



BCO Volleyball Club – Coaching Objective & Strategy

Who We Are:

BCO Volleyball Club is a non-profit organization that has served North Shore and Lower Mainland athletes since 1978. We are members of the North Vancouver Recreation Commission, Volleyball BC and Volleyball Canada. Our NCCP certified coaches volunteer their expertise to assist young athletes to achieve excellence in volleyball. Our development programs prepare players and coaches for high-level competition in high school, college, university, and beyond.

This document outlines the overall coaching objectives of the BCO Volleyball Club and the strategy through which those goals are attained. It is intended as an information source for parents, players, and coaches.

Our Objectives:

BCO's coaching objectives include:

1. Give each athlete the opportunity to develop into being the best possible volleyball player they can be.
2. Instil in our athletes the values of hard work, discipline and cooperation within a team environment so they can learn to experience success through collective effort.
3. Develop leaders for our community, whether they be athletes, coaches, officials or community leaders.

Through the pursuit of our objectives we are proud that we have been able to help our athletes go on to achieve success at the college, university, provincial and national levels in the sport of volleyball. We are also proud that our teams have often achieved results at the highest levels both provincially and nationally. Many of our athletes have also continued on subsequent to BCO to become coaches and leaders within our North Shore community and elsewhere.

Our Strategy:

We embrace the Long-Term Athlete Development (LTAD) plan as articulated by Volleyball Canada and Volleyball BC (see www.vcdm.org). Our focus on athlete development takes a strategic view from elementary school age until the end of high school, with our efforts focused on developing athletes to be the best they can be by the time they graduate from school. We emphatically focus on long-term development over short-term results. Our goal is to involve as many athletes as our resources can accommodate and we work closely with other clubs and organizations to ensure that every child can get an opportunity to play volleyball.

1. Development :

(13U and younger – LTAD FUNdamental & Learning to Train stages)

goals

- movement & skills development; unstructured play
- have fun playing & learning the sport

how accomplished

- house league format that allows each participant maximal participation and contacts
- 12U & younger – circulation VB
- 13U - triple ball format
- all kids who sign up play
- equal playing time for all kids (absolutely the same for all kids)
- recruit & train parent-coaches
- it is expected that the athletes will be participating in up to 3 other sports and this is to be

encouraged

- training/competition ratio of 50/50
- collaborate with other clubs interested in offering a similar program (e.g. NS Stars, Thunder, Ducks)

2. Early competitive:

(14U & 15U – LTAD Training to Train stage)

goals

- continued skills development
- team tactics are introduced
- fun & enjoyment remains an emphasis
- exposure to higher competitive environments

how accomplished

- two to three teams at each age group (ideally three at 14U)
- open tryout & selection process for the teams (by committee of coaches)
- A vs. B team identification: player placement on teams is intended to advance their development as VB players; the top 12 players are not all placed on the 'A' team
- equal playing time for all kids (this means each player should expect to play 40-60% of the time on a team of 12 players), regardless of the competition
- NCCP coaches (level 1 minimum; level 2 ideal; can be parents, but not in consecutive years)
- it is expected that the athletes will be participating in 1 or 2 other sports and this is to be

encouraged

- training/competition ratio of 70/30
- two weekly practices until after spring break, three afterwards; total ~88hrs
- roughly six tournaments per club season

3. Competitive

(16U, 17U & 18U – LTAD Learning to Compete stage)

goals

- advanced skills development & team tactics
- enjoyment of competitive VB
- training to excel in competitive environments

how accomplished

- two teams at 16U & 18U levels
- open tryout & selection process (by committee of coaches)
- A vs. B team identification: player placement on teams is intended to advance their development as VB players
- playing time begins to become unequal in some situations (e.g. playoffs of important tournaments; during Provincial & National championships); typically more unequal at 18U than at 16U
- NCCP coaches (level 2 should be a minimum; level 3 is desirable for 18U; ideally, parent-coaches are not desired at the upper levels, especially 18U)
- it is expected that the athletes will be participating in 1 complementary sport at 16U and typically by the 18U level the athletes are focused solely on volleyball
- training/competition ratio of 60/40
- three weekly practices at 16U (3rd practice is skills & conditioning); total ~108hrs
- four weekly practices at 18U (4th practice is skills & conditioning); total ~144hrs

4. Other

- In 2013 BCO initiated the position of Director of Athlete Development to facilitate a strategic view of athlete development across all age levels.
- a technical syllabus of what should be taught at each level (originally developed by Chris Densmore in 2010) elaborates the instructional approach at each level.
- BCO proacts in working with the North Shore Volleyball Canada Centre of Excellence (VCCE) to provide athletes with further opportunities for development while planning to coordinate activities and minimize over-training.
- coaches typically do not move up with the same group of players from year to year
- players typically play at their proper age group. Exceptions are considered, but only if the athlete would likely be a starter on the top team at the older age group