

VOLLEYBALL BC

12U Guidelines *Program Structure and Meaningful Competition*

- 2018 -

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VOLLEYBALL BC

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Resources	
Heading	Website
Volleyball BC	http://www.volleyballbc.org
Online Registration	http://www.volleyballbc.ca/registration.asp
Youth Programs (Atomic, School, Club, Beach)	http://www.volleyballbc.org/youth/
Coaching	http://www.volleyballbc.org/coaching/
Officiating	http://www.volleyballbc.org/officials/
Team BC	http://www.volleyballbc.org/youth/team-bc/
Club Accreditation	Launching shortly
Volleyball Canada Development Model	http://www.vcdm.org/

2015 Partners	
Organization	Website
Volleyball Canada	www.volleyball.ca
viaSPORT	www.viasport.ca
Baden Sports	www.badensports.com
Sandman Hotel Group	www.sandmanhotels.ca
Canuck Volleyball	www.canuckstuff.com
Government of British Columbia	www2.gov.bc.ca



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12U Guidelines

Program Structure and Meaningful Competition

Volleyball BC has developed guidelines for registered clubs that are interested in starting a competitive 12U program. In 2017, we had eight teams compete at the 12U Provincial Championships in BC. With a growing number of competitive 12U programs across the province, Volleyball BC has recognized the need to create a club structure with meaningful competition where participants in these programs can further develop their skills in a fun and inclusive environment. The need for guidelines regarding program structure as it pertains to training, coaching, and team formation has also been identified. The guidelines below have been developed with the consideration of Long Term Athlete Development (LTAD) and current Volleyball Canada recommendations. Volleyball BC is passionate about supporting the development of a meaningful competition structure for 12U club programs across the province. If your club is interested in starting a 12U program, please review the following document and contact Rosalynn Campbell, Regional Development Manager, at rcampbell@volleyballbc.org with any questions or feedback.

Program Structure

Team Formation

The intention of 12U club programs is to introduce athletes to training and competition. Most participants in this age category will have little to no previous volleyball experience outside of their elementary school setting. Clubs should hold open registration that allows for any interested 12U participants to register. Volleyball BC strongly discourages team try-outs and cuts within this age category. In lieu, clubs are encouraged to hold “12U Intro Sessions” where interested participants can come and participate in a session prior to committing to and registering in a competitive 12U club program. Clubs are also encouraged to take as many athletes as reasonably possible with respect to the number of available 12U coaches. Ideally, clubs will work within a 12:1 athlete to coach ratio for this age category.

Equipment

All Volleyball BC 12U events will utilize a Baden 450 or Volleyleite volleyball. Court size will be modified to 8m (depth) x 9m (wide). This modification can be easily achieved by using court tape to mark a new end-line on each side of the court at 8m from the net. For practices and play days, many school gymnasiums have an additional line at 7.95m, which can be utilized for court modification.

Training

Volleyball BC recommends 1 x 90 minute training sessions per week for 12U teams during the Season of Play as outlined in the 2018 Club Handbook at <http://www.volleyballbc.org/club-volleyball/>. Practices should be fun, inclusive, and should include age-appropriate modifications that allow for success and encourage team-play. [Appendix A](#) outlines a sample training session for this age group. As per LTAD, 12U athletes are *Learning to Train* and there should be no position specialization. More information about LTAD can be found on the Volleyball Canada Development Model website here: <http://vcdm.org/vision/solutions/>

Coaching

Initially, coaches should allow for and encourage modifications where necessary as athletes learn the sport. Training should progress each week and should provide an opportunity for maximum number of contacts during game play by utilizing 2 vs. 2, 3 vs. 3, or 4 vs. 4 Triple Ball formats. [Official 2018 Triple Ball Rules for 12U and 13U can be found by clicking here](#). Coaches should acknowledge all progress in skill development with specific-positive feedback. Athletes should always be encouraged to try new skills and should be allowed to do so in a fun, safe, and positive environment. Clubs running 12U programs can contact Volleyball BC by emailing Rosalynn Campbell at rcampbell@volleyballbc.org for coaching resources and workshops specifically developed for this age group and skill level.

Season of Play

Volleyball Canada recommends approximately 24 weeks of volleyball exposure for this age category (<http://vcdm.org/vision/view/9-12-learning-to-train>). Following these recommendations, the 12U season of play will run November 19, 2017-May 31, 2018. Clubs may also choose to run an Atomic program for 9 – 12U athletes and further guidelines regarding Atomic programs are outlined below.

