

BURNSVILLE THUNDER VOLLEYBALL CLUB

12-and-Under Training Goals

Proficiency	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Go Posture - Movement Patterns: Shuffle, Step-crossover, Crossover-step - Inside foot forward passing technique - Run throughs: Straight ahead - Freeball Passing: Overhand & Underhand <p><u>Defense</u></p> <ul style="list-style-type: none"> - Base defense - Transitions from base to freeball <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Hitting approach footwork, arms, and rhythm - Attacking mechanics (armswing, contact, finish) - 5, 2, 9 sets 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving (perhaps not results yet) <p><u>Setting</u></p> <ul style="list-style-type: none"> - 5, 2, 9 sets <p><u>Communication</u></p> <ul style="list-style-type: none"> - Identify type of contact by opponent: "Pass, set, hit" - Calling Mine
Introduce	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Serve Receive Rotations (4-2, 6-2, 5-1) <p><u>Defense</u></p> <ul style="list-style-type: none"> - Perimeter Defense (base/reading), Rotation Defense (base/reading) - Defensive posture - Jab step <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Fine Tuned Attacking Mechanics (draw, armswing, contact, snap, finish) - Landing (2 feet, 1 foot safely) - Tip technique - Rollshot technique - Yes and No balls (hitting/downball) 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving Mechanics (one step, toss, contact) <p><u>Setting</u></p> <ul style="list-style-type: none"> - Out of net plays (perhaps not results yet) - Hand technique: Shape, Wrist movements - Arm technique: Elbow extension - Footwork: Step with right foot always, Movement to the ball <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Blocking Ready Position - Movement Patterns: To Ball, Transitions, Blocking, etc. <p><u>Communication</u></p> <ul style="list-style-type: none"> - Connect with Team After Mistakes - Celebrate with Team After Every Point - On/Off/Over - Set/Dump - Who is Set

BURNSVILLE THUNDER VOLLEYBALL CLUB

13-and-Under Training Goals

Proficiency	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Go Posture - Movement Patterns: Shuffle, Step-crossover, Crossover-step - Inside foot forward passing technique - Run throughs: Straight ahead - Freeball Passing: Overhand & Underhand - Serve Receive Rotations (4-2, 6-2, 5-1) <p><u>Defense</u></p> <ul style="list-style-type: none"> - Base defense - Transitions from base to freeball - Defensive posture - Jab step & digging <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Hitting approach footwork, arms, and rhythm - Attacking mechanics (draw, armswing, contact, snap, finish) - 5, 2, 9 sets - Landing (2 feet, 1 foot safely) 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving - Overhand Serving Mechanics (one step, toss, contact) <p><u>Setting</u></p> <ul style="list-style-type: none"> - 5, 2, 9 sets - Hand technique: Shape, Wrist movements - Arm technique: Extend elbows for power - Footwork: Step with right foot always, Movement to the ball <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Blocking Ready Position - Movement Patterns: To Ball, Transitions, Blocking, etc. <p><u>Communication</u></p> <ul style="list-style-type: none"> - Identify type of contact by opponent: "Pass, set, hit" - Calling Mine - Connect with Team After Mistakes - Celebrate with Team After Every Point <p><u>Team/System</u></p> <ul style="list-style-type: none"> - 3 hits all the time
Introduce	
<p><u>Defense</u></p> <ul style="list-style-type: none"> - Perimeter Defense (base/reading), Rotation Defense (base/reading) - Defensive floor moves: Extension, Sprawl/collapse - Freeball vs Downball Defense <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Tip technique - Rollshot technique - Downball technique - Yes and No balls (hitting/downball) - Net Offense (overpasses): Sweep & Wrist snap swings - Cut/Cross Court Technique - Overpass decision making (attack, sweep, block, set) 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Serve Through the Antenna - Serve to all areas when asked (perhaps not results yet) <p><u>Setting</u></p> <ul style="list-style-type: none"> - Out of Net Plays (perhaps not results yet) <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Hands Extending Over Net - Strong Hands Into Court - Correct Blocking Position (On Hitter's Shoulder) <p><u>Communication</u></p> <ul style="list-style-type: none"> - On/Off/Over - Set/Dump - Who is Set - How Hitter is Hitting - Eye sequencing: Look Ahead of Ball and Say What You See (on/off, set/dump, who is set)

