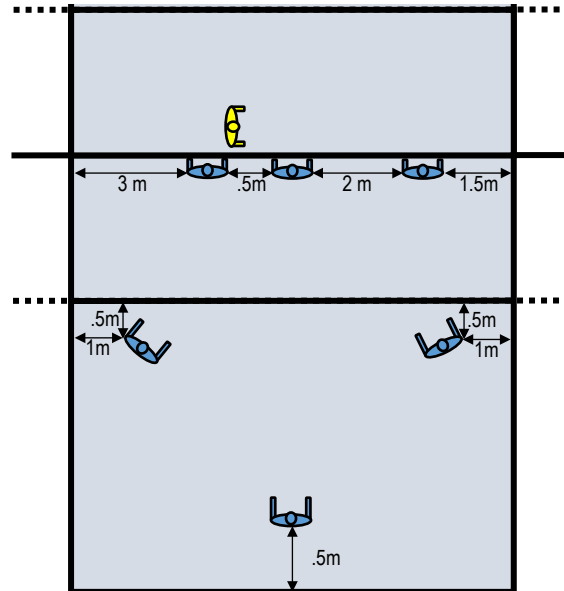
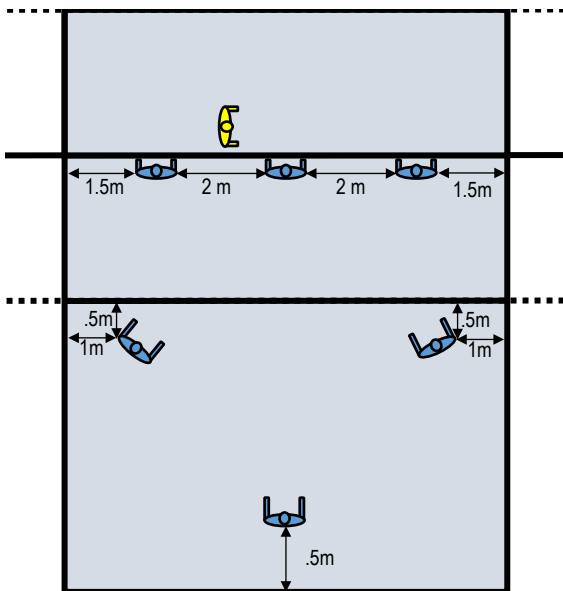
## Defensive Starting Positions

Below are the **general starting positions** to be used by Team Alberta women's teams.