Meaningful Competition

12U Events

We encourage clubs that are running 12U teams to coordinate play days with other 12U club teams. This will allow for a fun, low-key introduction to competition for these young athletes. Play days should follow the same competition guidelines as other 12U events (modified court size and Triple Ball format). Volleyball BC will be hosting a number of 12U events as listed below. In the event of low registration, 12U events will be combined with 13U events and will be played on a regulation sized court utilizing Triple Ball.

12U Provincial Championships

This event is scheduled for May 4 – 6, 2018 in Abbotsford at the Tradex Convention Centre. 12U Provincial Championships will be a 6 vs. 6 competitive Triple Ball event designed to provide meaningful competition for all participants. If there are not enough teams registered to run an independent 12U Provincial Championships, all 12U teams will compete in the 13U Provincial Championships, which will run a 6 vs. 6 Triple Ball format on a regulation sized court. For cost and registration information, [please visit our website by clicking here](#).

12U Girls Competition Calendar					
Date	Event	Location	Early Deadline	Late Deadline	Fee
NOVEMBER					
18	12U Boys & Girls Jamboree	Kelowna	November 10	November 10	\$45/ person
25	12U Boys & Girls Jamboree	Duncan	November 19	November 19	\$45/ person
FEBRUARY					
24 & 25	12/13U Girls Super Spike ("AA" & "A")	Nanaimo	January 26	February 2	\$300
MARCH					
3	12U Boys & Girls Jamboree	Kelowna	February 23	February 23	\$45/ person
3	12U Boys & Girls Jamboree	Duncan	February 23	February 23	\$45/ person
3	12U Girls Spike League	Burnaby	February 2	February 9	\$125
10 & 11	12/13U Girls Super Spike ("AA" & "A")	Kelowna	February 9	February 16	\$300
17 & 18	12/13U Girls Super Spike ("AA" & "A")	Burnaby	February 16	February 23	\$300
APRIL					

14 & 15	12/13U Girls OK Championship	Kelowna	March 10	March 10	\$300
14 & 15	12/13U Girls NOR Championship	TBA	March 10	March 10	\$300
14 & 15	12/13U Girls FV Championship	TBA	March 10	March 10	\$300
14 & 15	12/13U Girls LM Championship	Burnaby	March 10	March 10	\$300
TBA	12/13U Girls IS Championship	Duncan	March 10	March 10	\$225
MAY					
4-6	12U Girls Provincial Championship	Tradex, Abbotsford	March 10	March 10	\$375

12U Boys Competition Calendar					
Date	Event	Location	Early Deadline	Late Deadline	Fee
NOVEMBER					
18	12U Boys & Girls Jamboree	Kelowna	November 10	November 10	\$45/ person
25	12U Boys & Girls Jamboree	Duncan	November 19	November 19	\$45/ person
FEBRUARY					
17 & 18	12/13/14U Boys Super Spike	Kelowna	January 19	January 26	\$300
MARCH					
3	12U Boys & Girls Jamboree	Kelowna	February 23	February 23	\$45/ person
3	12U Boys & Girls Jamboree	Duncan	February 23	February 23	\$45/ person
10 & 11	12/13/14U Boys Super Spike	Victoria	February 9	February 16	\$300
APRIL					
7 & 8	12/13/14U Boys Super Spike	Burnaby	March 9	March 16	\$300
14 & 15	12/13/14U Boys OK Championship	Kelowna	March 10	March 10	\$300
14 & 15	12/13/14U Boys NOR Championship	TBA	March 10	March 10	\$300
14 or 15	12/13/14U Boys IS Championship	Nanaimo	March 10	March 10	\$225
14 & 15	12/13/14U Boys FV Championship	TBA	March 10	March 10	\$300
14 & 15	12/13/14U Boys LM Championship	Burnaby	March 10	March 10	\$300
MAY					
4-6	12U Boys Provincial Championship	Tradex, Abbotsford	March 10	March 10	\$375

Atomic Jamborees

Atomic Jamborees are designed to give athletes ages 9 – 12 years an introduction to competition. They will be played in a round-robin format. These events are an excellent introduction to competition for young athletes enrolled in Atomic programs and for 12U athletes that are new to the sport.

