SPRING 2024 COMMUNITY YOUTH VOLLEYBALL PROGRAM

12U

At the 12U level, participants will be taught volleyball-specific skills and concepts using the Smashball program with support of other volleyball resources. Tripleball will also be introduced as another form of game-play.

14U

At the 14U level, participants will begin to learn more of the game's concepts and flow while building on their foundational skills. Participants will be introduced to the multiple positions within the game and train as unspecialized. Being unspecialized during this program will help participants gain an in-depth understanding of the unique roles and responsibilities of each position.

16U

At the 16U Level, participants will continue to learn more about the game's concepts and flow while building on their foundational skills. Participants will be able to choose their primary and second positions. Game-play and sessions will revolve around positional responsibilities within the game's systems.

Age	Format	Sessions/week	Length of session	Coaching
12U *Co-ed ages 10-12* *Born in 2012-2014*	Smashball/Intro to Tripleball	1	60 min	Community Member (i.e. parent of participant) Background checks Respect in Sport Spring Intro to Volleyball 1 (Hosted by VM)

This program focuses on the Learn to Train stage of the LTD model. Participants will be taught volleyball-specific skills and concepts using the Smashball program with support from other volleyball resources. Tripleball will also be introduced as another competition format.

Age	Format	Sessions/week	Length of session	Coaching
14U (Co-ed) *Born September 1, 2009 to December 31, 2011*	Traditional (unspecialized)	1	75 min-90 min	Community Member (i.e. parent of participant) Background checks Respect in Sport Spring Intro to Volleyball 2 (Hosted by VM)

At 14U, participants enter the Train to Train stage of the LTD. Participants will begin to learn more of the game's concepts and flow, while building on their foundational skills and be introduced to the multiple positions within the game. Participants will be unspecialized during game-play for the length of this program to help them gain an in-depth understanding of the unique roles and responsibilities of each position.

Age	Format	Sessions/week	Length of session	Coaching
16U *(Co-ed)* *Born September 1, 2007 to December 31, 2009*	Traditional (specialized)*	1	75-90 min	Community Member (i.e. parent of participant) Background checks Respect in Sport Intro to Volleyball 3 (Hosted by VM)
At 16U, participants will be able to choose their primary and secondary positions. Game-play and sessions will revolve around positional responsibilities within the game's systems.				