

Developing a multisport athlete

Most LTAD research shows that to build success at the highest levels, a young athlete must develop all of fundamental movement skills . Often times an immersion into one sport will serve to focus and improve only a few basic skills and sport specific movement patterns. This can result in a less rounded athlete with a tendency for



overuse injury or a functional weakness brought on by overdevelopment of certain muscles and underdevelopment of others. Cross training for youth is a great way to develop a stronger and more balanced body capable of making more accurate decision-making during the skill execution processes.

GPRC WOLVES VOLLEYBALL CLUB TRYOUTS

Dates are still tentative - check back to www.gprc.ab.ca/athletics under community programs for updated information

Bantam Tryout Camp (U13/14)

Mid-Late January

Midget Tryouts (U15/16)

Either the weekend of December 8 or 15

Please check the website for final times and locations!

Any Questions? Please Contact

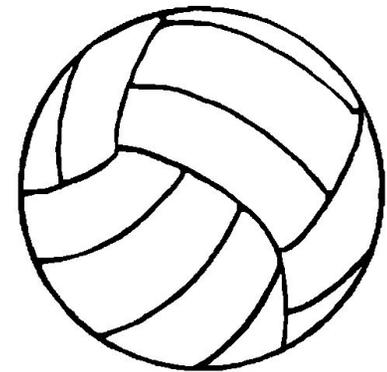
Matt Clegg

Club Coordinator

mclegg@gprc.ab.ca



Triple Ball Outcomes: Coach and Parent Information



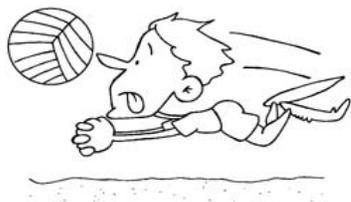
Why “Waste Time” with Triple Ball?

At first glance the Triple Ball game seems like a slower and dumbed down version of Volleyball. It appears to cater to the children who can't keep up and there are many who think by playing Triple Ball we are only holding back more skilled and capable players from playing in real Volleyball games.

The goal and purpose of Triple Ball is to develop a more complete set of skills beyond the serve (while also creating a slower contact to develop technique for the pass). In traditional volleyball played at younger age groups there is a lot of missed serves and aces. A consistent and strong

serving team can go on huge runs and serve themselves to easy wins. This can mask a lot of technical weaknesses in setting and

attacking. Furthermore the idle time between serves (when coupled with less rallies) makes for slow games that lack intensity. By introducing the ball with a toss players have more opportunity to develop **critical** 2nd and 3rd contact skills, play in rallies, work on transitioning skills, and work up a sweat.



Everyone Plays in Every Position!

Many people argue the rotational system of Triple Ball makes for a weaker game. Unfortunately this is probably true - teaching specific positions and tailoring each



player to skills they are most suited to would increase the level of play. **However**, the benefits of early specialization are quickly turned to weakness as players grow, bodies change and suddenly players are ill equipped for the only position they have ever played. By teaching every player the skills of all positions, they

can experience the game from multiple perspectives and develop a more complete learning experience. Sticking to a non specialized system at a younger age will increase the skill level at higher levels!

Developing Skills - All About the Process Not the Result!

Skill development of any technique is based on repetition and getting as many contacts as possible with the volleyball. In practice situations, the coach can control the number of contacts of each particular drill which allows for the majority of technical learning. At such a young development stage in Volleyball there is a clear

disconnect between the quality of learning in a coach controlled environment/drill versus that of an athlete controlled drill/game. By introducing a coach controlled aspect to game play there is massive increases in second and third contacts at younger age groups. This increase should therefore help in generating a more efficient learning environment for 2nd and 3rd contacts compared to regular game play. Volleyball is a late developing sport and even if athletes may be playing at a competitive level in other sports, placing athletes in a developmentally inappropriate situation (because it's the traditional way of doing things)

can slow development and turn players away from the game. Often our goal is to put kids in a competitive “wins & losses” season as we feel they need the pressure of victory to complete. *What young athletes need is the chance to play and*



learn all the skills. GPRC Wolves Volleyball Club strongly believes triple ball gives them a better opportunity to do that.

For more information on Volleyball LTAD, Triple Ball outcomes/statistics, coaching questions, or anything related to the club - please email Matt Clegg at mclegg@gprc.ab.ca