



SENIOR CAMP • HIGH SCHOOL

The *eight-week* training plan.

A working outline of what you train, when, and why. Sixteen sessions across eight weeks. Foundations and combinations in the first half, tactics and competition in the second. The arc and the session shape are drawn from Volleyball Canada's Train-to-Train framework and FIVB Level II progressions.

How I coach.

Three priorities sit on top of every drill we run. Athleticism. Fundamentals. The mental game. Equal in weight, drilled together, never in isolation.

Athleticism first

Sand is the best surface there is for building a young athlete. Indoor specializes you. Beach generalizes you. With two players on a court there are no specialists, no liberos, no exclusively-front-row players. You serve, you pass, you set, you hit, you block, you defend, every single point. The volume of touches and the demands of the surface do more for an athlete in a summer than two indoor seasons of the same length.

It's easier to take your outdoor skills into the gym than to bring your indoor skills outside.

KARCH KIRALY, THREE-TIME OLYMPIC GOLD MEDALIST, USA VOLLEYBALL WOMEN'S NATIONAL TEAM
HEAD COACH

Fundamentals, in progressions

The summer is structured so every skill gets its own week of dedicated work, with drills that scale by ability inside the same group. A high schooler with a year of club play and a high schooler who is brand new to the sport can run the same drill on the same court at different tempos and both improve. Twenty players per group, two coaches working different ability groups in parallel, one-on-one pull-aside time built into every session.

The mental game

Volleyball is a reading sport. Where is the setter sending it? What is the hitter's shoulder telling you? Where is the wind? What is the score, and what shot does the moment call for? This is the difference between a player who can swing and a player who knows when. The research is unambiguous: a 2020 meta-analysis in *Frontiers in Psychology* found decision-training programs produced large improvements in volleyball decision-making over standard practice (Conejero Suárez et al., effect size 0.94). Smart play wins games against bigger, faster opponents. It is the most teachable edge in the sport.

More on this at lanarkcountybv.vercel.app/about. Simon.

What two hours looks like.

Mon and Wed evenings, 6:00 to 8:00 pm. The focus shifts week to week. The proportions stay constant so players know what to expect.

15 min

WARM-UP

Dynamic mobility, sand-specific footwork, ball-handling. Heart rate up, joints awake, ball in hand inside three minutes.

30 min

TECHNICAL BLOCK

The week's focus skill, broken down and refined. Slow reps with corrective feedback, then live tempo. Coaches split by ability group.

35 min

TACTICAL DRILLS

Systems work. Side-out patterns, defensive positioning, partner communication, reading the play. Constraint-based drills that force the right decision.

30 min

GAME PLAY

2v2 with constraints. The week's skill stress-tested under live play and a scoreboard.

10 min

COOL-DOWN + DEBRIEF

Stretch, water, and a short film or whiteboard debrief on what we worked on. What to keep working between sessions. What's next.

Why this shape

The 15/30/35/30/10 split follows FIVB Level II and Erasmus+ session-design guidance for the Train-to-Train stage. The reasoning is that high school players need volume of decision-making reps, not standing-around technique lectures. Live game-like play takes up roughly a quarter of every session so the day's skill actually gets applied under pressure.

Week by week.

Senior Camp runs Mondays and Wednesdays from June 29 through August 19, 2026. Fifteen sessions. Canada Day, Wednesday July 1, is off. The arc moves from refinement and combination work (weeks 1 to 4) through advanced tactics (weeks 5 to 7) to competition (week 8).

WEEK 1 • JUN 29

Baseline + foundations

- FOCUS** Diagnostic and refinement. Movement on sand, ball control, passing platform.
- OUTCOME** Coach has a starting-point read on every player. Reception platform refined for the surface.
- FOUNDATION** *Senior players come in with prior experience. Week 1 isn't introductory — it's diagnostic. Volleyball Canada LTD, Train-to-Train stage; FIVB Level II. Canada Day off Wed.*

WEEK 2 • JUL 6, 8

Pass + attack as one sequence

- FOCUS** The pass → set → hit chain trained as a unit, not three separate skills.
- OUTCOME** Can execute a clean side-out exchange under controlled conditions.
- FOUNDATION** *Skill chains matter more than isolated repetitions at this stage. FIVB Level II tactical progression.*