The first Volleyball BC Atomic Jamboree was piloted on Vancouver Island in Duncan on November 26, 2016 at Duncan Christian High School and was extremely successful. The fall 2016 Island Jamboree piloted the 4 vs. 4 modified Triple Ball 12U Meaningful Competition Rules as developed by Volleyball Canada and volleyball PSO's across the country. Subsequent VBC Atomic Jamborees were held in the Okanagan and again on the Island in the spring of 2017 and were also very successful events. The Richmond Olympic Oval will continue to host fall and spring Atomic Jamborees annually. Dates for all Jamborees are listed below. All participants will register as individuals for Volleyball BC Atomic Jamborees. The morning will be run as a camp-style session and in the afternoon participants will be placed into teams where they will compete in a round-robin tournament. Please note that Atomic Jamborees organized and hosted by the Richmond Olympic Oval are typically team registration only and follow their own format. The following is a tentative list of Atomic Jamboree dates for 2017/2018:

- **November 2017 (date TBA):** Richmond Olympic Oval Atomic Jamboree. Please note this is not a Volleyball BC event, but we encourage all eligible LM/FV athletes to attend this event. Please contact Taylor Sims via email for further information (tsims@richmondoval.ca).

- **Saturday, November 18, 2017:** Volleyball BC Okanagan Atomic Jamboree, Kelowna, BC (location TBD). Registration is now open. [Click here to visit our website](#) for further information and registration details. *This event is individual registration only.*
- **Saturday, November 25, 2017:** Volleyball BC Island Atomic Jamboree at Duncan Christian High School, Duncan, BC. Registration is now open. [Click here to visit our website](#) for further information and registration details. *This event is individual registration only.*
- **Saturday, March 3, 2018:** Volleyball BC Okanagan Atomic Jamboree, Kelowna, BC (location TBD). Registration will open January 8, 2018. [Click here to visit our website](#) for event listings. *This event is individual registration only.*
- **Saturday, March 3, 2018:** Volleyball BC Island Atomic Jamboree at Duncan Christian High School, Duncan, BC. Registration will open January 8, 2018. [Click here to visit our website](#) for event listings. *This event is individual registration only.*
- **March 2018 (date TBA):** Richmond Olympic Oval Atomic Jamboree. Please note this is not a Volleyball BC event, but we encourage all eligible LM/FV athletes to attend this event. Please contact Taylor Sims via email for further information (tsims@richmondoval.ca).

Atomic Volleyball

Program Information

Regardless of whether a club is interested in forming a competitive 12U team, all clubs are strongly encouraged to run Atomic programs. For example, a club may choose to run an Atomic program during fall, and then begin their 12U Club program in January. A club may also choose to run an Atomic program during club season for 9 – 12U athletes that are not yet interested in a competitive club program. An Atomic program is an excellent way to introduce athletes to volleyball prior to having them commit to a 12U Club program. Further, the Atomic Jamborees facilitate a fun and inclusive way to wrap-up spring and fall Atomic programs. Volleyball BC strongly encourages all clubs to run an Atomic program and attend a fall or spring Atomic Jamboree so that 12U athletes can experience a fun and inclusive introduction to the sport and competition. Although team registration is not permitted for Atomic Jamborees, coaches may identify that all or some of their 12U athletes, especially those that are new to the sport, should attend an Atomic Jamboree to further their skills and development.

Atomic Volleyball has been developed for participants 9 – 12 years of age and is an ideal introduction to the sport of volleyball. According to Volleyball Canada, offering Atomic programs exposes kids within this age category to “the most important window for training sport skills”. By instructing modified games and skills, young athletes are able to learn volleyball in a way that develops self-efficacy and increases their chances of staying involved in the sport for life. Atomic Volleyball programs are an excellent way for clubs to ensure sustainability and develop their athlete and coach pipelines. Age appropriate games and information can be found on the Volleyball Canada website here vcdm.org/vision/directions-and-solutions/age-appropriate-games and by contacting Rosalynn Campbell at rcampbell@volleyballbc.org.

Membership Structure

12U Club

Volleyball BC has implemented a tiered membership structure for competitive 12U athletes. Membership fees for 12U athletes in the 2018 club season will be \$25. Actively registered 12U athletes are eligible to register and participate in 12U Volleyball BC events.

Atomic

Clubs that run Atomic Programs will still be able to purchase a \$5 modified membership fee per participant. Participants with modified memberships will not be eligible to participate in 12U Volleyball BC events, but will still be able to register and participate in Atomic Jamborees.

