


# Sitting Volleyball Development Matrix

## Current and Future

Entry Point	Age M	Age W	← Participation - LTAD Stage - Performance →				
Athletes can enter the system at any age Disability onset can occur at any age (congenital / acquired)  	19+	19+	<b>Awareness/First Contact/FUNDamentals</b> PRINCIPLES: Fun and Participation	<b>Learning to Train</b> PRINCIPLES: Overall sports skills and the introduction of certain volleyball skills	<b>Training to Train</b> PRINCIPLES: Develop physical capacities and volleyball skills	<b>Training to compete</b> Principles: Consolidate and refine volleyball skills and develop fitness	<b>Training to Win</b> Maintain vb skills and develop ability to sustain high volume and high intensity training / Optimize performance for peaking at select competitive events
	16-23	15-21					
	12-16	11-15					
	9-12	8-11					
	6-9	6-8					
0-6	0-6	Active Start					



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# First Contact / FUNdamentals

## Concepts

- Play
- Overall development
- Run, jumping, throwing
- ABC's
- Basic sport rules and ethics
- General sport tactics

## Support Orgs

- Rehab Centres
- Elementary schools
- Secondary schools
- Disability organizations- sport
- Soldier On
- PSOs
- CPC

## Target

- AB / AWAD integrated

## Geo

- Local
- Regional



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# Learning to Train

## Concepts

- Initiation
- Skill learning
- Basic sport skills
- Participation in complementary sports
- Introduction to mental preparation

## Support Orgs

- Rehab Centres
- Secondary Schools
- Disability organizations- sport
- Clubs / Leagues
- Soldier On
- PSOs
- CPC

## Target

- AB / AWAD integrated

## Geo

- Local
- Regional



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# Training to Train

## Concepts

- Identification
- Major fitness development phase
- Skills continue to develop
- Introduction of performance elements

## Support Orgs

- Secondary Schools
- Soldier On
- Disability organizations- sport
- Clubs / Leagues
- PSOs
- CPC
- NSO

## Target

- AB / AWAD
- Athletes with a disability

## Geo

- Regional
- Provincial



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# Training to Compete

## Concepts

- Specialization / refinement
- Position & sport-specific technical and tactical preparation
- Dev't of playing skills in competitive situations
- Advanced mental preparation

## Support Orgs

- Soldier On
- Clubs / Leagues
- PSOs
- CPC
- NSO

## Target

- AB / AWAD integrated
- Athletes with a disability

## Geo

- Provincial
- National



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# Training to Win

## Concepts

- Optimization / professionalization
- Further dev't of technical and tactical abilities or playing skills
- Modeling all possible aspects or training and performance

## Support Orgs

- PSOs
- CPC
- NSO

## Target

- Athletes with a disability

## Geo

- National
- International



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