

# ETHOS ATHLETICS

## 13U Summer Academy Curriculum

Duration: 8 Weeks

### Training Philosophy – 13U

The 13U Summer Academy is built around long-term athlete development principles. At this stage, the focus is on building strong technical foundations, improving movement quality, and developing consistent training habits that will support future performance levels.

Athletes are taught not only how to perform skills correctly, but how to train with purpose and intention. Technical consistency, controlled repetition, and progressive skill development are prioritized over short-term results.

The program is designed to:

- Develop clean, repeatable mechanics across all fundamental skills
- Build confidence through structured progression
- Improve understanding of the game and basic decision-making
- Introduce accountability and positive training habits
- Prepare athletes for higher performance environments (15U and beyond)

### Weekly Training Structure

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

#### 1. Practice 1 – Technical Mastery

The first practice of the week emphasizes detailed technical instruction and high-repetition skill work. Athletes focus on mastering proper mechanics through structured drills and consistent feedback.

#### 2. Practice 2 – Game Application

The second practice shifts toward applying the weekly focus in more game-like environments. Athletes participate in competitive drills, transition scenarios, and structured play to reinforce decision-making.

## Weekly Technical Focus Progression

### Week 1 – Ball Control & Setting Foundations

- Platform mechanics and angle control
- Moving efficiently to the ball
- Hand setting technique and consistency

- Proper footwork and body positioning

#### **Week 2 – Attacking Fundamentals**

- Approach footwork (3-step / 4-step)
- Arm swing mechanics
- Timing with the setter
- Hitting to different areas of the court

#### **Week 3 – Defensive Fundamentals**

- Defensive base position
- Reading the hitter
- Controlled digging technique
- Transitioning from defense to offense

#### **Week 4 – Serving Development**

- Standing float serve technique
- Consistent toss and clean contact
- Serving to specific areas of the court
- Developing a pre-serve routine and focus

#### **Week 5 – Serve Receive Structure**

- Serve receive positioning
- Passing while moving
- Emphasis on footwork
- Communication within passing groups
- Platform control against different types of serves

#### **Week 6 – Blocking & Net Play**

- Blocking footwork

- Hand positioning and timing
- Connecting block and defense
- Introduction to double blocking concepts

#### **Weeks 7 & 8 – Game Play Application**

- Applying skills in structured systems
- Game-speed serving and attacking
- Making good decisions under pressure
- Structured scrimmages and competitive play

#### **Integrated Performance Development**

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

Strength & Conditioning helps athletes build movement quality, coordination, and strength so they can execute skills safely and effectively.

Mental Performance sessions help athletes build confidence, stay focused, handle mistakes, and develop positive training habits.

Video Analysis allows athletes to see their technical execution and better understand spacing, timing, and decision-making in game situations.

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