

## Techniques

		<b>FUNdamentals</b> Males: 6-9 years Females: 6-8 years	<b>Learning to Train</b> Males: 9-12 years Females: 8-11 years	<b>Training to Train</b> Males: 12-16 Females: 11-15	<b>Learning to Compete</b> Males: 17-19 years Females: 16-18 years	<b>Training to Compete</b> Males: 20-21 years Females: 19-20 years	<b>Learning to Win</b> Males: 22-25 years Females: 21-24 years
<b>Serve</b>	<b>Introduce</b>	<ul style="list-style-type: none"> <li>Underhand</li> </ul>	<ul style="list-style-type: none"> <li>Overhand</li> </ul>	<ul style="list-style-type: none"> <li>Jump serves</li> <li>Other serves</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Develop</b>	<ul style="list-style-type: none"> <li>Underhand</li> </ul>	<ul style="list-style-type: none"> <li>Overhand</li> </ul>	<ul style="list-style-type: none"> <li>Overhand</li> </ul>	<ul style="list-style-type: none"> <li>Jump serves</li> <li>Other serves</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Stabilize</b>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Underhand</li> </ul>	<ul style="list-style-type: none"> <li>Overhand</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Jump serves</li> <li>Other serves</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Maintain Refine</b>				<ul style="list-style-type: none"> <li>Overhand</li> </ul>	<ul style="list-style-type: none"> <li>Overhand</li> <li>Jump serves</li> <li>Other serves</li> </ul>	<ul style="list-style-type: none"> <li>Overhand</li> <li>Jump serves</li> <li>Other serves</li> </ul>
<b>Overhead pass</b>	<b>Introduce</b>	<ul style="list-style-type: none"> <li>Related movement skills</li> <li>Hand position</li> <li>Passing short distances</li> <li>Catch-toss as second contact</li> </ul>	<ul style="list-style-type: none"> <li>High ball set</li> <li>Passing long distances</li> </ul>	<ul style="list-style-type: none"> <li>Overhand serve reception</li> <li>Back set</li> <li>Set height/tempo variations and location control</li> </ul>	<ul style="list-style-type: none"> <li>3m set</li> <li>Fast tempo variations</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Develop</b>	<ul style="list-style-type: none"> <li>Catch-toss as second contact</li> </ul>	<ul style="list-style-type: none"> <li>Related movement skills</li> <li>Hand position</li> <li>Passing short distances</li> </ul>	<ul style="list-style-type: none"> <li>High ball set</li> <li>Back set</li> <li>Passing long distances</li> </ul>	<ul style="list-style-type: none"> <li>Overhand serve reception</li> <li>Back set</li> <li>Set height/tempo variations and location control</li> <li>3m set</li> </ul>	<ul style="list-style-type: none"> <li>Fast tempo variations</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Stabilize</b>		<ul style="list-style-type: none"> <li>Hand position</li> <li>Passing short distances</li> <li>Catch-toss as second contact</li> </ul>	<ul style="list-style-type: none"> <li>High ball set</li> <li>Passing long distances</li> </ul>	<ul style="list-style-type: none"> <li>Overhand serve reception</li> <li>Back set</li> <li>Set height/tempo variations and location control</li> </ul>	<ul style="list-style-type: none"> <li>3m set</li> <li>Fast tempo variations</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Maintain Refine</b>				<ul style="list-style-type: none"> <li>High ball set</li> <li>Passing long distances</li> </ul>	<ul style="list-style-type: none"> <li>Overhand serve reception</li> <li>Back set</li> <li>Set height/tempo variations and location control</li> </ul>	<ul style="list-style-type: none"> <li>set</li> <li>Fast tempo variations</li> </ul>
<b>Forearm pass</b>	<b>Introduce</b>	<ul style="list-style-type: none"> <li>Related movement skills</li> <li>Platform</li> <li>Contact point</li> </ul>	<ul style="list-style-type: none"> <li>Off-centre line passing</li> </ul>	<ul style="list-style-type: none"> <li>Passing jump serves</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Develop</b>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Movement related to passing</li> <li>Platform</li> <li>Contact point</li> </ul>	<ul style="list-style-type: none"> <li>Off-centre line passing</li> <li>Movement related to passing</li> </ul>	<ul style="list-style-type: none"> <li>Off-centre line passing</li> <li>Movement related to passing</li> <li>Passing jump serves</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Stabilize</b>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Contact point</li> </ul>	<ul style="list-style-type: none"> <li>Platform</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Off-centre line passing</li> <li>Movement related to passing</li> <li>Passing jump serves</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	<b>Maintain Refine</b>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Contact point</li> </ul>	<ul style="list-style-type: none"> <li>Platform</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Off-centre line passing</li> <li>Movement related to passing</li> <li>Passing jump serves</li> </ul>

