

Techniques

		FUNDamentals Males: 6-9 years Females: 6-8 years	Learning to Train Males: 9-12 years Females: 8-11 years	Training to Train Males: 12-16 Females: 11-15	Learning to Compete Males: 17-19 years Females: 16-18 years	Training to Compete Males: 20-21 years Females: 19-20 years	Learning to Win Males: 22-25 years Females: 21-24 years
Serve	Intro duce	<ul style="list-style-type: none"> Underhand 	<ul style="list-style-type: none"> Overhand 	<ul style="list-style-type: none"> Jump serves Other serves 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	Devel op	<ul style="list-style-type: none"> Underhand 	<ul style="list-style-type: none"> Overhand 	<ul style="list-style-type: none"> Overhand 	<ul style="list-style-type: none"> Jump serves Other serves 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	Stabil ize	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Underhand 	<ul style="list-style-type: none"> Overhand 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Jump serves Other serves 	<ul style="list-style-type: none">
	Maint ain Refin e				<ul style="list-style-type: none"> Overhand 	<ul style="list-style-type: none"> Overhand Jump serves Other serves 	<ul style="list-style-type: none"> Overhand Jump serves Other serves
Overhead pass	Intro duce	<ul style="list-style-type: none"> Related movement skills Hand position Passing short distances Catch-toss as second contact 	<ul style="list-style-type: none"> High ball set Passing long distances 	<ul style="list-style-type: none"> Overhand serve reception Back set Set height/tempo variations and location control 	<ul style="list-style-type: none"> 3m set Fast tempo variations 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	Devel op	<ul style="list-style-type: none"> Catch-toss as second contact 	<ul style="list-style-type: none"> Related movement skills Hand position Passing short distances 	<ul style="list-style-type: none"> High ball set Back set Passing long distances 	<ul style="list-style-type: none"> Overhand serve reception Back set Set height/tempo variations and location control 3m set 	<ul style="list-style-type: none"> Fast tempo variations 	<ul style="list-style-type: none">
	Stabil ize		<ul style="list-style-type: none"> Hand position Passing short distances Catch-toss as second contact 	<ul style="list-style-type: none"> High ball set Passing long distances 	<ul style="list-style-type: none"> Overhand serve reception Back set Set height/tempo variations and location control 	<ul style="list-style-type: none"> 3m set Fast tempo variations 	<ul style="list-style-type: none">
	Maint ain Refin e				<ul style="list-style-type: none"> High ball set Passing long distances 	<ul style="list-style-type: none"> Overhand serve reception Back set Set height/tempo variations and location control 	<ul style="list-style-type: none"> set Fast tempo variations

		FUNdamentals Males: 6-9 years Females: 6-8 years	Learning to Train Males: 9-12 years Females: 8-11 years	Training to Train Males: 12-16 Females: 11-15	Learning to Compete Males: 17-19 years Females: 16-18 years	Training to Compete Males: 20-21 years Females: 19-20 years	Learning to Win Males: 22-25 years Females: 21-24 years	
Forearm pass	Intro duce	<ul style="list-style-type: none"> • Related movement skills • Platform • Contact point 	<ul style="list-style-type: none"> • Off-centre line passing 	<ul style="list-style-type: none"> • Passing jump serves 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	
	Devel op	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Movement related to passing • Platform • Contact point 	<ul style="list-style-type: none"> • Off-centre line passing • Movement related to passing 	<ul style="list-style-type: none"> • Off-centre line passing • Movement related to passing • Passing jump serves 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	
	Stabil ize	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Contact point 	<ul style="list-style-type: none"> • Platform 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Off-centre line passing • Movement related to passing • Passing jump serves 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
	Maint ain Refin e	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Contact point 	<ul style="list-style-type: none"> • Platform 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Off-centre line passing • Movement related to passing • Passing jump serves

Techniques

		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Attack	Intro duce	<ul style="list-style-type: none"> • Arm swing • Contact point • Jump 	<ul style="list-style-type: none"> • Approach • Off speed attacks (tip, roll shot) 	<ul style="list-style-type: none"> • Middle attack • Attack directions • Individual transition 	<ul style="list-style-type: none"> • Wipe off shots • Position specificity • Arm swing variations 	•	•
	Devel op	•	<ul style="list-style-type: none"> • Arm swing • Contact point • Jump 	<ul style="list-style-type: none"> • Approach • Off speed attacks (tip, roll shot) 	<ul style="list-style-type: none"> • Middle attack • Attack directions • Individual transition • Wipe off shots • Position specificity 	• Arm swing variations	•
	Stabil ize	•	•	<ul style="list-style-type: none"> • Arm swing • Contact point • Jump • Approach • Off speed attacks (tip, roll shot) 	<ul style="list-style-type: none"> • Middle attack • Attack directions • Individual transition 	<ul style="list-style-type: none"> • Wipe off shots • Position specificity • Arm swing variations 	•
	Maint ain Refin e	•	•	•	<ul style="list-style-type: none"> • Basic technique • Off speed attacks 	<ul style="list-style-type: none"> • Middle attack • Attack directions • Individual transition 	<ul style="list-style-type: none"> • Wipe off shots • Position specificity • Arm swing variations
Individual blocking	Intro duce	•	<ul style="list-style-type: none"> • Hand position • Jump timing • Movement and ball intercept 	<ul style="list-style-type: none"> • Ball redirection • Penetration 	<ul style="list-style-type: none"> • Blocker specialization • Swing blocking 	•	•
	Devel op	•	•	<ul style="list-style-type: none"> • Hand position • Jump timing • Movement and ball intercept 	<ul style="list-style-type: none"> • Ball redirection • Penetration 	<ul style="list-style-type: none"> • Blocker specialization • Swing blocking 	•
	Stabil ize	•	•	•	<ul style="list-style-type: none"> • Hand position • Jump timing • Movement and ball intercept 	<ul style="list-style-type: none"> • Ball redirection • Penetration • Blocker specialization • Swing blocking 	•
	Maint ain Refin e	•	•	•	•	<ul style="list-style-type: none"> • Basic technique • Timing 	<ul style="list-style-type: none"> • Ball redirection • Penetration • Blocker specialization • Swing blocking