Defensive Starting Positions  
Opponent Setter **Back** Row

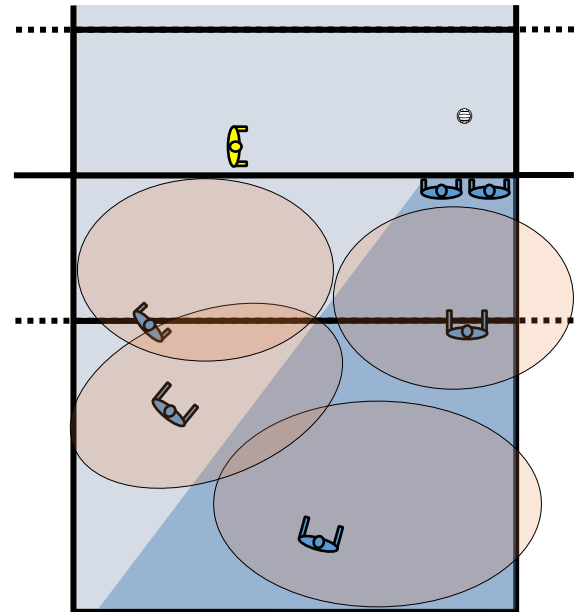
- Line

Defensive Starting Positions  
Opponent Setter **Front** Row



To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

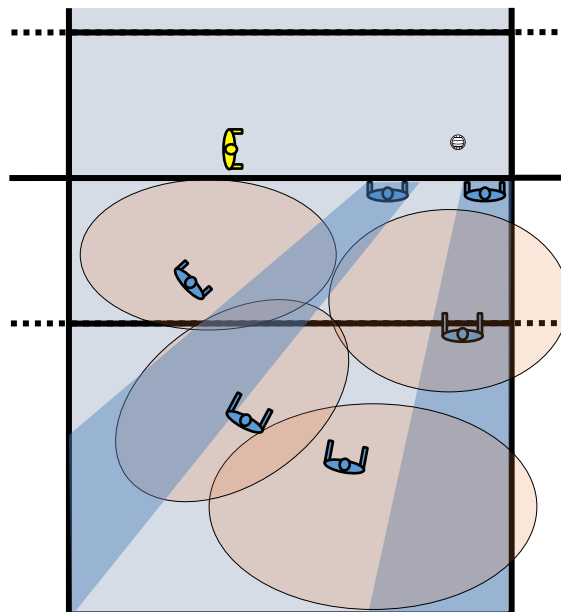
- **Position 1** with the block closed has the primary responsibility of tip coverage behind the block and chasing balls wiped to the side out the side of the court.
- **Positions 2 & 3** are blocking line.
- **Position 4** as the offside blocker is responsible for the sharp cross court attacks and tips into the front middle part of the court.
- **Position 5** is located just outside the shadow of the block and is responsible for the hard cross court shots and any tips or roll shots into the middle of the court (pot).
- **Position 6** is situated in the shadow of the block and is responsible for balls hit high off the top of the block deep and off speed shots down the line over the block.



### Defense of Attack in Zone 1 – Line Block with Seam

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

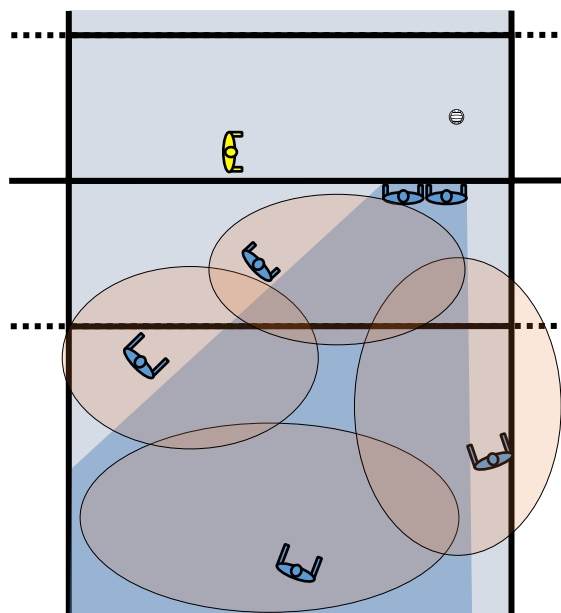
- **Position 1** has the primary responsibility of tip coverage behind the block and chasing balls wiped out the side of the court.
- **Positions 2 & 3** are blocking line but have not closed the block and have left a seam.
- **Position 4** as the offside blocker is responsible for the sharp cross court attacks and tips into the front middle part of the court.
- **Position 5** is located just outside the shadow of the middle blocker in the seam and is responsible for the hard cross court shots and any tips or roll shots into the middle of the court (pot).
- **Position 6** is situated in the seam and is responsible for hard hit balls in the seam and off speed shots down the line over the block.



### Defense of Attack in Zone 1 – Cross Court Block with 2 blockers

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

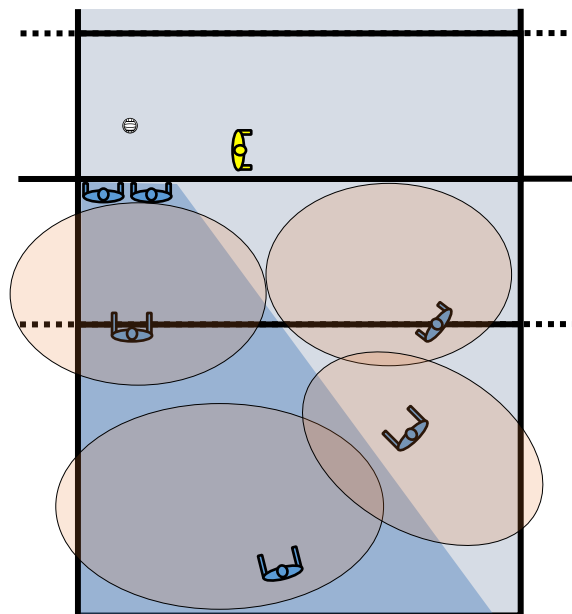
- **Position 1** has the primary responsibility of digging line shots, roll shots to the right middle of the pot and chasing balls wiped to the side out the side of the court.
- **Positions 2 & 3** are blocking cross court.
- **Position 4** as the offside blocker is responsible for curling under near the block and taking tips behind the block.
- **Position 5** is located just outside the shadow of the block and is responsible for the hard cross court shots and any tips or roll shots into the middle of the court (pot).
- **Position 6** is situated in the shadow of the block and is responsible for balls hit high off the top of the block deep all along the end line.



