

Development Leagues 2022 - Weekly Breakdown

<p><u>Week 1</u> IDP (Independent Defensive Positioning) and Serve Receive</p>	<p>- The purpose of IDP is to allow athletes a firm understanding of where they need to be on the court and where they need to cover in games. - Athletes will learn to receive a serve in a specific formation, “W.” Players will also learn how to transition from Serve Receive to IDP at game speed.</p>
<p><u>Week 2</u> Passing and Defensive Positioning</p>	<p>- Athletes will learn the basics of passing. They will begin with footwork, ball control and platform control (forearm/hands).</p>
<p><u>Week 3</u> Serving</p>	<p>- Athletes will go through the mechanics of underhand serving to achieve accuracy and controlled repetitions.</p>
<p><u>Week 4</u> Setting and Overhand Passing</p>	<p>- Athletes will go through a setting workshop. It will cover setting footwork and techniques for setting all three positions (outside, middle and right side/back setting). - Athletes will also practice overhand passing freeballs in a game scenario</p>
<p><u>Week 5</u> Attacking</p>	<p>- Athletes will learn hitting 101; starting with their hitting approach, then jumping technique and arm swing. - Athletes are then taken through hitting drills where they will work on roll shots, tipping and spiking.</p>
<p><u>Week 6</u> Game Play Scenarios</p>	<p>- Athletes will focus on the game as a whole and look to implement strategies they have learned throughout the season. - Athletes will try playing different positions and can think about what position they would like to play as they transition to the club teams.</p>
<p><u>Week 7</u> Blocking</p>	<p>- Athletes will learn how to dive, roll and slide while playing volleyball. - Athletes will continue their defensive lessons with blocking, footwork, hand positioning and net coverage.</p>
<p><u>Week 8</u> Out of System</p>	<p>- Athletes will learn how to effectively recover from a pass that is hard for the setter to reach or does not go to the setter.</p>
<p><u>Week 9</u> Serve Receive and IDP</p>	<p>- Athletes will review their serve receive positions and work on establishing “seams.” Athletes will also review defensive game plans and strategies for IDP.</p>
<p><u>Week 10</u> Game Play Scenarios</p>	<p>- Athletes will focus on the game as a whole and look to implement strategies they have learned throughout the season.</p>