

OREGON STATE UNIVERSITY VOLLEYBALL YEARLY PLAN 2013

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Week Starting - Mon	14 21 28	4 11 18 25	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23
Training week	1 2 3	4 5 6 7	8 / / /	1 2 3 4 5	6 7 8 9	/ / / / /	/ / / / /	/ 1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16	17 18 19 /

[illegible]

Training	Winter-8 hrs /week	BREAK	Spring 20hrs/week	Ind. 8hr	Ind. 8hr	SUMMER - NO ORGANISED PRACTICE - Strength & Conditioning + Open Gyms	Competitive Season.

Training phase	Individual + S&C	Team Prep/Competition	Indiv.	S & C plus Open Gyms	Pre-season	Pac 12 Season	NCAA
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Technical/Tactical	Individual Practice	Team Practice	Summer	Team Practice	R	R	F
	3 x 40 minute sessions per week 4 x 1.5 hr S & C sessions per week Captain selection/mentoring Focus on individual skills OH - feet to ball, shots MB - 1's (tempo) 31's, slides DS-L Passing & defense Setter - accuracy and tempo	Position experimentation Offense systems Defense systems Playing experience Plus: 2 weeks of 2hrs/week individuals at the end of Spring	Athletes taking summer classes Supervised strength and condit. Summer Camp 7/12 - 7/20 Twice weekly open gyms Sand Open Gyms Summer internships	4 weekends prior to start of Pac -12 Conference play 20 match season UW/WSU Single match only 20 hrs per week VB 101 - all topics Defense Systems Offense systems Individual technical Team bonding Double days			
	General Blocking - footwork/eyework Serving - zones and green light						

	Fall term commences 9/30/13
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