

JVA

JUNIOR VOLLEYBALL ASSOCIATION

Education for the Leaders in Junior Volleyball

We Are JVA





**CLUB SEASON TRAINING PLAN:
MACRO, MICRO, RECOVERY, PRE-SEASON, IN-SEASON; PRE-
TOURNAMENT, POST-TOURNAMENT**

PRESENTED BY:

RICK BUTLER, SPORTS PERFORMANCE VOLLEYBALL CLUB, ILLINOIS

JOE ZIEGLER, VIRGINIA ELITE VOLLEYBALL CLUB, VIRGINIA

Rick Butler



Rick is the owner and operator of Sports Performance Volleyball and the Great Lakes Center in Aurora, IL, along with his wife Cheryl. SPVB was founded in 1981 and has won over 67 national championships. Rick also served as Head Coach for the USA Youth National Team, staff on the 1992 USA Men's Olympic Team.

Joe Ziegler



Ziegler begins his fifth season with Virginia Elite. He leads many camps and clinics at VAE and has moved into a leadership role within the club as the newly appointed Associate Director. Ziegler's contributions have been instrumental to the success of Virginia Elite to include the planning and implementation of the new training program for the 2015-2016 club season.



QUESTIONS FOR THE PANELISTS

IF YOU HAVE A QUESTION DURING THE WEBINAR, PLEASE TYPE IT IN THE QUESTIONS BOX IN THE CONTROL PANEL TO THE RIGHT OF YOUR SCREEN. QUESTIONS WILL BE ANSWERED AT THE END OF THE SESSION. THIS WEBINAR IS BEING RECORDED. AN E-MAIL CONTAINING THE RECORDING WILL BE SENT AS A FOLLOW-UP TO EACH REGISTRANT.





POLL QUESTION

What is your role in the volleyball world?

1. Club Director
2. Club and/or High School Coach
3. Other



WHAT IS THE COACHES ROLE?

1. A “TEACHER”

Teaching new techniques, tactics and concepts in the most effective and efficient manner in an environment where players are “hungry” to learn.

2. A “TRAINER”

Taking the techniques, tactics and concepts and making them “**deeply imbedded motor patterns**” through proper training methods.

3. A “LEADER”

The coach or “master coach” will be responsible for leading and implementing any and all training plans that are to be followed. It’s important that a well thought out plan is in place that will make a lasting and positive impact on players and coaches to enhance all areas of individual development and team play.





WHAT ARE MY COACHING RESPONSIBILITIES?

1. TECHNICAL DEVELOPMENT:

Teaching all skills and fundamentals in the most efficient manner as they will be used at the highest level of competition

2. TACTICAL DEVELOPMENT

Not only teaching tactics to each player, but also making sure each player understands why those tactics are important so in the future players are able to adapt to changes that might need to be made in those tactics. Adapting and changing is the key to growth for an elite player

3. PHYSICAL DEVELOPMENT

The sport of volleyball has its own unique physical demands and coaches must understand the “physiological and bio-mechanical demands that the sport of volleyball places on the athletes. Volleyball is a sport that must not only train “muscles” but also “movement.”

4. PLAYER DEVELOPMENT VS. TEAM DEVELOPMENT

Depending on the age of the players, a coach must know and understand how much time will be spent on “Player Development” vs. “Team Development.” Volleyball is a sport with many errors and a “team” NEVER makes an error, it’s always a player. The more highly skilled the “players” are the less errors “the team” will make.



WHAT ARE MY PLANNING RESPONSIBILITIES?

UNDERSTANDING WHAT “MICRO” PLANNING IS REQUIRED TO MAXIMIZE PLAYER & TEAM DEVELOPMENT

The word “**Micro**” is derived from the Greek work “**Mikros**” which means “small.” For coaches we must know how to plan a daily or weekly practice schedule so each player as well as the team receives the greatest benefit. We must make sure that all the players are receiving the maximum number of “high quality” repetitions in the manner closest to how they are performed in “the most difficult game like situations”.



WHAT ARE MY PLANNING RESPONSIBILITIES?

UNDERSTANDING WHAT “MACRO” PLANNING IS REQUIRED TO MAXIMIZE PLAYER & TEAM DEVELOPMENT

Macro (big picture-long term) requires long-term vision and to see and somewhat predict the future. Coaches must have a pretty good idea how their players and team will develop over time and then use their “micro planning” abilities to coordinate how the “macro” plan will come together at the end of the season. To understand “**Macro**” planning we must be able to look from the end to the beginning and plan how we are going to achieve the “**end**” result through the coordination of our “**Micro**” (daily & weekly) training plan and how it fits into our “**Macro**” (big picture) plan.



LOOKING AT THE BIG PICTURE, “MACRO”

- 2015-2016 Club Season (College Prep Advanced Division)
- 224 Total Days from 1st practice through season end
- 93 Days of practice (3-6 total hours per day including all activities)
- 25 Days of weight training on non-practice days
- 32 Days of tournament competition
- 150 Total days of volleyball activity
- 74 Total days off or traveling to and from events



