

# 10U LTAD RECOMMENDATIONS

	10U - LTAD Recommends	Current	Enrichment/Changes Needed
Practices/Week	2 @ 60 min		
Matches/Week	1 @ 60 min		
Weeks/Year	20		
Game Format	Atomic Volleyball (4 vs 4) Stage 1		
Position Specialization	None		
Players/Team	6		
Ball	Volley-Lites		
Competition Level	Local		
Other Sports	As many as possible		

*Volleyball is a skill-based sport. The Learning to Train stage is the critical window for developing skills. Focus is on building skills with a near equal amount of game play as practice time.*

## General

- Critical stage for developing fundamental skills, such as the volley, the forearm pass, spiking, blocking and serving.
- Play [Atomic Volleyball](#) – Stage 1
- Total practices: 40 max
- Total matches: 20 max

## Windows of Trainability

- Optimal training window for Skills
- Optimal training window for Suppleness