Appendices

Appendix A – Sample Practice Plan

Introduction of Skill & Review Focus.	Warm-up	Activity 1:	Activity 2:	Activity 3:	Game Play:
Session 1: Ready Position Intro Set and Forearm Pass	Dynamic 5 min British Bulldog 5 min	Ready Position 2 min Toss & Catch 8 min Tennis 10 min	Setting Mechanics Set to floor, wall, self 15 min	Forearm Passing Mechanics Coach toss, pass and catch 15 min	Circulation 4v4 Pass to self and catch 30 min

Session 1

Skill Focus: Ready Position, Intro Setting & Forearm Passing

Overall Objectives: Move to the Ball in an Athletic Position

Dynamic Exercises (5 min)

1. Players are spread out along the back line of the court.
2. Side shuffle with arm swings to the net and back (facing the same way).
3. Karaoke/Grapevine to the net and back.
4. Butt kicks to the net and back.
5. High knees to the net and back.
6. High knee skips to the net and back.
7. Alternating leg swings/kicks to the net and back.
8. Alternating lunges to the net and back.
9. Sumo Squats to the net and back.
10. Hamstring walking stretch (sweep the floor).

Warm-up Game: British Bulldog (5 min)

1. Pick one person to be "IT", they are the bulldog.
2. The bulldog begins at the center-line of the gym. The rest of the players stand on the far wall of the gym.
3. When the coach yells "British Bulldog" everyone must try to run safely to the other side of the gym without being tagged by the bulldog.
4. The next round whoever was tagged by the bulldog is now also a bulldog.
5. Continue until everyone has been tagged. Or name the last person the winner and the bulldog for the next round.

Activity 1a: Toss and Catch (10 min)

Goals: Move to ball in athletic position mimicking volleyball actions.

1. Introduce the mechanics of proper athletic ready position.
2. Every player has his or her own ball.

3. Get athletes to toss high with a two-handed underhand toss and catch their ball above their foreheads (mimicking setting).
4. Get athletes to toss a little lower this time with a two-handed underhand toss and catch their ball at/below waist height with their arms fully extended (mimicking forearm passing).
5. Have athletes alternate between catching above forehead (setting) and catching at/below waist height (forearm passing).
6. Now in partners have athletes toss to another athlete.
7. Now the athletes must choose depending on the height of the toss, which way they should catch the ball.

Notes:

- Progress to having the athletes work on side-to-side movements and front-to-back movements as well.
- Emphasize the proper techniques for a good toss. This means they are also in an athletic position and using both their arms and legs to toss the ball. While tossing they can mimic proper forearm passing technique.

Activity 1b: Tennis (Catch & Throw) (10 min)

Goal: Catch the ball before it hits the floor and attempt to outwit the player on the other side by throwing the ball into an open space on the court.

1. Use a badminton court.
2. 3 or 4 players on either side of the net.
3. 1 player on the court from each team.
4. The rest of the players are lined up single file at the end of the court.
5. The first player begins with an easy toss to the player on the other side.
6. Once the first player has tossed the ball over the net, they run to the back of the line on opposite side of the court and the next player fills in on the court.
7. The player on the other side catches the ball and can now throw the ball over and attempt to place the ball in an empty space on the court.
8. If the player is unable to catch the ball or the toss doesn't make it over the net, the player who made the error must complete a quick physical activity on the side of the court (10 jumping jacks, high knees, crunches etc.)
9. Once the player who made the error has completed their physical task, they may re-enter the activity.

Notes:

- Can make it easier by having players stay on the same side the entire time, instead they would go to the back of the line on their side.
- Can make it easier by allowing one bounce before catching.
- Encourage athletes to mimic the volleyball skills as in the previous activity. Have them catch like a set above their forehead and at/below their waist like a forearm pass.
- Can make it more challenging by only allowing only one type of catching.

Activity 2: Introduction to Setting (15 min)

Goal: Learn setting technique and get a feel for the proper way to set.

1. Introduce the mechanics of setting.
2. Everyone has their own ball.
3. Have athletes practice hand positioning with ball on the floor and have them feel the ball in their hands.

4. Have athletes stand with hands in proper position, walk around and place the ball into the shape of their hands.
5. Have athletes bounce the ball to the ground to get a feel for the motion and feel of the ball in their hands in the proper setting position.
6. Next have athletes stand close to a space on the wall and practice setting against the wall.
7. Then athletes take a step away from the wall and continue setting.
8. Now have the athletes spread out on the gym floor and set to themselves.