Techniques

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Individual defence	Introduce	<ul style="list-style-type: none"> Ball pursuit 	<ul style="list-style-type: none"> Basic technique Defensive attitude 	<ul style="list-style-type: none"> Defending low to the floor Defending outside of midline Recovery skills Ball pace absorption 	<ul style="list-style-type: none"> The reading of cues 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	Develop	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> all pursuit Defensive attitude 	<ul style="list-style-type: none"> Basic technique Ball pace absorption 	<ul style="list-style-type: none"> Defending low to the floor Defending outside of midline Recovery skills Ball pace absorption 	<ul style="list-style-type: none"> The reading of cues 	
	Stabilize	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> Ball pursuit Defensive attitude Basic technique 	<ul style="list-style-type: none"> Ball pace absorption Defending low to the floor 	<ul style="list-style-type: none"> Defending outside of midline Recovery skills The reading of cues 	
	Maintain Refine	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 		<ul style="list-style-type: none"> Ball pursuit Defensive attitude Basic technique 	<ul style="list-style-type: none"> Ball pace absorption Defending low to the floor 	<ul style="list-style-type: none"> Defending outside of midline Recovery skills The reading of cues
Serve receive formations	Introduce		<ul style="list-style-type: none"> 3-person "V" 	<ul style="list-style-type: none"> 5-person formations 4-person formations 3-person formations 	<ul style="list-style-type: none"> 2-person formations 		<ul style="list-style-type: none">
	Develop		<ul style="list-style-type: none"> 3-person "V" 	<ul style="list-style-type: none"> 5-person formations 4-person formations 3-person formations 	<ul style="list-style-type: none"> 3-person formations 2-person formations 		
	Stabilize		<ul style="list-style-type: none"> 3-person "V" 	<ul style="list-style-type: none"> 5-person formations 	<ul style="list-style-type: none"> 4-person formations 3-person formations 2-person formations 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
	Maintain Refine					<ul style="list-style-type: none"> 3-person formations 2-person formations 	<ul style="list-style-type: none"> 3-person formations 2-person formations

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Offensive formations	Introduce	•	•	<ul style="list-style-type: none"> • 6-0 offence • 4-2 offence • 6-2 offence • 5-1 offence 		•	Stabilize •
	Develop			<ul style="list-style-type: none"> • 6-0 offence • 4-2 offence • 6-2 offence • 5-1 offence 	• 5-1 offence		
	Stabilize			• 6-2 offence	<ul style="list-style-type: none"> • 6-2 offence • 5-1 offence 		
	Maintain Refine					• 5-1 offence	• 5-1 offence

Techniques

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Defensive formations	Introduce	•	<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization 	<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization • 6-up formation • 6-back “swing” formation • 6-back “slide” formation 	•	•	
	Develop			<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization • 6-up formation • 6-back “swing” formation • 6-back “slide” formation 	<ul style="list-style-type: none"> • 6-back “swing” formation • 6-back “slide” formation 		
	Stabilize			<ul style="list-style-type: none"> • Freeball organization • 6-up formation 	<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization • 6-up formation • 6-back “swing” formation • 6-back “slide” formation 		
	Maintain Refine				<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization • 6-up formation 	<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization • 6-up formation • 6-back “swing” formation • 6-back “slide” formation 	<ul style="list-style-type: none"> • Pre-defence organization • Freeball organization • 6-up formation • 6-back “swing” formation • 6-back “slide” formation

Attack coverage formations	Introduce	•		•	• 3-2 • 2-3		
	Develop				• 3-2 • 2-3		
	Stabilize				• 3-2 • 2-3		
	Maintain Refine					• 3-2 • 2-3	• 3-2 • 2-3
Blocking Systems	Introduce	•	•	• 1-blocker system • 2-blocker system	• none	• 3-blocker system	•
	Develop	•	•	• 1-blocker system • 2-blocker system	• 2-blocker system	• 3-blocker system	•
	Stabilize	•	•	• 1-blocker system	• 1-blocker system • 2-blocker system	• 2-blocker system	• 3-blocker system
	Maintain Refine	•	•	• none	• 1-blocker system	• 1-blocker system	• 1-blocker system • 2-blocker system

