

# New Strength Sports Team Development

## Volleyball Players Skills and Training Description

### Grade 1-5

#### Fundamentals:

Targeted at the very young (Grades 1-5) athlete to develop all 6 fundamental skills of volleyball. Serving, 1st Contact Passing (Serve Receive/Defense), Hitting, Blocking, Passing.

### Jr High

#### All Skills Player Development:

Designed for the younger athlete (through Junior High/8th Grade) to help develop all volleyball skills. This training will primarily focus on the 6 fundamental skills of volleyball.

Attack/ Pass / Serve: completely dedicated to the skills of attacking, passing, and serving. It will be geared toward the basic fundamentals of each skill and is designed for the Jr. High (6-8th grade) level athlete.

### High School and Collegiate

#### Setting:

We will focus on footwork patterns on and off the net, proper hand position, wrist speed, 2nd and 3rd tempo sets that will be used during competition at Level 1, Level 2, Intermediate level, Setter school and Collegiate Setting.

1. Setting level 1: is designed for athletes in high school setting at the varsity level with the desire to play at the collegiate level. This training is very intense and only for the very serious athlete.
2. Setting level 2: is designed for the High School varsity setter and incoming varsity setters with the desire to play at the collegiate level. Is very intense and only for the serious athlete.
3. Setter School: focus on extensive fundamental training to develop proper hand position and footwork. It is highly recommended for the younger setter who is looking to enhance basic setting techniques OR the older setter who has very little experience and technical development. 2 groups (6-8 grade and 9-12th grade to focus on differing emphasis).
4. Intermediate Setting: for those setters who need some work on technique but also is looking for some game-like repetitions.
5. Collegiate Setting: COLLEGIATE SETTERS ONLY. Training provides a great way to prepare for the upcoming collegiate season.

**1st Contact (Passing, Defense):**

Passing will focus on proper technique, shuffling movement and 5-4-3 passer system.  
Defense will focus on movement, all defensive

positions on the court, base to defense, digging outside the midline and much more....

1. 1st Contact is available for developing 1st contact skills (passing, digging, serving). An extensive amount of time will be spent on both technical training and repetitive work. This is very demanding and players will be expected to work at a very high level.
2. 1st Contact Intermediate: Camp that focuses on the first contact skills of passing, defense, and serving. This camp is just slightly lower in intensity than 1st Contact Academy.

**Serving:** will focus on proper technique for underhand, overhand float and jump float (2 and 1 leg takeoff. Serving strategies and hitting all 6 position on the court.

**Attacking:** focusing on attacking skills for an athlete. This is an excellent training for young players to develop overall attacking fundamentals or for the older outside attacker who plays the left or right side position. will focus on proper technique for arm swing, 2-3-4 step approach for attacking all sets along the net and back row attacking options

**Middle Hitting and Blocker:** Middle Blocker will focus on the skills of hitting and blocking specifically for the middle blocker position. A tremendous amount of time is spent of proper footwork for attacking in both serve receive and transition attack. We will be teaching “Swing Blocking” and “Slide Hitting” so players will spend a great deal of time of hitting and blocking footwork fundamentals as well.

**Team Development Training:** This team training will be split into skill development by positions as well as component, system and team play training. We treat this training as your team’s preseason and work to cover all aspect of team and player development. This is not a training for individuals looking to be placed on a team.

**New Strength Sports Volleyball Age Breakdown:**

<b>Level</b>	<b>Age/Grade Range</b>	<b>Gender</b>
FUN Babies	2 years old - Kindergarten	Co-Ed
FUN Kids	1st - 3rd Grade	Co-Ed
Level 1	4rd - 5th Grade	Co-Ed
Level 2	6th - 8th Grade	Girls Only
Level 3	9 <sup>th</sup> - 12th Grade	Girls Only
Level 4	COLLEGIATE ONLY	Girls/Boys