### Defense of Attack in Zone 9 – Line Block 2 Blockers

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

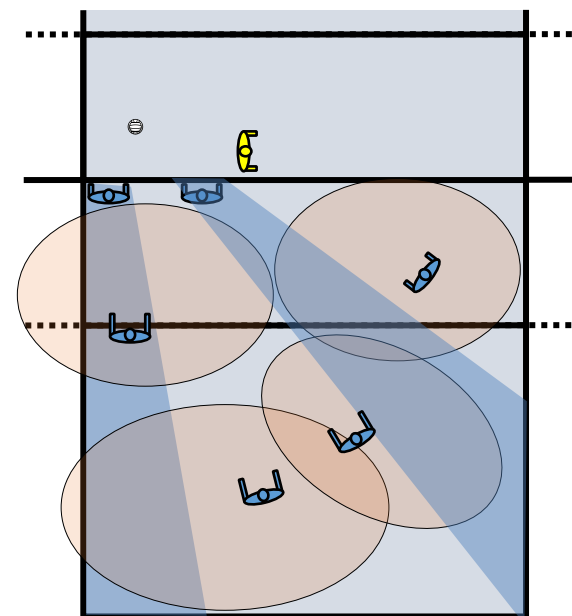
- **Position 1** is located just outside the shadow of the block and is responsible for the hard cross court shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** as the offside blocker is responsible for the sharp cross court attacks and tips into the front middle part of the court.
- **Positions 3 & 4** are blocking line.
- **Position 5** with the block closed has the primary responsibility of tip coverage behind the block and chasing balls wiped to the side out the side of the court.
- **Position 6** is situated in the shadow of the block and is responsible for balls hit high off the top of the block deep and off speed shots down the line over the block.



### Defense of Attack in Zone 9 – Line Block with Seam

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

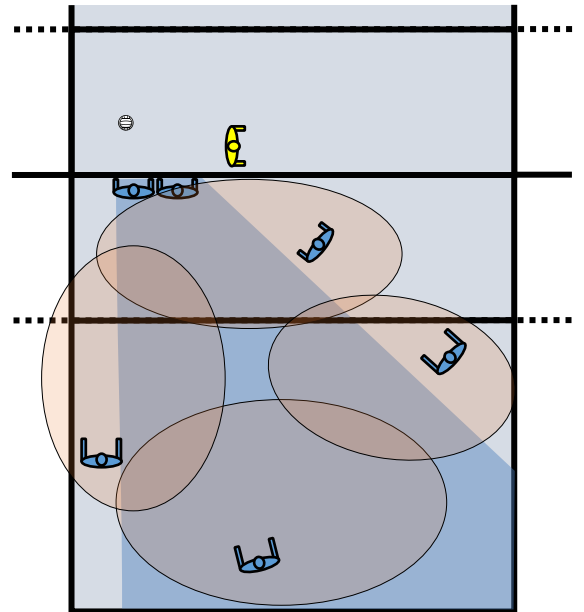
- **Position 1** is located just outside the shadow of the middle blocker in the seam and is responsible for the hard cross court shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** as the offside blocker is responsible for the sharp cross court attacks and tips into the front middle part of the court.
- **Positions 3 & 4** are blocking line but have not closed the block and have left a seam.
- **Position 5** has the primary responsibility of tip coverage behind the block and chasing balls wiped out the side of the court.
- **Position 6** is situated in the seam and is responsible for hard hit balls in the seam and off speed shots down the line over the block.



