

16U LTAD RECOMMENDATIONS

	16U - LTAD Recommends	Current	Enrichment/Changes Needed
Practices/Week	4 @ 120 min		
Matches/Week	1.5 @ 60 min (best of 3 sets) or 1 tournament every 3 weeks		
Weeks/Year	32		
Game format	Standard		
Position Specialization	No Libero (boys)		
Team Systems	Any		
Players/Team	10 or less		
Ball	Standard		
Competition Level	Interprovincial		
Phys Training	2 @ 60 min		
Other Sports	Volleyball is the chosen sport		

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
- Total practices: 128 max
- Total matches: 48 max

Windows of Trainability

- Optimal training window for Stamina and Speed (boys)
- Optimal training window for Strength (girls)

