

21U LTAD RECOMMENDATIONS

	21U - LTAD Recommends	Current	Enrichment/Changes Needed
Practices/Week	6+ @ 120 min		
Matches/Week	1 @ 90 min (1 match/day or 1 tournament/month)		
Weeks/Year	40		
Position Specialization	Full Specialization		
Team Systems	Any		
Players/Team	10+		
Competition Level	National and International		
Phys Training	4 @ 60 min		

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: 240 max
- Total matches: 40 max

Windows of Trainability

- Women - Continued focus on all 5 S's
- Men - Optimal training window for Strength

