

Team Detroit Level	TD Youth Development Academy	TD Youth Competitive Academy	Middle School Prep	High School Prep	College Prep
Level Focus	FUNDamentals	Learning to Train	Training to Train	Accelerated Development	College Preparatory
AGE	4-11 Years/ Grades K-6	9-11 Years/ Grades 4-6	11-14 Years/ Grades 6-7	13-15 Years/ Grades 8-9	16-18 Years/ Grades 10-12
Skills Development	Introduction of the sport through ball training with an emphasis on pursuit of the ball through movement based drills. Rules of the game, what volleyball looks like, and overall a passion and interest to continue to play.	Basic skills in the pass, set and attack sequence. Emphasis on serving, particularly overhand and jump serve. Competent at 4 v 4 play.	Excellence in 1st and 2nd contact skills as well as serve Competency in attack skills with an introduction to block technique. Competent in Out of System Excel at 3 v 3 play	Excel in 1st and 2nd Contact Introduction to Advanced Serve and Attack Skills including back row and tempo Advanced 3 Contact Play Excel at out of system and 3 v 3 play.	Advanced Attacking skills including BR, Tempo, arm swing variances and strategy Advanced Serving skills and placement excellence Championship Expectations
Physical Development	Speed Development, Agility, Balance and Coordination, Ability to Change Direction, Strength with one's own body weight. Obstacle Course and agility Station focus	Speed Development Aerobic development Strength and balance with own body weight Manipulation own body weight to create velocity Intro to jumping technique	Speed Development Aerobic development Strength and balance with own body weight Manipulation own body weight to create velocity Refining jumping technique and landing with coordination	Power Development for speed and jump Core and stability training Injury Prevention Program Intro to Nutrition Education	Power Development for Speed and Jump Injury Prevention Training Nutrition Education Overall Elite Fitness Level
Season Length	Mini "Seasons" 8-10 weeks at a time totaling 40-50 weeks if every program is completed	6-7 Months	6-7 Months	6 Months	6 Months
Practices Per Week	1-2	2	2-3	2-3	2-3
Hours Per Week	1-2	4	6-9	6-9	6-9
Practice Length	60-90 Min	2 Hours	3 hours	3 hours	3 hours
Performance Training	Within training time	Within training time	2x per week	2-3X perweek	2-3X per week
Train Vs Compete	Introduce Concept of play	80%/20%	70%/30%	60%/40%	60%/40%
Coaching	Volleymaster/Team D Master Trainer plus 2-4 CIT	Team D Certified Master Coach	Team D Certified Professional Master Coach	Team D Certified Professional Master Coach	Team D Certified Professional Master Coach