



Winter Volleyball Academy – Outside Hitters Curriculum

Overview

Target Group: 17U / 16U Outside Hitters

The Outside Hitters group will follow a two-week progression structure focused on mastering approach and footwork mechanics, serve receive / defensive control, shot selection and transition efficiency.

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 7th / Ending March 22nd

- Wednesday 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 7th – March 22nd)

Phase / Weeks	Focus Theme	Key Objectives
Weeks 1–2	Attacking Mechanics & Approach Timing	Refine hitting footwork, arm swing mechanics, and approach rhythm. Emphasis on controlling power and accuracy while developing consistent contact point.
Weeks 3–4	Serve-Receive & First-Ball Contact	Improve platform angle, seam responsibility, and footwork in serve-receive. Focus on transitioning quickly from pass to attack.
Weeks 5–6	Shot Selection & Decision-Making	Develop ability to read blockers and choose effective attack options (cross-court, line, roll, tip). Train situational hitting based on set location.
Weeks 7–8	Transition from blocking and defensive positions	Develop quick and efficient movement from block or defensive base to offensive transition.
Weeks 9–10	Game Application	Apply all prior concepts during live gameplay. Focus on transition footwork, blocking-to-attack efficiency, and maintaining offensive balance under pressure.

Additional Skill Integration

While each training block has a specific technical and tactical focus, other essential volleyball skills such as defence, setting, blocking and serving will continue to be integrated into the session. These skills are crucial for developing well-rounded athletes and ensuring game transfer. However, the primary emphasis each week will remain on the key focus points outlined above — allowing athletes to refine the most impactful aspects of their position while still strengthening all areas of their game.