

TRAINING AND COMPETITION PLANNER

Volleyball Canada's Long-Term Athlete Development Model (LTAD)

“LTAD represents a systematic, integrated system that is built around developing athletes and identifying appropriate levels of competition at each stage” (LTAD, p.6, 2006).

Many athletes compete in many seasons and in multiple sports throughout the year. This can range from High School Season, Club Season, Provincial Team Seasons, to university and college seasons. LTAD will help coaches to integrate their Club Season training goals with the athlete's overall Yearly Training Program. The purpose of this section is to act as a resource to coaches when planning their club season. It acknowledges the physical demands that athletes incur over a calendar year in volleyball and the other sports that they play.

Volleyball Canada has found the following shortcomings concerning the long-term development of our athletes¹:

- training and competition are based on chronological age, not developmental age
- training fails to take advantage of critical developmental adaptation periods
- training and competition in developmental stages focuses on short-term outcomes (winning) over long-term outcomes (training and development of athletes)
- developing athletes generally under-train and over-compete
- adult training and competition programs are used for developing athletes
- Physical Education programs in school, recreation programs, and high performance programs are not integrated together

These shortcomings lead to some significant consequences:

- the fun is taken away from the children; programs are designed for adults, where the focus is on the winning, not the process
- children and adults have poor movement abilities, poor skill, and a lack of adequate fitness
- athletes are pulled in different directions by High School, club, provincial, and national team demands
- frustrates athletes by the lack of consistent integration and support
- inconsistent athletic development at all stages
- inconsistent international performances
- injuries, burnout, frustration, and increased dropout rates

The following pages will outline the different Seasonal Plans for the different age groups, help you to plan your training / competition season, and provide a resource to some key training principles that is lacking in the training of youth athletes.