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14-and-Under Training Goals

Proficiency	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Go Posture & Base skill mechanics (pass, set, defend) - Movement Patterns: Shuffle, Step-crossover, Crossover-step - Run throughs: All angles & away from target - Freeball Passing: Overhand & Underhand - Serve Receive Rotations (4-2, 6-2, 5-1) <p><u>Defense</u></p> <ul style="list-style-type: none"> - Perimeter Defense (base/reading) - Transitions from base to freeball - Defensive posture - Jab step & digging - Defensive floor moves: Extension, Sprawl/collapse - Hitter Coverage - Freeball vs Downball Defense <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Attacking mechanics (footwork, draw, armswing, contact, snap, finish) - 5, 2, 9 sets - Landing (2 feet, 1 foot safely) - Yes and No balls - Tip/Rollshot Technique - Cut/Cross Court Technique - Net Offense (overpasses): Sweep & Wrist snap swings - Overpass decision making (attack, sweep, block, set) 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving Mechanics (one step, toss, contact) - Serve Through the Antenna <p><u>Setting</u></p> <ul style="list-style-type: none"> - 5, 2, 9 sets - Hand, Arm, & Footwork techniques - Out of Net Techniques <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Movement Patterns: To Ball, Transitions, Blocking, etc. - Hands Extending Over Net - Strong Hands Into Court - Correct Blocking Position (On Hitter's Shoulder) <p><u>Communication</u></p> <ul style="list-style-type: none"> - Connect with Team After Mistakes - Celebrate with Team After Every Point - Eye sequencing: Look Ahead of Ball and Say What You See (on/off, set/dump, who is set) - How Hitter is Hitting
Introduce	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Serve receive eye focus (toss/arm swing): Short, Deep, Mine <p><u>Defense</u></p> <ul style="list-style-type: none"> - Base/Freeball/Downball/Defense vs 2 hitter and 3 hitter attacks - Hitter Coverage - Overhead Digging - Eye sequencing (look ahead of ball, say what you see) <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Hit/Tip/Rollshot decision making - Quick sets: B - Back row attacks - Line Attack Technique - Downball Mechanics - Attack Decision Making: Cross, Line, Tip, Down, Roll 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Float serving - Serve to all areas when asked - Deep Serving (1, 6, 5, and seams); Short Serving (2, 3, 4) <p><u>Setting</u></p> <ul style="list-style-type: none"> - Backrow Sets - Quick sets: B (middle quick) <p><u>Communication</u></p> <ul style="list-style-type: none"> - How Hitter is Hitting - Pre-Serve defensive communication and duties: Identify hitters and responsibilities

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15-and-Under Training Goals

Proficiency	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Go Posture & Base skill mechanics (pass, set, defend) - Run throughs: All Angles & Away from Target - Freeball passing (overhand and underhand) - Serve receive eye focus (toss/arm swing): Short, Deep, Mine - Serve receive rotations (4-2, 6-2, 5-1) <p><u>Defense</u></p> <ul style="list-style-type: none"> - Perimeter Defense (base/reading) - Transitions from base to freeball - Digging Types: Jab step, Extension, Sprawl/collapse, Overhead - Hitter Coverage - Freeball vs Downball defense - Defense vs 2 hitter/3 hitter attacks - Eye sequencing (look ahead of ball, say what you see) <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Attacking mechanics (draw, armswing, contact, snap, landing) - Yes/No balls hitting - Cut Shot/Cross Court, Line Shot, Tip, Rollshot, Downball Techniques - Net offense (overpasses) & Decision Making: sweeps and wrist snap swings - Faster tempo sets (middle quicks) - Back Row Attacks 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving (over net & in) - Deep Serving (1, 6, 5, and seams); Short Serving (2, 3, 4) - Float Serving - Serve Through the Antenna - Serve to All Areas when asked – 1, 2, 3, 4, 5, 6 <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Movement Patterns: To Ball, Transitions, Blocking, etc. - Hands Extending Over Net - Strong Hands Into Court - Correct Blocking Position (On Hitter's Shoulder) <p><u>Setting</u></p> <ul style="list-style-type: none"> - 5, 2, 9 sets - Hand, Arm, & Footwork techniques - Out of Net Techniques - Fast tempo sets: B (middle quick) - Back Row Sets <p><u>Communication</u></p> <ul style="list-style-type: none"> - Connect with Team After Mistakes - Celebrate with Team After Every Point - Eye sequencing: Look Ahead of Ball and Say What You See (on/off, set/dump, who is set) - Pre-Serve defensive communication and duties: Identify hitters and responsibilities - How Hitter is Hitting
Introduce	
<p><u>Serving</u></p> <ul style="list-style-type: none"> - Jump Serve with Topspin - Jump Serve with Float - Serve to all areas when asked <p><u>Defense</u></p> <ul style="list-style-type: none"> - Read Defense (base/reading) <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Attack Decision Making Based on Opponent Defense: Cross, Line, Tip, Down, Roll - Faster tempo sets: B, Slides, 3, C - Tandem attacks - 4 step approach <p><u>Setting</u></p> <ul style="list-style-type: none"> - Faster tempo sets: OH (3), RS (C), slides for MH - Offensive Setter Training & Decision Making: Dumps/attacking 	

