

Volleyball club curriculum

Your club's coaching pathway on a few pages: what players learn at each age, what every team trains, how you assess players and how you see whether it really happens in the teams.

Club _____ Season _____ Agreed on _____ Kept up to date by _____

How to use it: fill in the curriculum together with your coaches, not for them. Write everything as something you could see in a session. Go through it with all coaches before the season and use section 6 after each period to check whether it happens in the teams.

1. Principles

Three to five principles your club stands for on the court. For each one, write what you would see of it in a session or match.

Principle	What you see of it in a session or match
<i>Example: in youth teams, fun and lots of ball contacts come before winning.</i>	<i>Example: everyone plays in every match; in drills nobody waits long in a line.</i>

Ambition. Tick what fits. If you had to choose, what comes first? Put a 1 next to it.

- ☐ Participation: everyone plays at their own level; enjoyment and belonging come first.
- ☐ Development: we develop players for our own higher teams.
- ☐ Performance: our first teams play at the highest level they can reach.
- ☐ Other: _____

2. What a player can do when leaving the youth section

The end point of the pathway: what can a player aged _____ who has come through all your youth teams do?

Area	What the player can do by then
Technique	
Game sense and tactics	
Physical and movement	
Attitude and team behaviour	

3. Pathway by age

What matters most in each age group. On the left, fill in the ages the way your teams are grouped. Write at most three things per box, each one something you can see.

Example of one box: not 'good passing' but 'passes a tossed ball with the forearms back to the tosser'.

Age	Game format and court players per side, net, court	Technique pass, set, serve, attack, block	Game sense and tactics choices, positions, systems	Physical and movement jumping, speed, load	Attitude and team behaviour effort, teamwork, independence
___ to ___ years					
___ to ___ years					
___ to ___ years					
___ to ___ years					
___ to ___ years					
___ to ___ years					

Game format and court: use what your national federation sets out for this age.

4. Training content

Per age group

Age	Sessions per week	Minutes per session	Fixed parts of every session	Where the drills are kept
___ to ___ years				
___ to ___ years				
___ to ___ years				
___ to ___ years				
___ to ___ years				
___ to ___ years				

Theme per period

Split the season into periods of a few weeks. All teams of the same age work on the same theme in the same period.

Period	Age ____	Age ____	Age ____	Age ____	Age ____
Period 1 from week ____ to week ____					
Period 2 from week ____ to week ____					
Period 3 from week ____ to week ____					
Period 4 from week ____ to week ____					
Period 5 from week ____ to week ____					

5. Assessment

How and when you assess players, and what a player and their parents hear back. Assess against the pathway in section 3, not against results.

Scale for every point in the pathway (adapt as you like)

Score	Meaning
1	not yet
2	works with help or in an easy drill
3	works independently in a session
4	also works in a match, under pressure

When and by whom

Moment	What we assess	Who assesses	Where it is kept	What the player hears back
Start of the season				
Middle of the season				
End of the season				

Moving up to a higher team: what we look at

6. Is it happening in the teams?

A plan nobody can see in the gym only exists on paper. After each period, go through these points for every team and note what you see.

Period		Filled in by				Date
Team	Coach	Plan made in advance	Theme visible	Report after session	Assessment on time	Agreement or action

Fill in: **Y** = yes, **P** = partly, **N** = no.

How we check

- Session visits: _____ per period per team, by: _____
- A conversation with every coach: _____ times a season.
- Coaches record their session plan and report in: _____
- If it is not happening, then: _____

In the Koach app (Club subscription), someone with the **Technical manager** role reads along in each team's **Team log**: attendance, what of the programme was done, the coaches' report and their notes on players.

You are free to use, copy and adapt this template.

Player assessment sheet

One sheet per player per assessment moment. Copy the points from the pathway for their age and score them with the scale from section 5.

Player _____ Team _____ Age _____

Moment _____ Assessed by _____ Date _____

Area	Point from the pathway	Score	Notes
Technique		1 2 3 4	
Technique		1 2 3 4	
Technique		1 2 3 4	
Game sense and tactics		1 2 3 4	
Game sense and tactics		1 2 3 4	
Physical and movement		1 2 3 4	
Attitude and team behaviour		1 2 3 4	
Attitude and team behaviour		1 2 3 4	

Agreement for the next period

Discussed with the player on _____

With the parents on (youth) _____