## Techniques

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Attack	Introduce	<ul style="list-style-type: none"> <li>• Arm swing</li> <li>• Contact point</li> <li>• Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Approach</li> <li>• Off speed attacks (tip, roll shot)</li> </ul>	<ul style="list-style-type: none"> <li>• Middle attack</li> <li>• Attack directions</li> <li>• Individual transition</li> </ul>	<ul style="list-style-type: none"> <li>• Wipe off shots</li> <li>• Position specificity</li> <li>• Arm swing variations</li> </ul>	•	•
	Develop	•	<ul style="list-style-type: none"> <li>• Arm swing</li> <li>• Contact point</li> <li>• Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Approach</li> <li>• Off speed attacks (tip, roll shot)</li> </ul>	<ul style="list-style-type: none"> <li>• Middle attack</li> <li>• Attack directions</li> <li>• Individual transition</li> <li>• Wipe off shots</li> <li>• Position specificity</li> </ul>	• Arm swing variations	•
	Stabilize	•	•	<ul style="list-style-type: none"> <li>• Arm swing</li> <li>• Contact point</li> <li>• Jump</li> <li>• Approach</li> <li>• Off speed attacks (tip, roll shot)</li> </ul>	<ul style="list-style-type: none"> <li>• Middle attack</li> <li>• Attack directions</li> <li>• Individual transition</li> </ul>	<ul style="list-style-type: none"> <li>• Wipe off shots</li> <li>• Position specificity</li> <li>• Arm swing variations</li> </ul>	•
	Maintain Refine	•	•	•	<ul style="list-style-type: none"> <li>• Basic technique</li> <li>• Off speed attacks</li> </ul>	<ul style="list-style-type: none"> <li>• Middle attack</li> <li>• Attack directions</li> <li>• Individual transition</li> </ul>	<ul style="list-style-type: none"> <li>• Wipe off shots</li> <li>• Position specificity</li> <li>• Arm swing variations</li> </ul>
Individual blocking	Introduce	•	<ul style="list-style-type: none"> <li>• Hand position</li> <li>• Jump timing</li> <li>• Movement and ball intercept</li> </ul>	<ul style="list-style-type: none"> <li>• Ball redirection</li> <li>• Penetration</li> </ul>	<ul style="list-style-type: none"> <li>• Blocker specialization</li> <li>• Swing blocking</li> </ul>	•	•
	Develop	•	•	<ul style="list-style-type: none"> <li>• Hand position</li> <li>• Jump timing</li> <li>• Movement and ball intercept</li> </ul>	<ul style="list-style-type: none"> <li>• Ball redirection</li> <li>• Penetration</li> </ul>	<ul style="list-style-type: none"> <li>• Blocker specialization</li> <li>• Swing blocking</li> </ul>	•
	Stabilize	•	•	•	<ul style="list-style-type: none"> <li>• Hand position</li> <li>• Jump timing</li> <li>• Movement and ball intercept</li> </ul>	<ul style="list-style-type: none"> <li>• Ball redirection</li> <li>• Penetration</li> <li>• Blocker specialization</li> <li>• Swing blocking</li> </ul>	•
	Maintain Refine	•	•	•	•	<ul style="list-style-type: none"> <li>• Basic technique</li> <li>• Timing</li> </ul>	<ul style="list-style-type: none"> <li>• Ball redirection</li> <li>• Penetration</li> <li>• Blocker specialization</li> <li>• Swing blocking</li> </ul>