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16-and-Under Training Goals

Proficiency	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Go Posture & Base skill mechanics (pass, set, defend) - Run throughs: All Angles & Away from Target - Freeball passing (overhand and underhand) - Serve receive eye focus (toss/arm swing): Short, Deep, Mine - Serve receive rotations (4-2, 6-2, 5-1) <p><u>Defense</u></p> <ul style="list-style-type: none"> - Perimeter Defense (base/reading) - Transitions from base to freeball - Digging Types: Jab step, Extension, Sprawl/collapse, Overhead - Hitter Coverage - Freeball vs Downball defense - Defense vs 2 hitter/3 hitter attacks - Eye sequencing (look ahead of ball, say what you see) <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Attacking mechanics (draw, armswing, contact, snap, landing) - Yes/No balls hitting - Cut Shot/Cross Court, Line Shot, Tip, Rollshot, Downball Techniques - Net offense (overpasses) & Decision Making: sweeps and wrist snap swings - Faster tempo sets: B, Slide, 3, C - Back Row attacks - 4 Step Approach 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving (over net & in) - Deep Serving (1, 6, 5, and seams); Short Serving (2, 3, 4) - Float Serving - Serve Through the Antenna - Serve to All Areas when asked – 1, 2, 3, 4, 5, 6 <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Movement Patterns: To Ball, Transitions, Blocking, etc. - Hands Extending Over Net - Strong Hands Into Court - Correct Blocking Position (On Hitter's Shoulder) <p><u>Setting</u></p> <ul style="list-style-type: none"> - 5, 2, 9 sets - Hand, Arm, & Footwork techniques - Out of Net Techniques - Fast Tempo Sets: B, Slides, 3, C - Back Row Sets - Offensive Setter Training & Decision Making: Dumps/attacking <p><u>Communication</u></p> <ul style="list-style-type: none"> - Connect with Team After Mistakes - Celebrate with Team After Every Point - Eye sequencing: Look Ahead of Ball and Say What You See (on/off, set/dump, who is set) - Pre-Serve defensive communication and duties: Identify hitters and responsibilities - How Hitter is Hitting
Introduce	
<p><u>Defense</u></p> <ul style="list-style-type: none"> - Read Defense (base/reading) <p><u>Serving</u></p> <ul style="list-style-type: none"> - Jump Serve with Topspin - Jump Serve with Float <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Attack Decision Making Based on Opponent Defense: Cross, Line, Tip, Down, Roll - Tandem attacks - See the Block when hitting: Hitting Off/Around/Through the Block <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Trap & Commit Blocking <p><u>Communication</u></p> <ul style="list-style-type: none"> - Talking Open Shots: When a teammate is hitting, tell her open areas 	