### Defense of Attack in Zone 9 – Cross Court Block with 2 blockers

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

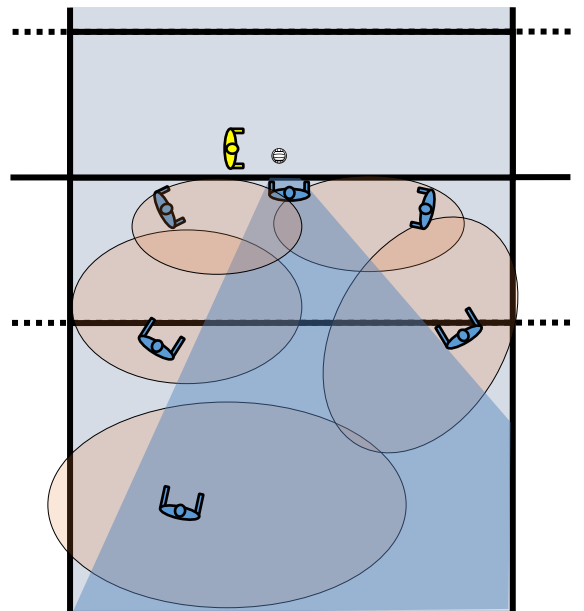
- **Position 1** is located just outside the shadow of the block and is responsible for the hard cross court shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** as the offside blocker is responsible for curling under near the block and taking tips behind the block.
- **Positions 3 & 4** are blocking cross court.
- **Position 5** has the primary responsibility of digging line shots, roll shots to the right middle of the pot and chasing balls wiped to the side out the side of the court.
- **Position 6** is situated in the shadow of the block and is responsible for balls hit high off the top of the block deep all along the end line.



### Defense of 51 Attack with Back Row Setter

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

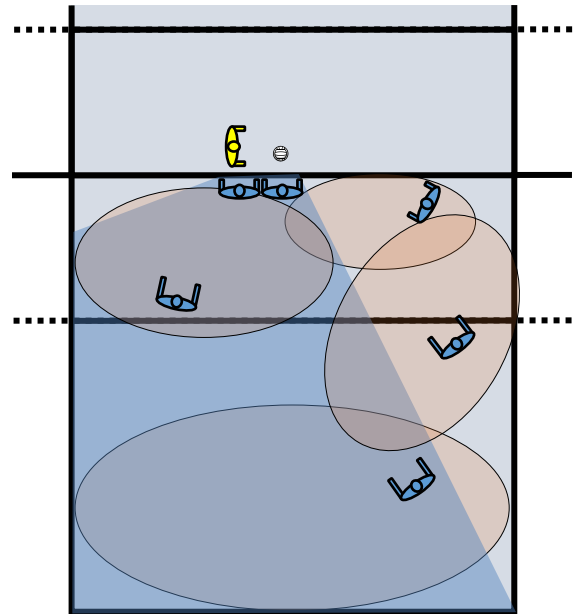
- **Position 1** is located just outside the shadow of the middle blocker and is responsible for the cut back shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** is responsible for tip coverage behind the right side of the middle blocker.
- **Position 3** is blocking.
- **Position 4** is responsible for tip coverage behind the left side of the middle blocker.
- **Position 5** is responsible for the shorter hard hit shot to position 5 and tips to the middle of the court.
- **Position 6** is situated in the left shadow of the block and is responsible for deep shots to position 5 and tips to the deep middle of the court.



### Defense of 51 Attack with Front Row Setter

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

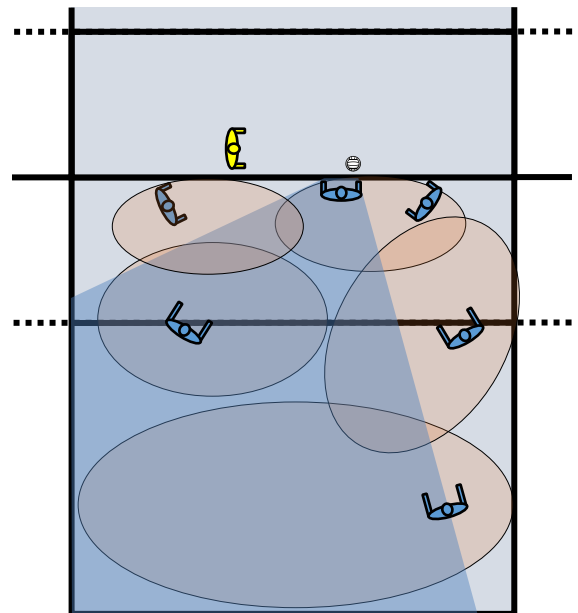
- **Position 1** is responsible for the sharp cut back shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** is responsible for tip coverage behind the right side of the middle blocker.
- **Positions 3** is blocking.
- **Position 4** helps the middle blocker taking away shots to 5.
- **Position 5** is in the shadow of the block and is responsible for tips behind the block and along the net to position 4.
- **Position 6** is situated in the right shadow of the block and is responsible for deep shots to position 1 and tips and roll shots deep in the court.



