

VOLLEYBALL BC

SEASONAL COMPETITION PLAN - EXAMPLE

How to Use this Guideline

- 1) Find the appropriate guideline sheet for the age and sex of your athletes
- 2) determine the number of practices a week you are running
- 3) determine the length of the practice
- 4) determine if you require your athletes to commit to an off court physical training program (in sessions per week)
- 5) Run the chart to know your total training hours per season to help determine Volleyball Canada's recommended competition hours allowed, and number of tournaments to compete in during the season
- 6) Schedule the season competition dates

Example

Age: <u>16U Girls</u>	LTAD Stage: <u>Learning to Compete</u>															
Number of Practices per Week: <u>2</u>	Off Court Training per Week: <u>0</u>															
Length of Practice: <u>2</u>	Recommended Tournaments per season: <u>6</u>															
On Court Training / Week	2 Practices / week	3 Practices / week														
Practice Length (hours)	1.5 Hours	2.0 Hours	1.5 Hours	2.0 Hours												
Off Court Physical Preparation / Week	0	1	2	3	0	1	2	3	0	1	2	3	0	1	2	3
Total Training Hours / Season	45	60	75	90	60	75	90	105	68	83	98	113	90	105	120	135
Recommended Competition Hours / Season	30	40	50	60	40	50	60	70	45	55	67	77	60	70	80	90
Recommended Tournaments / Season	5	6	8	9	6	8	9	11	7	8	10	11	9	11	12	13

Example Season Competition Plan			
	Event	Date	Location
1	Super Series I	Feb 9-10, 2008	Fraser Valley
2	Super Series II	Feb 23-24, 2008	Burnaby
3	Super Series III	Mar 1-2, 2008	Kelowna
4	Volleyfest	March 16, 2008	Burnaby
5	Provincials	May 3-4, 2008	Kelowna
6	Canadian Open	May 17-19, 2008	Calgary
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