

Volleyball Training Tracks – Individual Programming

		Grassroots (Gr 2-7)	Competitive (Ages U12+)	High Performance (Ages U14+)
Level 1	Age	Grade 2-7 (co-ed sessions)	U12 to U14 (male/female sessions)	U14 and higher (male/female sessions)
	Skill Level/ Experience	Limited - less than 6 months of skills development	Limited - less than 6 months of development	At least 3 years of volleyball experience at a high level (junior/senior-level school teams, Div 3 or higher club team)
	Pre-Requisite	None - athlete has had limited exposure to volleyball skill development	None - athlete has had limited exposure to volleyball skill development	Executes volleyball skills in an effective and controlled manner in a competitive and complex setting (school team, club), understands tactical components of the game
Level 2	Age	Grade 4-7 (co-ed sessions)	U13 to U15 (male/female sessions)	U14 and higher (male/female sessions)
	Skill Level/ Experience	Less than 2 years of skill development	Less than 2 years of skill development	At least 3 years of volleyball experience at a high level (senior-level school teams, Div 3 or higher club team)
	Pre-Requisite	Understands how to execute foundational volleyball skills, execution of these skills is at a beginner level (inconsistent), game play has frequent break downs	Understands how to execute foundational volleyball skills, has played on a school or club team for at least 1 year, capable of rallying with a partner and engaging in game play	Executes volleyball skills in an effective and controlled manner in a competitive and complex setting (school team, club), understands tactical components of the game, skill-level and desire to play post-secondary is evident
Level 3	Age	Grade 5-7 (U11-U12) (co-ed sessions)	U14 to U16 (male/female sessions)	U16 and higher (male/female sessions)
	Skill Level/ Experience	Approximately 2 years of skill development, may have played on a school or U11-U12 club team	At least 3 years of volleyball experience (school team, club team, clinics, camps, etc...)	At least 4 years of volleyball experience at a high level (senior-level school teams, Div 2 or higher club team)
	Pre-Requisite	Improved ability to execute foundational volleyball skills, capable of rallying with a partner or basic game play	Executes volleyball skills consistently in a competitive setting (school team, club team), rallying and game play is controlled and uses a variety of skills	Executes volleyball skills in an effective and controlled manner in a competitive and complex setting (school team, club), understands tactical components of the game, on track for post-secondary recruitment