

25U LTAD RECOMMENDATIONS

25U - High Performance (40 Athletes)		Current	Enrichment/Changes Needed
Practices/Week	6+ @ 120 min		
Matches/Week	1 @ 90 min (best of 5 sets) Tournaments - one match/day		
Weeks/Year	40		
Position Specialization	Full Specialization		
Team Systems	Any		
Players/Team	10+		
Competition Level	National and International		
Phys Training	4-6 @ 60-90 min		

Volleyball Canada has identified a "High Performance Pathway" and a "Healthy Canadian Pathway". The above table represents a High Performance Pathway for 40 athletes/gender across Canada.

Please note that athletes can combine different training environments to reach the recommended hours. Few CIS or CCAA schools are able to provide the practice time required for a high performance pathway. Athletes will need to look for other options.

General

- Optimize fitness preparation and position specific skills
- Total practices: 240 max
- Total matches: 40 max

Windows of Trainability

- Optimal training windows for Girls is reduced – continued focus on all 5 S's
- Optimal training window for Men is reduced – continue to focus on all 5 S's

