

# ETHOS ATHLETICS

## 15U Summer Academy Curriculum

Duration: 8 Weeks

### Training Philosophy – 15U

The 15U Summer Academy is designed for athletes who are ready to train with greater intensity, focus, and accountability. At this stage, athletes build on their foundational skills and improve consistency at a faster pace of play. The goal is not just to learn skills, but to execute them confidently in game situations.

This program focuses on:

- Strengthening technical consistency
- Improving decision-making in play
- Building stronger communication and team habits
- Increasing physical capacity and athletic development
- Preparing athletes for school and club competition

### Weekly Training Structure

Each week follows a clear two-practice structure aligned with the weekly focus.

#### *Practice 1 – Technical Development*

The first practice of the week emphasizes technical refinement and repetition. Athletes work on improving mechanics, correcting habits, and building consistency through structured drills and detailed feedback.

#### *Practice 2 – Game Application*

The second practice focuses on applying that skill in game-like situations. Athletes participate in competitive drills, transition scenarios, and structured play to improve decision-making and confidence under pressure.

### Weekly Technical Focus Progression

#### *Week 1 – Ball Control & Setting*

- Platform angle and control mechanics
- Hand Setting/bump setting consistency and accuracy
- How to properly control the ball

### *Week 2 – Attacking Development*

- Approach consistency
- Arm swing efficiency and mechanics
- Attacking different areas of the court
- Transition attacking

### *Week 3 – Defense*

- Defensive base position
- Reading hitter cues
- Controlled digging technique
- Faster transition from defense to offense

### *Week 4 – Serving*

- Serve accuracy and consistency
- Serving to specific zones
- Short and deep serve awareness
- Serving with pressure challenges

### *Week 5 – Serve Receive*

- Serve receive formations
- Passing lanes and communication
- Setter connection
- First-ball offense scenarios

### *Week 6 – Blocking*

- Blocking footwork
- Hand positioning
- Reading attacker approach
- Block-to-defense connection

### *Weeks 7 & 8 – Competitive Integration*

- Transition offense
- Game-speed serving and attacking
- Decision-making under pressure
- Competitive wash drills

- Structured scrimmages

#### **Integrated Performance Development**

Strength & conditioning, mental performance, and video analysis are integrated throughout the program to support weekly development.

Strength & Conditioning focuses on building speed, strength, and movement efficiency so athletes can perform skills with control and power.

Mental Performance helps athletes manage pressure, stay focused, communicate effectively, and compete with confidence.

Video Analysis allows athletes to better understand their positioning, timing, and decision-making in game situations.

Together, these components ensure athletes are developing physically, technically, and mentally in a structured performance environment.