### Defense of 31 Attack

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

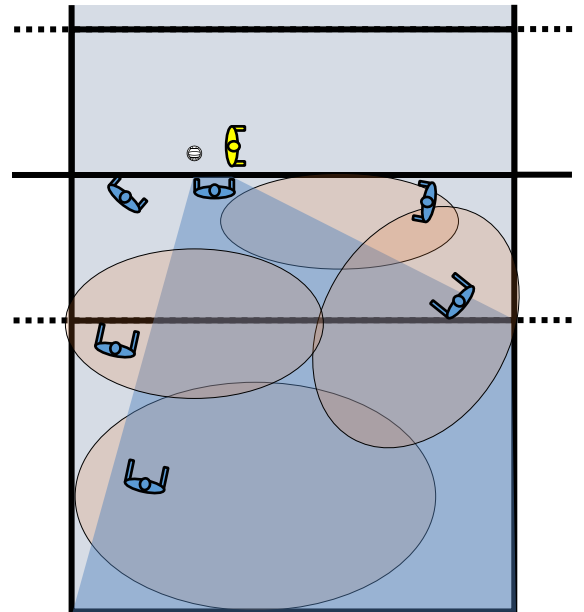
- **Position 1** is responsible for the shot short to position 1 and any tips or roll shots into the middle of the court (pot).
- **Position 2** is responsible for tip coverage behind the right side of the middle blocker or can help block.
- **Position 3** fronts the 31, blocking shots back to 5.
- **Position 4** is responsible for tips behind the left side of the block.
- **Position 5** is in the shadow of the block and is responsible for tips behind the block and middle of the court.
- **Position 6** is situated in the right shadow of the block and is responsible for deep shots to position 1 and tips and roll shots deep in the court.



### Defense of 61 Attack with Back Row Setter

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

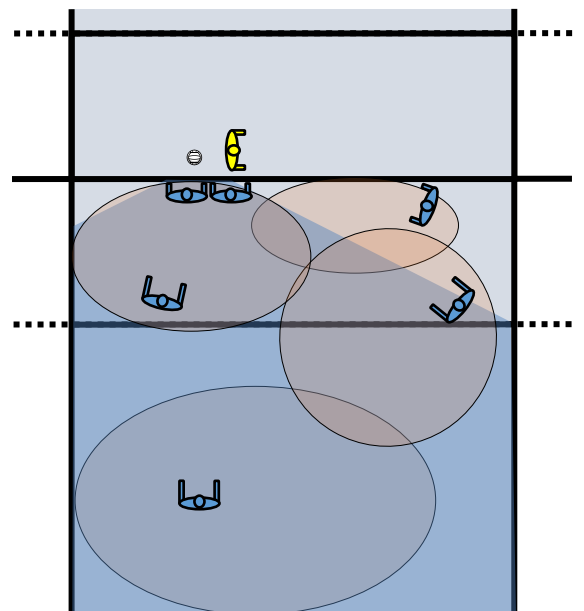
- **Position 1** is located just outside the shadow of the middle blocker and is responsible for the cut back shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** is responsible for tip coverage behind the right side of the middle blocker.
- **Positions 3** is blocking.
- **Position 4** is responsible for tip coverage behind the left side of the middle blocker.
- **Position 5** is responsible for the shorter hard hit shot to position 5 and tips to the middle of the court.
- **Position 6** is situated in the left shadow of the block and is responsible for deep shots to position 5 and off speed shots to the deep middle of the court.



### Defense of 61 Attack with Front Row Setter

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

- **Position 1** is responsible for the sharp cut back shots and any tips or roll shots into the middle of the court (pot).
- **Position 2** is responsible for tip coverage along the net.
- **Positions 3** is helping position 4 block.
- **Position 4** is blocking.
- **Position 5** is in the shadow of the block and is responsible for tips behind the block and to the left side of the pot.
- **Position 6** is situated in the shadow of the block and is responsible for deep shots to position 5 along the end line.

