

LËTZ VOLLEY ACADEMY

**PARENT
GUIDE BOOK**



LTAD
LËTZEBOURG
LIEFT SPORT

institut national
de l'activité physique
et des sports **inaps**

Lëtz Volley Academy Information

The Lëtz Volley Academy was created as a way for local athletes to learn volleyball from some of the top coaches in the country. The program is built using the LTAD sports model focusing on long term development of athletes in our sport.

The main goals of the academy are to:

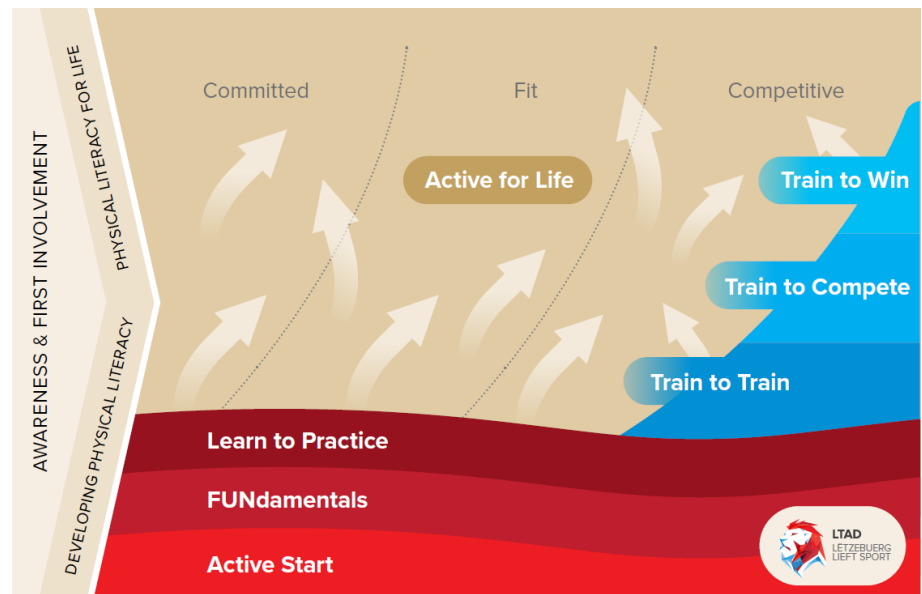
- Building a strong base of fundamental skills in athletes
- Promoting talent in Luxembourg
- Initiating, acquiring and consolidating volleyball techniques
- Long-term training*
- Playing together and against each other
- Prepare athletes for higher level of volleyball

There are 4 key terms that we use in skill development. They are used to progress athletes in the sport.

Key terms:

- Initiation
- Acquisition
- Consolidation
- Refinement

(the terms are explained in detail on the following page)



These terms help categorize at what stage athletes have achieved in specific skill development. Some techniques in volleyball are initiated earlier in the athletes career and refined throughout a long period of time. Therefore each skill has a particular time on when and how it is taught to the athletes.

The structure of the Lëtz Volley Academy allows athletes to learn these techniques in parallel to their development when playing with their clubs. As athletes progress through the levels, the skills become more intricate and the expectation to perform them in more complex, game situations becomes essential.

The exams that will be completed can be found at FLVB.lu broken down per level.

Key Words in Athlete Development

Initiation	First contact with the skill. Starting point where athletes have almost no idea what they are doing and require a safe environment for trial and error. It is important to learn the key aspects of the skill and have good demonstrations.
Acquisition	<p>At the beginning of learning a skill, athletes are able to produce a rough version that includes the skill's key aspects or in the correct order. Generally the action can be completed in a controlled noncompetitive situations. As pace starts to pick up, the consistency of the skill diminishes.</p> <p>Athletes should have a good mental image of how the skill should look and be comfortable to try to find solutions themselves through trial and error. They are consciously thinking about how to complete the action.</p>
Consolidation	<p>In stable conditions, athletes can perform the action correctly and consistently. As pressure increases, athletes are able to perform elements of action correctly but still sometimes lack consistency. At this stage athletes learn to face pressure through challenging competitive game like situations that are demanding. Individual style for skills will begin to immerge.</p> <p>The skill is performed with minimal conscious effort of sequencing or how to complete the skill properly.</p>
Refinement	<p>Skill is performed at ideal form or speed and only fine tuning is required for optimal performance. The skill is performed consistently in all situations. The movement is automatic with little effort thinking how to perform the skill.</p> <p>The athlete can reflect critically on performance to make changes. Athletes adapt to find solutions on their own</p>

Levels Explained

Level 1 - Basic skills

Meant for introductory to basic volleyball skills and is set in the Learn to Practice stage and the early Train to Train stage of the long term athlete development model. The main goal is acquisition of basic fundamental skills required to play volleyball. The level is generally for athletes who compete in our under 13 category. Training will be completed on net of 2m10 and with soft balls.