Notes:

- For more advanced groups when setting against the wall you could have them aim for a spot on the wall and alternate between a high target and a lower target.
- For less advanced groups when setting to yourself encourage athletes to keep the ball from hitting the floor. Therefore, if they are unable to set the ball continuously to themselves they can catch the ball and keep the “rally” going.

Activity 3: Introduction to Forearm Passing (15 min)

Goal: Learn forearm passing technique and transition from hands out in ready position to forearm passing hand positioning.

1. Introduce the mechanics of forearm passing.
2. Have everyone stand in ready position and coach calls out a command.
3. Coach either says “Set” or “Pass”.
4. Once coach gives the command athletes must imitate the action of the skill without a ball. Tell athletes to visualize an actual ball while doing the activity.
5. Now all athletes grab a ball and spread out along a space on the wall.
6. Athletes practice forearm passing against the wall.
7. Next have athletes spread out around the gym floor and pass to themselves.
8. Have athletes try to set and forearm to themselves to keep the ball in the air.

Notes:

- For less advanced groups have athletes forearm pass to themselves and allow a bounce in between the next pass.
- For more advanced groups have athletes alternate between a high pass and a lower pass.

Game Play: Circulation 4v4 (30 min)

1. Athletes throw the ball over the net and into their opponent’s court.
2. The opponent attempts to catch the ball and throws it back.
3. A point is earned when the ball is grounded onto your opponent’s court.
4. Each team must rotate positions (clockwise) every time they have thrown the ball over the net.
5. Begin with 5 min of warm-up without keeping score and allowing athletes to get a feel for the game.
6. Begin with catch and throw only.
7. Play for a set amount of time.
8. Progress to having the athletes forearm pass the ball that has been thrown over and they must catch their own ball, which they then throw over the net.

Notes:

- Begin with catch and throw only
- Progress to forearm pass to self and catch.

- For more competitive groups have athletes who make an error step off the court and do a physical activity.
- Teams can get players back in the game by catching and tossing the ball over the net two times in a row (in the same rally). It can also be a forearm pass, catch, and toss, two times in the same rally.
- Explain the importance of communication and calling “mine” when someone is about to play the ball. The sooner the better, as it communicates to others on the team that they are going to get the ball.

Appendix B – Volleyball Canada Meaningful Competition Rules

Atomic Jamboree Official Rules

Court	6.1m x 13.4m. Badminton court lines or taped onto a standard volleyball court, including a service/back court attack line approx. 2m from the net., i.e. Badminton court service line
Net	Badminton or volleyball net (ropes can be fashioned to replicate a net) 2 meters in height.
Balls	Tachikara Soft-V or Volley Lites are (SV14) recommended. Circumference: 25.6 – 26.4 in./65.02 – 67.06 cm., Weight:7.0 – 7.7 oz./198.45 – 218.29 g
Team Composition	Team size of 6 is recommended. Single gender participation recommended, co-ed participation is permitted.
Number of players	4 vs. 4. Rotation into the game upon completion of triple ball sequence. All participants must play in each set.
Systems of Play	A diamond shaped serve receive pattern is recommended as well as a square (2 at the net, 2 backcourt) during service and defense.
How to score a point	Standard rally point volleyball scoring, using the Tripleball sequence. Teams keep score and self-referee.
How to win the game	Best 2 out of 3 sets. 3 rd set to 15. Win by 2.
Starting / resuming the game	The ball can be served using an overhand or underhand serve attempt. The player may not go beyond the back service line. The ball may touch the net while crossing to the opponent's side.
Playing the ball	The 1st and 3rd contacts must be a volleyball skill. The 2nd contact may be a catch & throw and must be in one fluid motion. The ball can be caught either above the head in a setting position or in front of the body. During the second contact, participants are encouraged to self-toss to a volleyball skill to move the ball to the next player. Ball is not allowed to cross the net with a throw. Any action to play the ball, including a self-toss to a volleyball skill or a direct volleyball skill is considered in play. Blocking is allowed but must only be one player and the player must be within arms reach of the net with hands above and in front of their head. No walking with the ball.
Play Day Awards	Recommended: Awards are based on character attributes, such as hardest working, spirit, leadership, most improved etc and not based on skill accomplishments, such as best server, best hitter.
Season Length	Recommended: 12-16 weeks with 2 practices week.