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17-and-Under Training Goals

Proficiency	
<p><u>Passing</u></p> <ul style="list-style-type: none"> - Go Posture & Base skill mechanics (pass, set, defend) - Run throughs: All Angles & Away from Target - Freeball passing (overhand and underhand) - Serve receive eye focus (toss/arm swing): Short, Deep, Mine - Serve receive rotations (4-2, 6-2, 5-1) <p><u>Defense</u></p> <ul style="list-style-type: none"> - Perimeter Defense (base/reading), Read Defense (base/reading) - Transitions from base to freeball - Digging Types: Jab step, Extension, Sprawl/collapse, Overhead - Hitter Coverage - Freeball vs Downball defense - Defense vs 2 hitter/3 hitter attacks - Eye sequencing (look ahead of ball, say what you see) <p><u>Hitting/Attacking</u></p> <ul style="list-style-type: none"> - Attacking mechanics (draw, armswing, contact, snap, landing) - Yes/No balls hitting - Attack Decision Making Based on Opponent Defense: Cross, Line, Tip, Down, Roll - Net offense (overpasses) & Decision Making: sweeps and wrist snap swings - Faster tempo sets: B, Slide, 3, C - Back Row attacks - 4 Step Approach - Tandem Attacks - See the Block when hitting: Hitting Off/Around/Through the Block 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - Overhand Serving (over net & in) - Deep Serving (1, 6, 5, and seams); Short Serving (2, 3, 4) - Float Serving - Serve Through the Antenna - Serve to All Areas when asked – 1, 2, 3, 4, 5, 6 - Jump Serving <p><u>Blocking</u></p> <ul style="list-style-type: none"> - Movement Patterns: To Ball, Transitions, Blocking, etc. - Hands Extending Over Net - Strong Hands Into Court - Correct Blocking Position (On Hitter's Shoulder) <p><u>Setting</u></p> <ul style="list-style-type: none"> - 5, 2, 9 sets - Hand, Arm, & Footwork techniques - Out of Net Techniques - Fast Tempo Sets: B, Slides, 3, C - Back Row Sets - Offensive Setter Training & Decision Making: Dumps/attacking <p><u>Communication</u></p> <ul style="list-style-type: none"> - Connect with Team After Mistakes - Celebrate with Team After Every Point - Eye sequencing: Look Ahead of Ball and Say What You See (on/off, set/dump, who is set) - Pre-Serve defensive communication and duties: Identify hitters and responsibilities - How Hitter is Hitting - Talking Open Shots: When a teammate is hitting, tell her open areas
Introduce	
<p><u>Blocking</u></p> <ul style="list-style-type: none"> - Triple blocking vs 2nd tempo sets - Trap & Commit blocking 	

BURNSVILLE THUNDER VOLLEYBALL CLUB

Intro: Means the skill is taught to the team during and throughout that season

Adequate: Means the players need input or help from coaches frequently to improve this skill. The skill is sometimes performed well and sometimes there are still major mistakes with it.

Proficient: Means the players need input or help from coaches or teammates occasionally to improve this skill. The players have a good grasp on how to perform it, but still need more repetitions to master this skill.

Master: Means the players rarely need input or help from coaches or teammates about how to perform this skill. The player is able to self-evaluate and self-correct with little input.

Passing

Skill	12s	13s	14s	15s	16s	17s
Go Posture	Adequate	Proficient	Master	Master	Master	Master
Movement Patterns: Shuffle, Step-crossover, Crossover-step	Intro	Proficient	Master	Master	Master	Master
Inside foot forward passing technique	Intro	Adequate	Proficient	Master	Master	Master
Base skill mechanics (pass, set, defend)	Adequate	Proficient	Proficient	Master	Master	Master
Run throughs: All Angles & Away from Target	Intro: Angles	Intro: Away from target	Adequate	Proficient	Master	Master
Freeball passing (overhand and underhand)	Intro to overhand	Proficient	Proficient	Master	Master	Master
Serve receive eye focus (toss/arm swing): Short, Deep, Mine			Intro	Adequate	Proficient	Master
Serve receive rotations (4-2, 6-2, 5-1)	Intro	Proficient	Proficient	Master	Master	Master

Defense

Skill	12s	13s	14s	15s	16s	17s
Perimeter Defense (base/reading)	Intro	Adequate	Proficient	Master	Master	Master
Transitions from base to freeball	Intro	Proficient	Proficient	Master	Master	Master
Defensive Posture	Intro	Proficient	Master	Master	Master	Master
Jab Step & Digging	Intro	Adequate	Proficient	Master	Master	Master
Defensive Floor Moves: Extension, Sprawl/Collapse		Intro	Adequate	Proficient	Master	Master
Hitter Coverage			Intro	Proficient	Master	Master
Freeball vs Downball defense		Intro	Proficient	Master	Master	Master
Defense vs 2 hitter/3 hitter attacks			Intro	Proficient	Master	Master
Eye Sequencing (look ahead of ball, say what you see)			Intro	Adequate	Proficient	Master
Overhead Digging			Intro	Adequate	Proficient	Master
Read Defense (base/reading)				Intro	Adequate	Proficient

BURNSVILLE THUNDER VOLLEYBALL CLUB

Intro: Taught during season // Adequate: Sometimes performed well // Proficient: Usually performed well // Master: Little help from coach/teammates