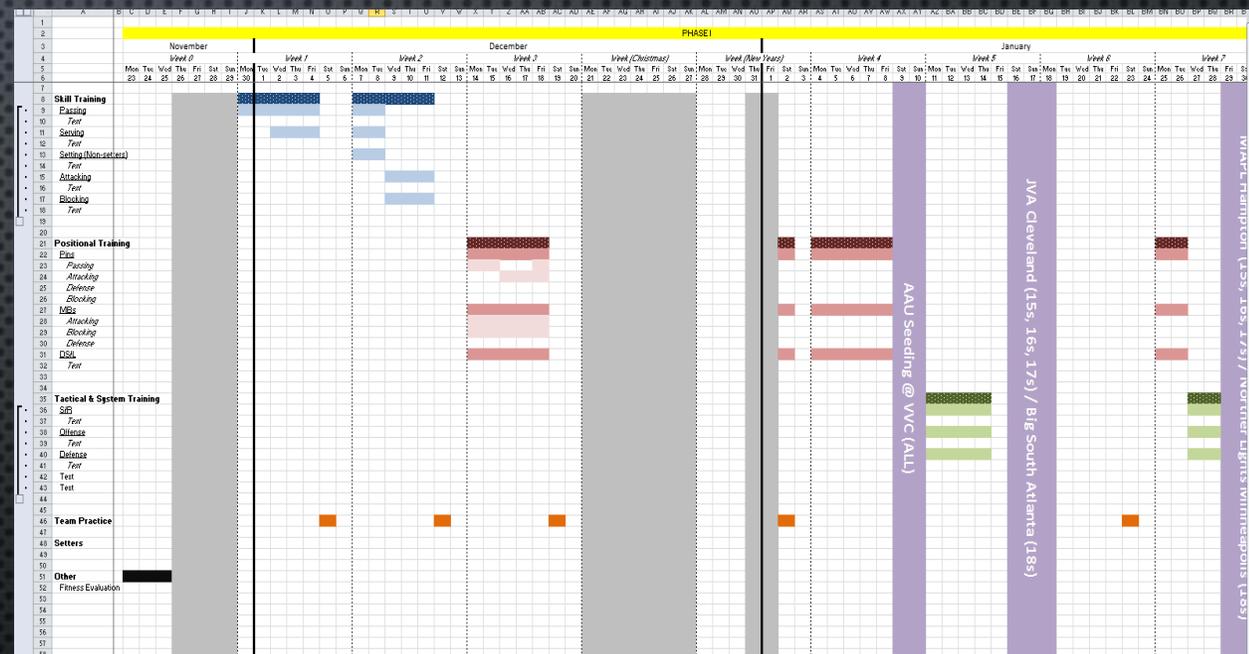
SEASON PLANNING:

WHAT DO YOU PREDICT WILL BE YOUR FOCUS AREAS?

Develop a timeline/outline

- What is your focus and priorities?
- What do you predict will be your strengths and weaknesses?

Get input from your coaching staff



Expect your plan to change!





SEASON PLANNING: WHAT TYPE OF PRACTICE?

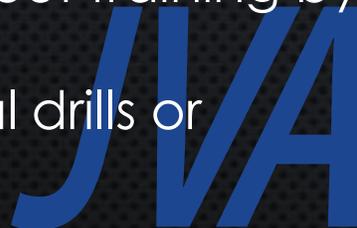
- There are many different practice constructs – choose what works for your situation and be ready to adjust
- Balance age, skill, number of teams in gym, number of coaches
- If you use club-wide style practices, ensure head coaches have adequate time solely with their team
- Assess your capacity to have specialty practices (Setters, Liberos, etc.)

Example:

Early Season (Heavy Skill Work): Players spend little time with team-only drills and compete in club-wide skill-based drills. Breakout training by position is minimal.

Mid Season (Positional Work): Players spend most time in team-only drills. Breakout training by position increases.

Late Season (Tactical Work): Players spend most time in team-related situational drills or positional training.





METHODS TO COLLECT AND REFLECT: YOUR PLAN IS A LIVING DOCUMENT

The Value of Statistics:

- Evaluate individual performance
- Understand team performance
- Set goals and monitor progress
- Allocate and prioritize practice time
- Plan the Season

In season: Player Evaluation – Everyone knows where they stand

- Ensure individual stats are accessible
- Ensure players (and parents) know their stats



IN-SEASON PRACTICE PLANNING CONSIDERATIONS

Adjusting your plan – Use the Stats

- As you see (or don't see) improvement, adjust your plan
- Allocate practice time to skills or situations that align with data
- Using electronic stat software can be extremely useful (add capabilities like rotational analysis)
- Communicate changes to the entire club, and be prepared to defend your changes

Club Calendar

- Outline tournaments and recovery time
- Color Coded to indicate level of practice

Assessment of play and abilities through evaluation and adaption or modification of original timeline / plan.





RECOVERY PLANNING

UNDERSTANDING RECOVERY ISSUES

Over the past 10 years the science of athlete recovery has grown so much. We now understand that athletes become faster, stronger and more powerful, not just from hard work, but also from proper rest and recovery. That recovery entails extremely hard work, but it also includes “active rest” as well as proper pre-training, in-training and post training nutrition along with a number of other factors to aid and speed up the recovery process such as ice baths, yoga-pilates, deep tissue massage, water training, etc... to enhance recovery. Possibly the most important element that many athletes and coaches do not understand and that is a full night of sleep to the body accelerates healing, recovery and growth.





POST-SEASON ASSESSMENT

BE HONEST

- Use the time in between seasons to discuss the effectiveness of your plan
- Use that analysis to inform next season



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PANELIST CONTACT INFORMATION

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UPCOMING JVA SPRING WEBINAR SERIES

- **STRATEGIC PLANNING: HOW TO FORMULATE AND EXECUTE A PLAN THAT WILL DRIVE SUSTAINABLE GROWTH AND REVENUE FOR YOUR CLUB**

PRESENTED BY:

TONY LASITA (CO-FOUNDER OF CINPAK, INC., KLOUDER LLC, AND ROK FANTASY SPORTS)

& JUAN GONZALEZ (CO-FOUNDER OF GAZELLES GROWTH INSTITUTE)

WEDNESDAY, MAY 4TH, 2016 12:00 PM ET

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