By the time of Level 1 exam completion, an athlete will be able to:

- Throw and catch a volleyball
- Forearm pass to myself or to a partner
- Set to myself or to a partner
- Underhand serve over the net and hit a target
- Set and pass against the wall
- Jump and attack a ball over the net

Level 2 - Consolidation of Fundamentals

This stage is to consolidate the fundamental skills to play volleyball. Athletes are in the late Train to Train stage of the LTAD model. In this stage, athletes will be challenged to produce skills cooperatively with other athletes and in a less controlled environment.

By the time of Level 2 exam completion, an athlete will be able to:

- Maintain the skills learned in level 1
- Overhand serve to a target on the other side of the net
- Set to an attacker
- Receive a freeball
- Receive a serve
- Defend a hard driven attack and a tip
- Jump and attack a ball with proper footwork

Level 3 – Intermediate skills

Level 3 training is the introduction of intermediate skills as well as refinement of the fundamental skills. It is in the late Train to Train and learn to compete stages of the LTAD. Athletes will be expected to perform intermediate skills consistently in a competitive environment where they will have to adapt to their opponents actions. This level is tailored for u17 athletes or newcomer older athletes.

By the time of Level 3 exam completion, an athlete will be able to:

- Maintain the skills learned in level 1 and 2
- Overhand serve and hit multiple targets on the court
- Set to an attacker forward and backwards
- Receive float and spin serves
- Defend a hard driven attacks from different positions on the court
- Make a recovery move on the ground to recover a ball
- Attack a ball down the line and cross court from position 4 and 2

Level 4 – Advanced skills

This level of the Academy is set in the Learn to compete stage of LTAD where athletes have consolidated intermediate skills and are beginning to learn and acquire advanced techniques and tactics. This level is designed to push athletes to advance in the sport of volleyball and is meant for athletes in the u19 category.

By the time of Level 4 exam completion, an athlete will be able to:

- Maintain the skills learned in level 1,2 and 3
- Make a difficult serve for the other teams' receivers, either tactically or powerful
- Receive spin and float serves from all receiving positions
- Set a high ball to an attacker
- Successfully attack against a block
- As a setter I can set all zones
- Understand basic tactics and apply them in game situations

Lëtz Volley Official Protocols for Organization

Placement in Levels:

- All Athletes should start at Level 1 to fully experience volleyball progression.
- However athletes may be placed in different level based on their age and if the national coaching council collectively agree.
- When a new athlete attends the academy for the first time, they will have a trial in the group recommended for their age. After the session the coaches council with collectively decide if they should stay in that group or be placed in another.
- Lëtz Volley Levels for 2024/25:
 - o Level 1 u13 (2013-2014) or if athletes has not attended academy before
 - o Level 2 u15 (2011-2012) or if passed Level 1
 - o Level 3 u17 and u19 (2010 and older) or if passed level 2
 - o Level 4, if passed level 3
- Athletes will advance to the next level by:
 - o Completing required number training sessions
 - o Passing final exam
- There are 5 Lëtz Volley academy sessions per year.
- If an athlete misses more than 1 session, throughout the year they cannot pass that level. Subject to coaches council decision.
- Each level has a maximum of 40 participants

Exams

- Exams will take place following the completion of the academy.
- All Exams are posted publicly to see on FLVB Website. That way you can practice your exam prior to completing it.
- Exams marking is slightly subjective to coaches decision on correct vs incorrect completion of the exercise.

Please note, just by attending sessions, does not mean that you will automatically develop the skills required to pass the exams at the end. Athletes will learn the techniques and have feedback from the top coaches in the country which they then need to continue practice correctly with their clubs or at home.