WEEK 3 • JUL 13, 15

Setting + hitter selection

- FOCUS** Setter location, shot variety in the swing, choosing the right shot for the defender on the other side.
- OUTCOME** Distinguishes when to attack hard and when to short. Beginning to read the defender's position before swinging.
- FOUNDATION** *FIVB Level II offensive tactics. The first true decision-making layer of the camp.*

WEEK 4 • JUL 20, 22

Serving + pressure

- FOCUS** Serve variety (float, jump float, topspin). Serving to targets and under score-keeping pressure.
- OUTCOME** Has at least two reliable serve types. Comfortable serving with consequences on the line.
- FOUNDATION** *Erasmus+ Beach Volleyball Handbook on training serving under match-style pressure.*

WEEK 5 · JUL 27, 29

Block + defend the line

FOCUS	Blocking footwork and hand position. Block-plus-defender coordination as a two-person system.
OUTCOME	Understands when to commit-block and when to peel. Coordinates with a partner on defensive coverage.
FOUNDATION	<i>Blocking is a senior-level introduction — junior players don't block. FIVB Level II; the first true two-position tactical skill on the schedule.</i>

WEEK 6 · AUG 3, 5

Reading the hitter

FOCUS	Kinematic-cue anticipation. Full-court 2v2 with constraint games.
OUTCOME	Reads the hitter's shoulder, hip, and arm before contact. Defends earlier in the rally instead of reacting after the swing.
FOUNDATION	<i>Wang et al. 2024 on kinematic anticipation cues in expert volleyball players. Conejero Suárez et al. 2020 on transfer from decision-training to live play.</i>

WEEK 7 · AUG 10, 12

Strategy + the environment

FOCUS	Side-out and side-in patterns. Wind, sun, score management, partner communication under fatigue.
OUTCOME	Can articulate a game plan with a partner and adjust mid-match when the conditions or the opponent change.
FOUNDATION	<i>Erasmus+ Handbook on environmental tactics. FIVB Coaches Manual on match management. The final tactical week before competition.</i>

WEEK 8 · AUG 17, 19

Compete

FOCUS	Closing tactical review on the Monday. Internal Senior tournament on the Wednesday.
OUTCOME	Eight weeks of skills applied under live match pressure. Closing one-on-one with a coach on what to keep working on after the summer.
FOUNDATION	<i>LTD Train-to-Train competition phase. End the summer in match conditions. Pizza after.</i>

Where this comes from.

The arc is not improvised. The session shape, the eight-week progression, and the priority on the mental game all draw on published coaching frameworks. The short list below is where the methodology comes from, in case you want to read further.

Selected sources

Volleyball Canada · Long-Term Development model (LTD 3.0, 2024). The national framework for athlete development. High school players sit at the Train-to-Train stage, where skill consolidation, tactical introduction, and competitive play come together. volleyball.ca/en/about/ltad

Ontario Volleyball Association · Athlete Development Pathway. The OVA pathway lays out the four dimensions every program develops together: technical, physical, psychological, and life skills. teamontariovolleyball.org/athlete-pathway

FIVB Coaches Manual, Level II. The international federation training manual for intermediate coaches. The technique and tactical progressions used in weeks three through seven draw on the Level II framework. fivb.com

Erasmus+ Beach Volleyball Handbook (European Commission). A peer-reviewed European coaching handbook for beach session design. Used as a cross-reference on the 2v2 constraint games introduced in week six. ec.europa.eu

Conejero Suárez et al., 2020 · meta-analysis on decision training in volleyball. Published in *Frontiers in Psychology*. Decision-training programs produced significantly better decision-making improvements than standard training (Hedges' $g = 0.94$, 95% CI 0.63 to 1.25). Smart play can be coached directly. [PMC7277643](https://doi.org/10.3389/fpsyg.2020.00763)

Wang et al., 2024 · anticipation in expert volleyball. Experts use early kinematic cues (shoulder, arm, hip) to anticipate the play. Novices wait for the ball trajectory. The gap closes with anticipation-specific training. [PMC11274628](https://doi.org/10.3389/fpsyg.2024.1127462)

It is not where you are, it is who you are; it is not how big you are, it is how good or how great you are.

MARV DUNPHY, PEPPERDINE HEAD COACH, 1988 USA OLYMPIC GOLD-MEDAL COACH

Questions about any of this? Text Simon at 613-207-9303 or DM @lanarkcountybv.