

Youth Developmental Programs



RIP CURRENT

Recommended Ages (4-8) Beginner- Limited to no experience

Level/Experience: Beginner- Limited to no experience

Objective: Introduce fundamental volleyball skills and basic game concepts to beginners.

Description: This session is for players who are new to volleyball or have limited experience. The emphasis is on learning the essential skills and basic rules of the game. Sessions will include:

- **Skill Drills:** Basic drills for serving (underhand and overhand), passing (forearm and overhead), setting, and simple hitting techniques.
- **Game Concepts:** Introduction to volleyball rules, scoring, court positions, and rotation. Focus on understanding the objective of the game and basic teamwork.
- **Fun Activities:** Engaging exercises and games designed to build hand-eye coordination and team collaboration, such as "Catch the Ball" and "Volleyball Relay."

Outcome: Players will gain a fundamental understanding of volleyball, develop basic skills, and enjoy the sport through playful activities.



TIDAL WAVE I

Recommended Ages (9-10) (10-12)

Level/Experience: Beginner-Pre-Intermediate

Objective: Enhance basic skills and introduce fundamental strategies to intermediate players.

Description: This session is for players who have a basic understanding of volleyball and are ready to build on their skills. The focus is on improving technique and learning basic game strategies. Sessions will include:

- **Skill Drills:** Drills to improve accuracy and consistency in serving, passing, setting, and hitting. Introduction to defensive skills like digging and basic blocking.
- **Strategic Concepts:** Understanding court positioning, basic offensive and defensive strategies, and effective communication. Emphasis on learning how to work as a team during play.
- **Tactical Exercises:** Drills and small-sided games to practice implementing strategies and improving decision-making on the court.

Outcome: Players will refine their skills, start to grasp basic strategies, and gain experience in applying these concepts in game situations.



TIDAL WAVE II

Recommended Ages (9-10) (10-12)

Level/Experience: Intermediate- Has experienced game play

Objective: Develop advanced skills and deepen tactical understanding for more experienced players.

Description: This session is tailored for players who are proficient in basic skills and ready to tackle more advanced techniques and strategies. The focus is on refining skills and applying complex tactics. Sessions will include:

- **Skill Drills:** Advanced drills for spiking, blocking, and defensive plays. Emphasis on technique improvement and incorporating advanced serves, like jump serves.
- **Strategic Concepts:** In-depth exploration of offensive and defensive systems, advanced court positioning, and opponent analysis. Focus on tactical adjustments and game scenarios.
- **Game Situations:** Full-court scrimmages and tactical drills that simulate high-pressure scenarios to test and refine skills and strategies.

Outcome: Players will enhance their technical abilities, develop a deeper understanding of game strategies, and improve their performance in competitive settings.



TSUNAMI

Recommended Ages: Tsunami Ages (13-14)

Level/Experience: Intermediate- Has experienced game play

Objective: Achieve peak performance with a focus on elite skills, advanced strategies, and competitive excellence.

Description: This session is designed for experienced players aiming for competitive performance. The focus is on perfecting skills and executing advanced game strategies. Sessions will include:

- **Skill Drills:** High-intensity drills for refining elite techniques, including precision spiking, advanced blocking strategies, and complex defensive maneuvers. Focus on optimizing performance under pressure.
- **Strategic Concepts:** Mastery of sophisticated game strategies, including specialized offensive plays, complex defensive schemes, and psychological aspects of competition. Emphasis on strategic planning and adaptability.
- **Competitive Play:** Intense scrimmages and match simulations against same-level opponents. Analysis of performance metrics to identify strengths and areas for improvement.

Outcome: Players will reach a high level of technical and strategic proficiency, preparing for competition and achieving peak performance in volleyball.

Each level builds on the previous one, guiding players from basic understanding to elite performance through structured skill development and strategic learning.