



Provincial Excellence Program

November 14th – January 10th, 2020

Aye Motor Centre

Woodstock, NB

What is the Provincial Excellence Program?

The Volleyball New Brunswick (VNB) Provincial Excellence Program (PEP) is an initiative developed to facilitate high performance coach and athlete pathways. The objective of the PEP is to bridge the gap that currently exists between club, Canada Games and post-secondary volleyball. For these athletes to succeed at the highest level, our high-performance athletes need to be training together in partnership with a strong support system that VNB has created to help them achieve their goals. This program will also provide the province with a great opportunity for coach development and standardization.

In partnership with high schools, provincial associations, colleges and universities, the PEP is based on an integrated sport performance environment, including a number of services to complement high performance athlete development. Physical assessments, testing, video analysis, integrated strength and conditioning, nutrition, are part of the program. The PEP will also provide the province with a great opportunity for coach development and standardization.

What are the Desired Outcomes?

- High Performance Athlete Development (see Appendix A)
- To bridge the gap between secondary and post-secondary volleyball (CCAA, USports, NCAA, National Team and Professional Team) through:
 - Access
 - a. Coaches have access to athletes
 - b. Athletes have access to sport science and high-performance coaches
- Increased Training House
- Competition
 - Competition with other high-performance athletes within training
- Coach Development:
 - Identify a standard of coaching across the province through:
 - a. Certification: Advancing the current level of coaches
 - b. Exposure: ability for high performance coaches to work together

Athlete Development

Who can participate in PEP?

Male and female athletes are eligible for PEP if they are born on or after January 1st, 2003.

How do you participate in PEP?

Participation in the PEP will be by **open tryout** on November 14th for girls and 15th for boys. Following the tryout, individual spots to the program will be offered.

Athletes will be contacted by Abby Rivington via **email** informing them if they have been selecting to PEP or not.

If you are NOT playing club but are interested in trying out for PEP, contact Jeff at jeffrand@volleyballnb.org.

How many spots are there for athletes?

The number of spots available in PEP is determined by level of the athlete pool. This is designed for high performance athletes who meet the selection criteria (Appendix B).

Who makes the athlete selections?

Authority for Selection: The VNB Selection Committee has authority for all decision-making.

Selection Criteria (see Appendix B for additional information). The PEP Selection Committee will take the following into consideration:

1. Physical Testing Scores
2. Skill Matrix
3. National skills and tactics comparison
4. Character attributes

What is the Schedule?

There will be **one tryout** and **three training sessions** in 2020 – 2021:

Girls

Saturday, November 14th, AYR Motor Centre, Woodstock, NB

Saturday, November 28th, AYR Motor Centre, Woodstock, NB

Saturday, December 12th, AYR Motor Centre, Woodstock, NB

Saturday, January 9th, AYR Motor Centre, Woodstock, NB

Boys

Saturday, November 14th, AYR Motor Centre, Woodstock, NB

Saturday, November 28th, AYR Motor Centre, Woodstock, NB

Saturday, December 12th, AYR Motor Centre, Woodstock, NB

Saturday, January 9th, AYR Motor Centre, Woodstock, NB

What is the Cost?

Tryouts

Cost- **\$50**

All athletes that participate in the November training day will be asked to pay \$50. This includes four hours of on court training.

Training Sessions

Cost - **\$225**

Following this weekend, selected athletes will be asked to pay \$225 to register for the three training sessions.

Coach Development

I am a coach- How do I participate?

Lead roles will be appointed by Volleyball New Brunswick. Assist roles will be filled by application and selection. Each on court session will have one lead and up to 4 assists. Coaches will receive lunch and mileage. ALL coaches are invited to sit in on the sessions to observe and learn! If you are still interested in applying, please contact Jeff Rand at jeffrand@volleyballnb.org

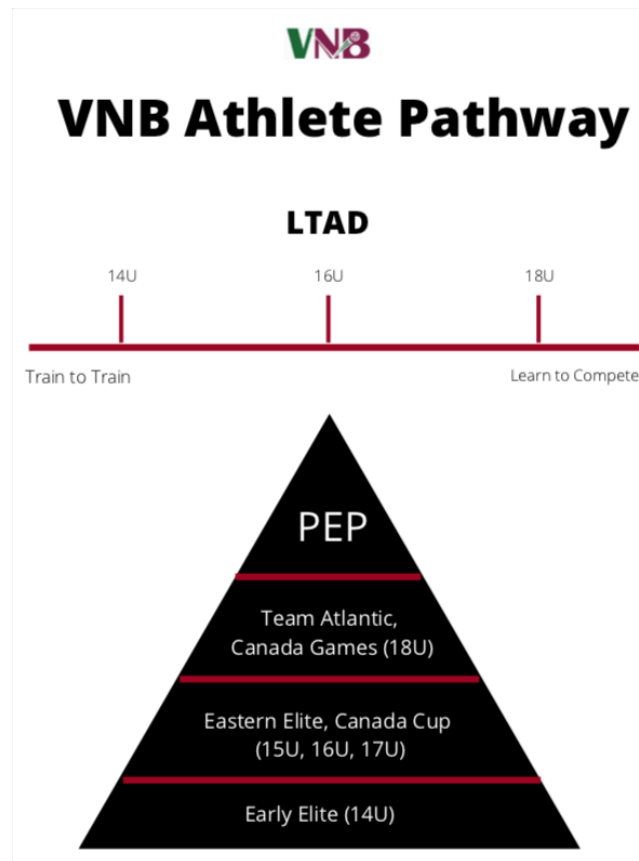
Still have questions? Ask us!

