

# VOLLEYBALL BC

## SEASONAL COMPETITION PLAN

### 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 you 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/Sex: \_\_\_\_\_ LTAD Stage: \_\_\_\_\_

Number of Practices per Week: \_\_\_\_\_ Off Court Training per Week: \_\_\_\_\_

Length of Practice: \_\_\_\_\_ Recommended Tournaments per season: \_\_\_\_\_

Season Competition Plan			
	Event	Date	Location
1			
2			
3			
4			
5			
6			
7			
8			
8			
9			
10			
11			
12			
13			

NOTES:

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