## Techniques

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Individual defence	Introduce	<ul style="list-style-type: none"> <li>Ball pursuit</li> </ul>	<ul style="list-style-type: none"> <li>Basic technique</li> <li>Defensive attitude</li> </ul>	<ul style="list-style-type: none"> <li>Defending low to the floor</li> <li>Defending outside of midline</li> <li>Recovery skills</li> <li>Ball pace absorption</li> </ul>	<ul style="list-style-type: none"> <li>The reading of cues</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	Develop	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>all pursuit</li> <li>Defensive attitude</li> </ul>	<ul style="list-style-type: none"> <li>Basic technique</li> <li>Ball pace absorption</li> </ul>	<ul style="list-style-type: none"> <li>Defending low to the floor</li> <li>Defending outside of midline</li> <li>Recovery skills</li> <li>Ball pace absorption</li> </ul>	<ul style="list-style-type: none"> <li>The reading of cues</li> </ul>	
	Stabilize	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Ball pursuit</li> <li>Defensive attitude</li> <li>Basic technique</li> </ul>	<ul style="list-style-type: none"> <li>Ball pace absorption</li> <li>Defending low to the floor</li> </ul>	<ul style="list-style-type: none"> <li>Defending outside of midline</li> <li>Recovery skills</li> <li>The reading of cues</li> </ul>	
	Maintain Refine	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>		<ul style="list-style-type: none"> <li>Ball pursuit</li> <li>Defensive attitude</li> <li>Basic technique</li> </ul>	<ul style="list-style-type: none"> <li>Ball pace absorption</li> <li>Defending low to the floor</li> </ul>	<ul style="list-style-type: none"> <li>Defending outside of midline</li> <li>Recovery skills</li> <li>The reading of cues</li> </ul>
Serve receive formations	Introduce		<ul style="list-style-type: none"> <li>3-person "V"</li> </ul>	<ul style="list-style-type: none"> <li>5-person formations</li> <li>4-person formations</li> <li>3-person formations</li> </ul>	<ul style="list-style-type: none"> <li>2-person formations</li> </ul>		<ul style="list-style-type: none"> <li></li> </ul>
	Develop		<ul style="list-style-type: none"> <li>3-person "V"</li> </ul>	<ul style="list-style-type: none"> <li>5-person formations</li> <li>4-person formations</li> <li>3-person formations</li> </ul>	<ul style="list-style-type: none"> <li>3-person formations</li> <li>2-person formations</li> </ul>		
	Stabilize		<ul style="list-style-type: none"> <li>3-person "V"</li> </ul>	<ul style="list-style-type: none"> <li>5-person formations</li> </ul>	<ul style="list-style-type: none"> <li>4-person formations</li> <li>3-person formations</li> <li>2-person formations</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>
	Maintain Refine					<ul style="list-style-type: none"> <li>3-person formations</li> <li>2-person formations</li> </ul>	<ul style="list-style-type: none"> <li>3-person formations</li> <li>2-person formations</li> </ul>
Offensive formations	Introduce	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>6-0 offence</li> <li>4-2 offence</li> <li>6-2 offence</li> <li>5-1 offence</li> </ul>		<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Stabilize</li> <li></li> </ul>
	Develop			<ul style="list-style-type: none"> <li>6-0 offence</li> <li>4-2 offence</li> <li>6-2 offence</li> <li>5-1 offence</li> </ul>	<ul style="list-style-type: none"> <li>5-1 offence</li> </ul>		
	Stabilize			<ul style="list-style-type: none"> <li>6-2 offence</li> </ul>	<ul style="list-style-type: none"> <li>6-2 offence</li> <li>5-1 offence</li> </ul>		
	Maintain Refine					<ul style="list-style-type: none"> <li>5-1 offence</li> </ul>	<ul style="list-style-type: none"> <li>5-1 offence</li> </ul>

