

LET'S PLAY VOLLEYBALL

Development Framework

The development framework is based on the premise a child's sports development depends on their physical, psychological, and social growth.

Learning the techniques and tactics of volleyball should match these stages of development.



Psychological and Social Development

Psychosocial characteristics are about how our thoughts and feelings (psychological) interact with the people and world around us (social). They include things like our emotions, beliefs, and relationships. Think of psychological and social skills as superpowers that boost performance and make activities more enjoyable.

Psychological skills are all about players mindset. The key psychological traits we aim to develop in young volleyball players are:

- **Communication:** Effectively sharing information with teammates.
- **Control:** Managing their own thoughts and emotions.
- **Commitment:** Staying dedicated to practice and improvement.
- **Confidence:** Believing in their abilities.
- **Concentration:** Maintaining focus on a specific task and avoiding distractions.
- **Resilience:** Bouncing back from setbacks.

Social skills are the ways players communicate and interact with teammates, coaches, officials, opponents and club members. Good social interactions involve listening well, making eye contact, and using the right body language. Social skills help players work better as a team, handle challenges, and enjoy the game more.

Tactical and Technical Development

Tactics involve improving strategies and decision-making to outsmart opponents, while techniques focus on enhancing specific skills like serving, spiking, and blocking to perform better in the game.

Tactical Development in volleyball is about attacking your opponent's court and defending your own. This involves:

- Creating and Controlling Space
- Creating and Controlling Time

Time on the volleyball court is a precious commodity. When you have time, you can set up well for your plays, think about your next move and influence the way your opponent plays. Conversely, when you lack time, you feel rushed and make errors.

Attack in volleyball can be seen as an attempt to take away time from the opponent. Similarly, defence aims to create more time on your side of the net. Both taking and creating time can be influenced by expanding or reducing space through ball and body movement. Creating space horizontally with body movement generates time, while creating space vertically with the ball also generates time.

In defence, time can be created by:

- Moving into a specific area of the court (reducing space).
- Playing the ball high (expanding space)

Technical Development



Skills in volleyball, such as serving, passing, setting, spiking, and blocking, are developed to address tactical problems during the game. The skill development cycle emphasises perception, decision making, and action. Four key ideas underpin this framework: ready for action, being in the right place at the right time, controlling the ball, and completing the action before moving to the next

Physical and Movement Development:

Physical and Movement Development is based on Integrative Neuromuscular Training (INT). INT combines fundamental movements with strength and conditioning exercises to improve injury resilience and motor skills.

Physical Development:

INT training is particularly beneficial for young players and involves a combination of basic movements, strength exercises, and physical conditioning, sometimes with

external resistance. INT helps players improve their overall performance and reduce the risk of injuries. INT training is integrated into regular club sessions.

- **Dynamic Stability:** Involves maintaining balance during static and dynamic actions.
- **Dynamic Core Stability:** Focuses on controlling trunk position for optimal force and motion control.
- **Coordination:** Enhances complex motor skills and motor action regulation.
- **Strength:** Develops muscle strength, power, endurance, and coordination.
- **Plyometrics:** Improves the ability for fast, explosive movements.
- **Speed and Agility:** Enhances rapid movement and direction changes.
- **Fatigue Resistance:** Builds the ability to perform repeated high-intensity actions.
- **Flexibility/Mobility:** Increases joint range of motion and prevents injury.

Movement Development

Good movement means being in the right position at the right time with balance to play the ball where you want. Volleyball-specific footwork patterns help players start, stop, change direction, jump and land and move across the court quickly and efficiently. Mastering these patterns for hitting, blocking, setting, and defence allows players to perform at their best in various game situations.