Jeff Rand (Technical Director) – jeffrand@volleyballnb.org

Abby Rivington (Program Coordinator) – abbyrivington@volleyballnb.org

Appendix A

Volleyball New Brunswick High Performance Pathway



Appendix B

Athlete Selection Criteria

International Technical Indicators						
Males	18U National Team			16U National Team		
	Middle	Outside	Opposite	Middles	Outside	Opposite
Serving Percentage	85%			80%		
Serving Score (4 point scale)	2.6			2.4		
Serve Receive (4 point scale)	3.0+			2.8+		
Plus-Minus Percentage	50-60	35-45	40-50	45-55	30-40	35-45
International Physical Indicators						
Spike Touch (cm)	335+	325+	330+	330+	320+	325+
Block Touch (cm)	310+	305+	310+	305+	300+	305+
T-Test	9.5 seconds or faster			10.7 seconds or faster		
3m Line Touch	50			48		
International Technical Indicators						
Females	18U National Team			16U National Team		
	Middle	Outside	Opposite	Middles	Outside	Opposite
Serving Percentage	85%			80%		
Serving Score (4 point scale)	2.3			2.1		

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Serve Receive (4 point scale)	2.6+			2.4+		
Plus-Minus Percentage	50-60	35-45	40-50	35-45	50-60	35-45
International Physical Indicators						
Spike Touch (cm)	295+	288+	290+	285+	280+	280+
Block Touch (cm)	280+	270+	275+	270+	265+	265+
T-Test	9.6 seconds or faster			10.0 seconds or faster		
3m Line Touch	48			46		
Chin up	2			1		

** In addition to the above indicators, Setters are evaluated on ability to run an offence, while Liberos are evaluated on ball control*

Character Attributes Volleyball New Brunswick Considers Desirable

Self-motivated: Demonstrates the willingness and ability to satisfy a desire, expectation, or goal without being influenced or asked to do so by a coach or teammate.

Strong Work Ethic: Demonstrates consistent and concerted effort which is not conditional on the environment, coach or teammates

Responsible: Accepts accountability for one's actions. Demonstrates an ability to self-direct and does not rely on others for support or guidance.

Focused: Demonstrates an ability to remain fully concentrated and is not easily distracted.

Strong Leadership: Demonstrates the ability to inspire confidence and influence their team toward the achievement of collective goals. Athlete leads by example in training, in setup, and in competition.

Positive Attitude: The athlete consistently expects the best possible outcome from any given situation.

Effective Communication: Is able to clearly and effectively communicate with teammates during rallies, timeouts, and other necessary situations to promote success. Coachable: Demonstrates the willingness and ability to communicate with coaches, adapt to new techniques and tactics, receive and understand feedback.

Scoring Matrix

Service Reception:

1. Behind the ball*
2. Movement to ball
3. Feet and platform stopped on contact
4. Create platform behind the ball**
5. Platform **Angle**

16U/17U:

* But able to orient platform to pass outside of body

** Different trajectories created by body use and shoulder direction

Defense:

1. Attitude (aggressively defending/willingness to hit the floor)
2. Reading Attacker Angles
3. Ready position + feet stopped on contact
4. Platform control*
5. Reading Attack (tip, attack, freeball)

16U/17U:

* Use of different skill adaptations in recovering balls

Block

1. Prep position *
2. Footwork

3. Press hands and hand angle
4. Eye sequence knowledge
5. Block location vs hitter

16U/17U:

*Know difference of when to keep hands high

Serving

1. Approach & Toss
2. Contact
3. Consistency
4. Accuracy
5. Specialized Service *

16U/17U:

* Specialize service

Attacking

1. Footwork & approach
2. Identify set location (setter hitter angle for 16/17U)
3. Shoulder loading
4. Contact (topspin)
5. Transition identification

Ball Control: Yes/No

Ability to Identify Cues: Yes/No

Take Direction: Yes/No