



## Winter Volleyball Academy – 13U/14U Curriculum

### Overview

Target Group: 13U / 14U Athletes

The 13U/14U group will follow a weekly skill progression throughout the Winter Volleyball Academy. The goal is to build strong fundamentals, improve athletic movement, and develop confidence in every skill area — passing, serving, setting, attacking, and defence. Sessions are designed to be high repetition, technical, and game-relevant, ensuring athletes improve both their individual execution and overall volleyball IQ.

- Structure of Practices:
  - Each 60-minute session will be split into two parts:
    - The first 45 minutes will focus on the skill of the week, emphasizing technique
    - The last 15 minutes will shift into a game-like environment, incorporating multiple skills through competitive play.
  - This approach ensures that athletes can first learn the technique, then immediately apply it in realistic game situations.
- After every practice, athletes will have access to analyzed video footage, allowing them to review their skills, track progress, and better understand how to make adjustments for continual improvement.

## Practice Schedule

Starting: January 5th / Ending: March 22nd

Monday Mornings:

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

Thursday or Wednesday Afternoons:

- Time: (TBD)
- Location: (TBD)

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.

## Weekly Focus Plan (January 5th – March 22nd)

Week	Focus Theme	Key Objectives
Week 1	Passing & Ball Control	Establish consistent platform angles, footwork, and posture. Build confidence in serve receive and first contact control.
Week 2	Serving Technique	Learn proper serving mechanics, toss consistency, and contact control. Focus on accuracy, rhythm, and developing a reliable serve.
Week 3	Setting Fundamentals	Introduce clean hand positioning, release speed, and movement to the ball. Emphasize communication and accuracy in front and back sets.
Week 4	Attacking Approach & Arm Swing	Develop approach rhythm, takeoff timing, and hitting mechanics. Focus on controlled arm swing and proper body alignment.
Week 5	Defense & Floor Movement	Improve reaction time, defensive positioning, and digging technique. Introduce emergency moves such as dives and rolls.
Week 6	Serve / Serve Receive Systems and transitioning to offence	Work on team serve receive formations, seam communication, and controlled transitions to offense.
Week 7	Game IQ & Transition Play	Learn when to attack, tip, or set in different situations. Build awareness of offensive and defensive transitions.

Week 8	Blocking & Reading the Game	Teach basic blocking positioning, footwork, and eye tracking. Emphasize reading the ball and reacting to attacker cues.
Week 9	Combining Skills	Combine All skills learned into continuous game-style drills. Focus on applying multiple skills under pressure.
Week 10	Game Play & Review	Reinforce all skills in structured gameplay. Emphasize communication, teamwork, and applying everything learned in real-game settings.

### **Additional Skill Integration**

While each week has a specific technical and tactical focus, other essential volleyball skills will continue to be integrated into every session. These skills are vital for developing well-rounded athletes and ensuring effective game transfer. The primary emphasis each week will remain on the key focus areas above, allowing athletes to refine individual techniques while continuing to build a complete foundation in all aspects of the game.