

## VTAW/AIS YEARLY TRAINING PLAN 2003

		JANUARY			FEBRUARY			MARCH					APRIL					MAY					JUNE				JULY				AUGUST							
Week Starting		19	26	2	9	16	23	1	8	15	22	29	5	12	19	26	31	3	10	17	24	7	14	21	28	5	12	19	26	2	9	16	23	30	8	15	22	29
Training week		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18																35	36	37	38

The diagram illustrates a sequential timeline. It begins with a box labeled "Training". An arrow points from this box to a yellow rectangular block labeled "AIS Squad Training Period". Another arrow points from the end of the yellow block to a green rectangular block labeled "National Team Competition/Training". A final arrow points from the end of the green block to the right, indicating the timeline continues.

Training phase	Transition	Transition	Pre-season	Specific prep	Competition
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Technical/Tactical	Ball Cont	Ball Cont	Attack	Attack	International Competition Season	
	overhead	overhead	sideout	combinations	Blocking	N
	digging	digging	transition	backrow	Committing	a
	Agility	Agility	Blocking	Blocking	Triples	t
	foot speed	foot speed	fast over	Committing	Attack	l
	direction char	quick reaction	triple blocking	Footwork	Hitting angles	o
	Technique	Technique	footwork	Defence	varying tempo	n
	armswing	armswing	Defence	team systems	attack coverage	a
	blocking	blocking	individual	General	using the block	l
			team systems	middle setting 2nd ball	setter reading the block	J
		Serving		combo plays	n	
		aggression			r	
		jump				

Competitions	See attached schedule
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