



12u/13u Volleyball Foundations Program Information

Days: Fridays

Dates: January 9th - March 20th (No practice March 6th)

Location: École des Bâtisseurs

Time: 7:30pm-8:30pm

10 week practice curriculum

Each practice introduces one new primary skill. Athletes will work on multiple skills every session, but coaching emphasis, feedback, and focused reps will center on the Skill of the Day.

Week	Skill of the Day	Key Objectives
Week 1	Forearm Passing (Platform Control)	Build a consistent platform, angle control, and proper footwork into the ball.
Week 2	Serving Fundamentals	Teach proper serving mechanics (underhand, overhand, jump)
Week 3	Attacking footwork and arm swing	Teach 3-step/4-step approach patterns, timing, and arm swing mechanics
Week 4	Defense & Digging Technique	Learn digging posture, reaction movement, and platform angles to properly defend the ball
Week 5	Setting Basics (Hand Shape & Footwork)	Develop proper hand positioning, soft touch, and getting under the ball with control.
Week 6	Serve Receive Fundamentals	Teach lanes, communication, seam coverage, and passing off live serves.

Week 6	Serving Targets	Learn how to be an effective server and hit targets.
Week 7	Attacking Transition	Learn how to transition from the net and transition from front row defence to attack.
Week 8	Defense & Digging Technique - Progression	Develop floor moves and how to defend balls outside of your body. Learn how to transition from defense
Week 9	Game Play - Start of mini tournament	Applying all aspects learned into game like situations
Week 10	Game Play - Last day and end of mini tournament	Applying all aspects learned into game like situations