

14U LTAD RECOMMENDATIONS

	14U – LTAD Recommends	Current	Enrichment/Changes Needed
Practices/Week	3 @ 90 min		
Matches/Week	1 @ 60 min (best of 3 sets) or 1 tournament/month		
Weeks/Year	28		
Game format	Triple Ball or Standard Volleyball		
Position Specialization	2+ positions, No Libero		
Team Systems	No 5-1		
Players/Team	9 or less - Triple Ball 8-10 - Standard Volleyball		
Ball	Standard Ball 'soft touch'		
Competition Level	Provincial		
Phys Training	Integrated into practice		
Other Sports	*Volleyball is a priority sport in season		

*Priority means that during volleyball season, a volleyball practice is chosen first over other activities/sports if there is a conflict.

Canadian Volleyball players on the whole, practice below the recommended number of hours, while competing far above the recommended hours. Coaches and athletes should consider the team goals, balance, recovery and the pursuit of excellence when planning the amount of practice and competition time for the team. Also note, that perhaps only a few athletes on a team have chosen the above high performance pathway for volleyball. These athletes may seek practice time outside of standard club practices, in order to reach their full potential.

General

- Basic volleyball skills are consolidated
- Play [Triple Ball](#) or Standard Volleyball
- Total practices: 84 max
- Total matches: 28 max

Windows of Trainability

- Optimal training window for Stamina
- Optimal training window for Speed

