



Winter Volleyball Academy – Liberos Curriculum

Overview

Target Group: 17U / 16U Liberos

The Libero group will follow a two-week progression structure focused on developing elite-level defensive consistency, serve receive control, and backcourt leadership. The curriculum builds from core defensive techniques to advanced reading and transition play, preparing Liberos to anchor their teams back row with confidence.

After every practice, athletes will have access to analyzed video footage allowing them to review their positioning, defensive reads, and passing technique to support ongoing improvement.

Practice Schedule

Starting January 9th / Ending March 22nd

- Friday Mornings:

- Time: 6:30 AM – 7:30 AM
- Location: UNB Rec Gym (15 Peter Kelly Dr)

- Sunday Group Sessions: Athletes will be notified which groups to attend in advance

Times:

- Session 1 : 9:00am - 10:00am
- Session 2 : 10:00am - 11:00am

Location:

- Ecole des Bâtisseurs (715 Priestman St, Fredericton)

- March Break: No practices / March 2 – 8

Mental Preparation Workshops

- Mental preparation workshops will take place bi-weekly, weeknight afternoon /evenings.
- Schedule (TBD)

The Mental Prep Workshop is designed to help athletes strengthen the mental side of their game. Led by a certified sports performance consultant. Through guided discussions and interactive activities, players learn how to manage pressure, build confidence, and maintain focus during competition. The workshop also teaches strategies for goal setting, visualization, and handling mistakes effectively — helping athletes develop a resilient mindset that translates to both their performance on the court and their everyday life.

Strength and Conditioning Sessions (Optional)

- Strength and Conditioning sessions will take place weekly, scheduled around practice times to best complement on-court training.
- Schedule (TBD)

These sessions are designed to help athletes improve their overall athleticism, movement efficiency, and injury resilience. Led by certified strength and conditioning specialists, athletes will focus on developing strength, power, speed, and mobility through age-appropriate and volleyball-specific exercises. Each session emphasizes proper technique and functional movement patterns — ensuring that athletes not only get stronger, but also move better and perform with greater stability and confidence on the court.

Two-Week Focus Plan (January 9th – March 22nd)

Phase / Weeks	Focus Theme	Key Objectives
Weeks 1–2	Serve Receive Fundamentals & Platform Control	Refine platform angle, footwork, and contact point for consistent passing. Emphasize seam communication and first-ball accuracy
Weeks 3–4	Defensive Positioning & Reading Attackers	Develop anticipation and reading of hitter cues (shoulders, approach, and arm swing). Improve base positioning, movement efficiency, and digging control.
Weeks 5–6	Out-of-System Ball Control & Setting	Emphasize accurate and composed setting execution when transitioning from defensive contact, focusing on creating hittable out-of-system sets for attackers.
Weeks 7–8	Revisiting areas that need work.	Revisit and refine the key technical and tactical areas identified in earlier phases. Serve receive, defence and setting.
Weeks 9–10	Game Application	Apply all prior concepts in game like scenarios . Focus