Techniques

		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Attack Combinations	Introduce	•	•	•	<ul style="list-style-type: none"> • 2-player combinations • 3-player combinations • Combinations with a back row player 	•	•
	Develop	•	•	•	<ul style="list-style-type: none"> • 2-player combinations • 3-player combinations • Combinations with a back row player 	<ul style="list-style-type: none"> • 3-player combinations • Combinations with a back row player 	•
	Stabilize	•	•	•	•	<ul style="list-style-type: none"> • 2-player combinations • 3-player combinations • Combinations with a back row player 	<ul style="list-style-type: none"> • 3-player combinations • Combinations with a back row player
	Maintain Refine	•	•	•	•	•	<ul style="list-style-type: none"> • 2-player combinations

Tactics

		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Serving	Introduce	•	• Speed & trajectory	<ul style="list-style-type: none"> Utilization of different serving techniques Targeting a weak passer Targeting a court location Attacking a serve receive formation 	•	•	•
	Develop	•	•	<ul style="list-style-type: none"> Speed & trajectory Attacking a serve receive formation Targeting a court location 	<ul style="list-style-type: none"> Utilization of different serving techniques Targeting a weak passer 	•	•
	Stabilize	•	•	•	<ul style="list-style-type: none"> Speed & trajectory Utilization of different serving techniques Attacking a serve receive formation Targeting a court location 	• Targeting a weak passer	•
	Maintain Refine	•	•	•	• Targeting a court location	<ul style="list-style-type: none"> Speed & trajectory Utilization of different serving techniques Attacking a serve receive formation 	• Targeting a weak passer

Tactics

		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Overhead Pass	Introduce	•	• Changing trajectory	• Overhead vs forearm serve reception • Front set/back set selection • Use of height/tempo variations	• Use of 3m set	•	•
	Develop	•	•	• Changing trajectory	• overhead vs forearm serve reception • Front set/back set selection for setters • Use of height/tempo variations	• Use of 3m set	•
	Stabilize	•	•	• Changing trajectory	• overhead vs forearm serve reception	• Front set/back set selection for setters • Use of height/tempo variations • Use of 3m set	•
	Maintain Refine	•	•	•	• Changing trajectory	• overhead vs forearm serve reception	• Front set/back set selection for setters • Use of height/tempo variations • Use of 3m set
Forearm Pass	Introduce	•	• Pass trajectory changes	• Adjustments to reception starting positions	•	•	•
	Develop	•	•	• Pass trajectory changes	• Adjustments to reception starting positions	•	•
	Stabilize	•	•	•	• Pass trajectory changes	• Adjustments to reception starting positions	•
	Maintain Refine	•	•	•	•	• Pass trajectory changes	• Adjustments to reception starting positions

Tactics

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Attack	Introduce	•	• Use of off speed attacks	• Changing attack directions • Attacking imperfect sets	• Using the wipe off shot • Second contact attacks	•	•
	Develop	•	•	• Use of off speed attacks	• Changing attack directions • Attacking imperfect sets	• Using the wipe off shot • Second contact attacks	•
	Stabilize	•	•	•	• Use of off speed attacks	• Changing attack directions • Using the wipe off shot • Attacking imperfect sets • Second contact attacks	•
	Maintain Refine	•	•	•	•	• Use of off speed attacks	• Changing attack directions • Using the wipe off shot • Attacking imperfect sets • Second contact attacks
Blocking	Introduce	•	•	• Single block tactics • Double block tactics • Blocking a location	• Blocking the hitter • Commit vs read blocking for middle blockers • Blocker communication	• Triple block tactics	•
	Develop	•	•	• Single block tactics • Double block tactics • Blocking a location	• Blocking the hitter • Commit vs read blocking for middle blockers • Blocker communication	• Triple block tactics	•
	Stabilize	•	•	• Single block tactics	• Single block tactics • Blocking a location • Blocker communication	• Blocking the hitter • Commit vs read blocking for middle blockers	• Triple block tactics
	Maintain Refine	•	•	•	• Single block tactics • Blocking a location	• Blocker communication	• Blocking the hitter • Commit vs read blocking for middle

Tactics

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Defence	Introduce	•	•	• Individual positioning	<ul style="list-style-type: none"> Adjusting to opponent tendencies Reading of relevant cues 	•	•
	Develop	•	•	•	<ul style="list-style-type: none"> Individual positioning Adjusting to opponent tendencies 	• Reading of relevant cues	•
	Stabilize	•	•	•	•	<ul style="list-style-type: none"> Individual positioning Adjusting to opponent tendencies 	• Reading of relevant cues
	Maintain Refine	•	•	•	•	•	<ul style="list-style-type: none"> Individual positioning Adjusting to opponent tendencies Reading of relevant cues