# Techniques

		FUNDamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Defensive formations	Introduce	•	<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> </ul>	<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> <li>6-up formation</li> <li>6-back "swing" formation</li> <li>6-back "slide" formation</li> </ul>	•	•	
	Develop			<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> <li>6-up formation</li> <li>6-back "swing" formation</li> <li>6-back "slide" formation</li> </ul>	<ul style="list-style-type: none"> <li>6-back "swing" formation</li> <li>6-back "slide" formation</li> </ul>		
	Stabilize			<ul style="list-style-type: none"> <li>Freeball organization</li> <li>6-up formation</li> </ul>	<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> <li>6-up formation</li> <li>6-back "swing" formation</li> <li>6-back "slide" formation</li> </ul>		
	Maintain Refine				<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> <li>6-up formation</li> </ul>	<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> <li>6-up formation</li> <li>6-back "swing" formation</li> <li>6-back "slide" formation</li> </ul>	<ul style="list-style-type: none"> <li>Pre-defence organization</li> <li>Freeball organization</li> <li>6-up formation</li> <li>6-back "swing" formation</li> <li>6-back "slide" formation</li> </ul>
Attack coverage formations	Introduce	•		•	<ul style="list-style-type: none"> <li>3-2</li> <li>2-3</li> </ul>		
	Develop				<ul style="list-style-type: none"> <li>3-2</li> <li>2-3</li> </ul>		
	Stabilize				<ul style="list-style-type: none"> <li>3-2</li> <li>2-3</li> </ul>		
	Maintain Refine					<ul style="list-style-type: none"> <li>3-2</li> <li>2-3</li> </ul>	<ul style="list-style-type: none"> <li>3-2</li> <li>2-3</li> </ul>
Blocking Systems	Introduce	•	•	<ul style="list-style-type: none"> <li>1-blocker system</li> <li>2-blocker system</li> </ul>	• none	• 3-blocker system	•
	Develop	•	•	<ul style="list-style-type: none"> <li>1-blocker system</li> <li>2-blocker system</li> </ul>	• 2-blocker system	• 3-blocker system	•
	Stabilize	•	•	• 1-blocker system	<ul style="list-style-type: none"> <li>1-blocker system</li> <li>2-blocker system</li> </ul>	• 2-blocker system	• 3-blocker system
	Maintain Refine	•	•	• none	• 1-blocker system	• 1-blocker system	<ul style="list-style-type: none"> <li>1-blocker system</li> <li>2-blocker system</li> </ul>

# Techniques

		FUNdamentals	Learning to Train	Training to Train	Learning to Compete	Training to Compete	Learning to Win
Attack Combinations	Introduce	•	•	•	<ul style="list-style-type: none"> <li>• 2-player combinations</li> <li>• 3-player combinations</li> <li>• Combinations with a back row player</li> </ul>	•	•
	Develop	•	•	•	<ul style="list-style-type: none"> <li>• 2-player combinations</li> <li>• 3-player combinations</li> <li>• Combinations with a back row player</li> </ul>	<ul style="list-style-type: none"> <li>• 3-player combinations</li> <li>• Combinations with a back row player</li> </ul>	•
	Stabilize	•	•	•	•	<ul style="list-style-type: none"> <li>• 2-player combinations</li> <li>• 3-player combinations</li> <li>• Combinations with a back row player</li> </ul>	<ul style="list-style-type: none"> <li>• 3-player combinations</li> <li>• Combinations with a back row player</li> </ul>
	Maintain Refine	•	•	•	•	•	•