

# ETHOS ATHLETICS

## 17U Summer Academy Curriculum

Duration: 8 Weeks

### Training Philosophy – 17U

The 17U Summer Academy is designed for athletes preparing for high-level school, club, and provincial competition. At this stage, training emphasizes performance consistency, competitive execution, and accountability within structured team systems.

Athletes are expected to train with discipline, intensity, and ownership of their development. Technical refinement, tactical awareness, and performance under pressure are central priorities.

The program focuses on:

- Executing technical skills consistently at game speed
- Improving decision-making within team systems
- Strengthening communication habits
- Enhancing speed, power, and overall athletic performance
- Preparing athletes for competitive match environments

### Weekly Training Structure

Each week follows a two-practice structure aligned with the primary technical focus.

#### *Practice 1 – Technical & Tactical Refinement*

The first practice emphasizes technical precision and system-based training. Athletes refine mechanics, improve positional responsibilities, and work within structured offensive and defensive systems.

#### *Practice 2 – Competitive Application*

The second practice focuses on game-speed execution. Athletes apply weekly skills in competitive drills, transition scenarios, and structured scrimmages designed to simulate match intensity.

### Weekly Technical Focus Progression

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

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

### *Week 2 – Attacking*

- Shot selection under pressure
- Approach and arm switch mechanics
- Transition attacking
- Offensive decision-making

### *Week 3 – Defence*

- Defensive positioning
- Reading hitter tendencies
- Transition speed
- Defensive communication

### *Week 4 – Serving*

- Zone serving with intent
- Serving to disrupt systems
- Short/deep variation
- Pressure-based serving sequences

### *Week 5 – Serve Receive*

- Serve receive footwork
- Hand passing and platform angle control
- Passing lanes and communication
- Side-out consistency

### *Week 6 – Blocking*

- Single and double block timing and footwork
- Hand penetration discipline
- Reading setter distribution
- Block-to-defense transition

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

- Full-system scrimmages
- Performance under fatigue
- Leadership and accountability

- Video-based performance review

### **Position-Specific Development**

At the 17U level, athletes will be working within their primary positions (setter, outside hitter, middle blocker, opposite, libero).

While foundational skills continue to be reinforced, greater emphasis is placed on refining the specific demands of each athlete's position to prepare them for high-level school, club, and provincial competition.

### **Integrated Performance Development**

Strength & conditioning, mental performance, and video analysis are fully integrated throughout the program.

Strength & Conditioning emphasizes speed, power, force production, and injury prevention to support high-intensity performance.

Mental Performance focuses on composure under pressure, competitive confidence, leadership, and emotional control.

Video Analysis reinforces tactical awareness, positional discipline, and individual accountability within team systems.

Together, these components ensure athletes are prepared physically, mentally, and tactically for high-level competition.