



## Winter Volleyball Academy – Setters Curriculum

### Overview

Target Group: 17U / 16U Setters

The Setters group will follow a two-week progression structure throughout the Winter Volleyball Academy. The focus is on building strong technical foundations, developing decision-making and mastering offensive systems. Each training session is designed to enhance control, precision, deception and decision making on the court.

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 6th / Ending March 22nd

- Tuesday 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 6th – March 22nd)

Phase / Weeks	Focus Theme	Key Objectives
Weeks 1–2	Setting Mechanics	Hand contact, release speed, and consistent footwork (all around technique). Focus on in-system setting to Outsides and Middles.
Weeks 3–4	Footwork & Balance	jump setting, and smooth transition from defense to offense, with footwork. Focus on out-of-system balls.
Weeks 5–6	Decision-Making	Choosing the best offensive option based on pass quality/ position, blocker alignment, and hitter readiness. With a focus on out of system situations.
Weeks 7–8	Offensive Systems	Running offensive combinations and team tempo systems with various hitters (overload offence / separation offence)
Weeks 9–10	Implementing Various Skills into Transition Setting	Applying all learned skills to live transitions: serve receive → offense and defense → offense scenarios.

## Additional Skill Integration

While each training block has a specific technical and tactical focus, other essential volleyball skills such as defense, blocking and serving will continue to be integrated into every 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.