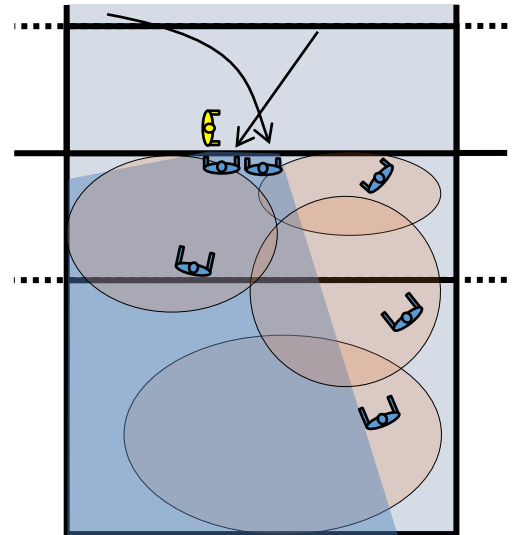


### Defense of Right X

- Defending the Right X begins first with the **position 4 blocker recognizing** the crossing pattern of the opponent's right side attacker and communicating it immediately to the middle blocker who has been watching the 51 approach of the middle attacker.
- The position 4 blocker then slides to the right to block the 51 while the middle blocker shifts to the right to block the Xing right side attacker hitting a 43.

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

- **Position 1** is responsible for shots short into 1 and any tips or roll shots into the middle of the court (pot).
- **Position 2** is responsible for tip coverage along the net or if they have time after seeing the 43 set to help the middle blocker.
- **Positions 3** is blocking the 43.
- **Position 4** is blocking the 51 but if the 43 is set should double jump to help block the 43.
- **Position 5** is in the shadow of the block and is responsible for tips behind the block and to the left side of the pot.
- **Position 6** is situated outside the shadow of the block and is responsible for deep shots to position 1 and off speed shots along the end line.

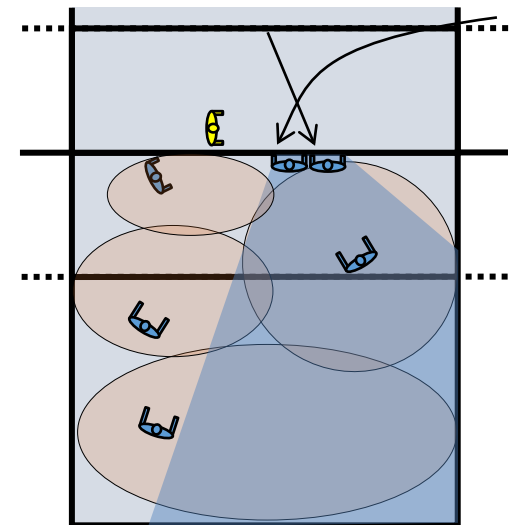


### Defense of Left X

- Defending the Right X begins first with the **position 2 blocker recognizing** the crossing pattern of the opponent's left side attacker and communicating it immediately to the middle blocker who has been watching the 31 approach of the middle attacker.
- The position 2 blocker then slides to the right to block the 31 while the middle blocker shifts to the right to block the Xing left side attacker hitting a 43.

To the right are the **general positions that players move to** from their starting positions and their zones of responsibility:

- **Position 1** is in the shadow of the block and is responsible for tips behind the block and to the left side of the pot.
- **Position 2** is blocking the 31 but if the 43 is set should double jump to help block the 43.
- **Positions 3** is blocking the 43.
- **Position 4** is responsible for tip coverage along the net or if they have time after seeing the 43 set to help the middle blocker.
- **Position 5** is responsible for shots short into 5 and any tips or roll shots into the middle of the court (pot).
- **Position 6** is situated outside the shadow of the block and is responsible for deep shots to position 5 and off speed shots along the end line.







## Team Alberta Women’s Volleyball Physical Training Curriculum - 16U-18U

### Introduction:

It is critical that high performance volleyball players include physical training as a regular part of their plan. It must include components of strength/power, speed, flexibility and cardiovascular endurance. This must become part of the year round program for Team Alberta athletes and as such most of it will not be done under the direct guidance of Team Alberta staff most of the year. Therefore, each athlete must make arrangements to do physical training under the supervision of qualified physical trainers preferably using the services of the **Alberta Sport Development Centres** which are available to all Team Alberta athletes.

