

## ATLANTA PERFORMANCE VOLLEYBALL CLUB LONG TERM ATHELETE DEVELOPMENT MODEL

APVB Level	Volley Tikes & Tots	Level I	Level II	Scholastic Prep	College Prep
Level Focus	FUNdamentals	Technical Development	Technical Training	Advanced Training	"Elite" Training & Competition
Age	3-8 years	9-10 years	11-12 years	13-14 years	15-18 years
Skill Development	Introduction of basic skills through ball training with movement emphasis	Basic skills in sequence 1st & 2nd contact focus w/ movement emphasis Excell at Mini-Volley	Excell in 1st & 2nd contact Basic attack skills Introduce block technique Competent w/3 contact play	Excell in 1st & 2nd contact Advanced attack skills Blocking technique Advanced 3 contact play	Advanced attacking 1st tempo & BR attack Pinch-Read blocking Championship level play
Physical Development	Speed, Agility, Jumping  Obstacle course focus	Agility & Coordination Ability to change direction Strength w/body wt. focus	Speed development Aerobic development Strength w/body wt. focus	Power development Strength development med ball, thera band, DB Start pre-hab training	Power development Nutrition education Prioritize "pre-hab" Fitness at elite levels
Season Length	*14-20 weeks	*16-24 weeks	*24-30 weeks	*35-40 weeks	*40-45 weeks
Practices / Week	1	2	2-3 per week	3-4 per week	3-4 per week
Hours / Week	1 hour	3 hours	3-7.5 hours	7.5-10 hours	12 per week
Practice Length	60 min.	90 minutes	90-150 minutes	150-180 minutes	50-180 minutes
Outside P.T.	within training schedule	within training schedule	within training schedule	1-2x per week	2-3x per week
Train vs. Play	Intro. concepts of play	50% / 50%	80% / 20%	70% / 30%	60% / 40%
Hours / Year	*10-40 hours per year	*80-120 hours	*150-200 hours	*350-500 hours	*600-800 hours
Coaching	Master Coach	Master Coach	Master Coach	Master Coach	Master Coach

\*Indicates total weeks / hours training in school season, club season, clinics & summer camp(s)