Hitting/Attacking

Skill	12s	13s	14s	15s	16s	17s
Hitting approach footwork, arms, and rhythm	Intro	Adequate	Proficient	Master	Master	Master
Attacking mechanics (draw, armswing, contact, snap, finish)	Intro	Adequate	Proficient	Proficient	Master	Master
5, 2, 9 sets	Intro	Adequate	Proficient	Proficient	Master	Master
Landing (2 feet, 1 foot safely)	Intro	Proficient	Proficient	Master	Master	Master
Yes and No balls	Intro	Adequate	Proficient	Proficient	Master	Master
Tip/Rollshot Technique		Intro	Adequate	Proficient	Proficient	Master
Cut Shot/Cross Court Technique		Intro	Adequate	Proficient	Master	Master
Line Shot Technique			Intro	Adequate	Proficient	Master
Downball mechanics			Intro	Adequate	Proficient	Master
Back Row attacks			Intro	Adequate	Proficient	Master
Net Offense (overpasses): Sweep and wrist snap swings		Intro	Adequate	Proficient	Proficient	Master
Overpass decision making: Attack, Sweep, Block, Set		Intro	Adequate	Proficient	Master	Master
Faster Tempo Sets: B, Slide, 3, C			Intro	Intro	Proficient	Master
Attack Decision Making: Cross, Line, Tip, Down, Roll			Intro	Intro	Proficient	Master
4 Step Approach				Intro	Proficient	Master
Tandem Attacks				Intro	Adequate	Proficient
See the Block when Hitting: Off, Around, Through Block					Intro	Proficient

Serving

Skill	12s	13s	14s	15s	16s	17s
Overhand Serving	Adequate	Adequate	Proficient	Proficient	Master	Master
Overhand Serving Mechanics (one step, toss, contact)	Intro	Adequate	Proficient	Proficient	Master	Master
Serve Through the Antenna		Intro	Adequate	Proficient	Master	Master
Deep Serving (1, 6, 5, and seams)		Intro	Adequate	Proficient	Master	Master
Short Serving (2, 3, 4)		Intro	Adequate	Adequate	Proficient	Master
Float Serving		Intro	Intro	Adequate	Proficient	Master
Serve to All Areas when asked – 1, 2, 3, 4, 5, 6		Intro	Intro	Adequate	Proficient	Master
Jump Serve with Topspin				Intro	Intro	Proficient
Jump Serve with Float				Intro	Intro	Proficient

BURNSVILLE THUNDER VOLLEYBALL CLUB

Intro: Taught during season // Adequate: Sometimes performed well // Proficient: Usually performed well // Master: Little help from coach/teammates

Setting

Skill	12s	13s	14s	15s	16s	17s
5, 2, 9 Sets	Intro	Adequate-Proficient	Proficient	Master	Master	Master
Hand Technique: Shape, Wrist movements	Intro	Adequate-Proficient	Proficient	Proficient-Master	Master	Master
Arm Technique: Elbow extension	Intro	Adequate-Proficient	Proficient	Proficient-Master	Master	Master
Footwork: Step with right foot always, Movement to the ball	Intro	Adequate-Proficient	Proficient	Proficient-Master	Master	Master
Out of Net Techniques		Intro	Adequate	Proficient	Master	Master
Backrow Sets			Intro	Proficient	Proficient	Master
Fast Tempo Sets: B, Slides, 3, C			Intro: Bs	Intro: Slide, 3, C	Proficient	Master
Offensive Setter Training: Dumps/Attacking				Intro	Adequate	Proficient

Blocking

Skill	12s	13s	14s	15s	16s	17s
Blocking Ready Position	Intro	Proficient	Master	Master	Master	Master
Movement Patterns: To Ball, Transitions, Blocking, etc.	Intro	Adequate	Proficient	Proficient	Master	Master
Hands Extending Over Net		Intro	Adequate	Proficient	Master	Master
Strong Hands Into Court		Intro	Adequate	Proficient	Proficient	Master
Correct Blocking Position (On Hitter's Shoulder)		Intro	Adequate	Proficient	Master	Master

Communication

Skill	12s	13s	14s	15s	16s	17s
Calling Mine	Adequate	Proficient	Master	Master	Master	Master
Connect with Team After Mistakes	Intro	Proficient	Master	Master	Master	Master
Celebrate with Team After Every Point	Intro	Proficient	Master	Master	Master	Master
On/Off/Over	Intro	Adequate-Proficient	Proficient	Master	Master	Master
Set/Dump	Intro	Adequate-Proficient	Proficient	Master	Master	Master
Who is Set	Intro	Adequate-Proficient	Master	Master	Master	Master
Eye Sequencing: Look Ahead of Ball and Say What You See		Intro	Adequate-Proficient	Proficient	Master	Master
How Hitter is Hitting		Intro	Intro	Adequate-Proficient	Proficient	Master
Pre-Serve Defensive Communication & Duties: Identify Hitters and Responsibilities			Intro	Proficient	Master	Master
Talking Open Shots: When a Teammate is Hitting Telling Her Open Areas					Intro	Adequate-Proficient