

19U LTAD RECOMMENDATIONS

Learn to Compete		
	Indoor	Beach
Age Group	LTAD stages are based on participants reaching a level of proficiency of skill development rather than belonging to an age group. The age group that typically belongs within the Learn to Compete Stage is 16-18 for females and 17-19 for males.	
Coach Certification	Competition-Introduction	Competition-Introduction
Practices/Week	4-5 @ 120 min	4-5 @ 120 min
Matches/Week	1.5 @ 90 min (best of 5)	1.5 @ 90 min (best of 5)
Weeks/Year	30-40	30-40
Game Format	Standard Indoor Volleyball	Standard Beach Volleyball
Position Specialization	Full specialization, except athletes that will change position (i.e. setter to libero)	Full specialization blocker or defender
Team Systems	Any	n/a
# plyrs/team	Train with one or more teams Consider competing with fewer than 12	Train in groups of 6 Compete as teams of 2
Ball	Standard ball	Standard beach ball
Competition Level	National	National
Physical Training	3-4 @ 60 min (outside practice)	3-4 @ 60 min (outside practice)
Other sports	Indoor volleyball is the priority sport and beach volleyball could be complimentary	*Beach volleyball is the priority sport and indoor volleyball could be complimentary
Sleep	8-10 hours/day + 30 min nap (see CS4L Guide)	8-10 hours/day + 30 min nap (see CS4L Guide)
Mental Prep	See CS4L Guide	See CS4L Guide
Performance Standards	VCCE and/or Provincial Team selection and/or Jr. National Team for women	VCCE and/or Provincial Team selection

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

- Optimize fitness preparation and position specific skills
- Total practices: 180 max
- Total matches: 54 max

Windows of Trainability

- Females – Continued focus on all 5 S's
- Males - Optimal training window for Strength