Training Aspect	16U	17U	18U
<b>Strength/Power</b>			
• Plank	Consolidate	Refine	Refine
• Push up	Consolidate	Refine	Refine
• Clean	Acquire	Consolidate	Consolidate
• Deadlift	Acquire	Consolidate	Consolidate
• Back Squat	Acquire	Consolidate	Refine
• Front Squat	Acquire	Consolidate	Consolidate
• Bodyweight Pull-up	Acquire	Consolidate	Consolidate
• Snatch		Acquire	Consolidate
• Overhead Press		Acquire	Consolidate
<b>Speed (components of speed training)</b>			
• Agility (change of direction)	Consolidate	Consolidate	Refine
• Recovery skills (floor to feet)	Acquire	Consolidate	Refine
• Sprint Mechanics	Acquire	Consolidate	Refine
• Acceleration	Acquire	Consolidate	Refine
• Top-End Speed		Acquire	Consolidate
<b>Flexibility</b>			
• Static Stretching	Consolidate	Refine	Refine
• Dynamic Stretching	Consolidate	Refine	Refine
<b>Cardiovascular Endurance</b>			
• Aerobic Base Work	Acquire	Consolidate	Refine
• Aerobic Interval Work	Acquire	Consolidate	Refine
• Volleyball Specific Interval	Acquire	Consolidate	Refine



## Team Alberta Women’s Volleyball Mental Training Curriculum - 16U-18U

### Introduction:

The complete high performance volleyball player must include work on the mental skills required to be successful. It is the goal of the Team Alberta mental training program to use the power of the mind to reach the Ideal Performance State. While qualified sport psychology consultants will be used for initial development of the mental skills they must be applied regularly during practice and competition.

Training Aspect	16U	17U	18U
<b><u>Goal Setting</u></b>			
• Outcome Goals	Acquire	Consolidate	Refine
• Performance Goals	Acquire	Consolidate	Refine
• Behavior Goals	Acquire	Consolidate	Refine
<b><u>Skills of Arousal Control</u></b>			
• Relaxation Skills	Acquire	Consolidate	Refine
• Energization Skills	Acquire	Consolidate	Refine
<b><u>Skills of Attentional Control</u></b>			
• <b>Imagery</b>	Acquire	Consolidate	Refine
• <b>Concentration and focus</b>	Acquire	Consolidate	Refine
<b><u>Simulation</u></b>	Acquire	Consolidate	Refine

### Goal Setting

Goal setting is important to ensure that the vision is clear and everyone involved with Team Alberta is on the same page.

### Outcome Goals

- Focus is on the win/loss aspect of competition.
- Tend to be more long term in nature
- Example: Winning NTCC or Canada Games

### Performance Goals

- Focus is on being the best you can be.
- Are more short term in nature
- Example: Passing at a 2.00 rate as a team

### Behavior Goals

- Focus is on being better people
- Are lifelong in nature
- Example: Cooperation

### Skills of Arousal Control

Skills of arousal control enable the athlete to reach the appropriate level of arousal for the task at hand. Low activation levels are generally required for:

- learning new skills or tactics; executing complex sequences of skills.
- Simple skills requiring great control.
- Mental rehearsal



High activation levels are generally required for:

- Performance.
- Simpler skills of gross control.
- Skills requiring great power or strength.

### **Relaxation Skills**

- Used to lower levels of arousal.
- Quick techniques used for 5 – 20 seconds during performance. Use controlled breathing techniques. Focus on reducing tension in the diaphragm.
- Intermediate techniques used about 5-10 minutes before/after performance using progressive muscular relaxation techniques
- Meditative techniques used 20 minutes after performance for deep relaxation.

### **Energization Skills**

- Used to raise the levels of arousal.
- Consider using music or video with an upbeat tempo.
- Use trigger or key words in self talk that are positive and powerful such as: **STRONG, READY, FAST.**

### **Skills of Attentional Control**

These skills enable the athlete to be able to control their abilities to attend to the required tasks during competition. They allow the athlete to concentrate and focus during the game.

### **Imagery/Visualization Skills**

- The development and control of mental pictures and associated sensations including; visual, kinesthetic, auditory, and olfactory.
- Involves moods and emotions so influences arousal control also.

### **Concentration and Focus Skills**

- Concentration or focusing skills enable the athlete to gather the necessary information required to successfully execute the skills.
- Can have a broad or narrow focus and be either internal (thinking) or external (seeing).

### **Simulation**

Simulation is used to imitate the conditions of competition during practice. Conditions that should be simulated include:

- |                      |               |
|----------------------|---------------|
| • Fatigue            | • Opposition  |
| • Competitive Stress | • Officials   |
| • Strategies         | • Environment |