

VOLLEYBALL



DEVELOPMENT PROGRAM

A specialised volleyball development program designed to build technical ability, tactical awareness and match performance through quality coaching, sport-specific training and competition.

- Technical development
- Tactical awareness
- Movement & footwork
- Performance habits
- Competition preparation
- Individual feedback

DEVELOP YOUR GAME.

ELEVATE YOUR PERFORMANCE.

Year 9/10 Elective

Volleyball Development

Competitions and Excursions

**Athletix Strength &
Conditioning Partnership**



WHAT WE OFFER

PROGRAM STRUCTURE

- Three timetabled lessons per week
- Two practical volleyball lessons and one theory lesson
- Units aligned to the Australian Curriculum: HPE v9.0



TRAINING AND DEVELOPMENT

The program will focus on:

- Volleyball skill and technical development
- Tactical awareness and game play
- Coaching, refereeing and leadership
- Competition preparation
- Weekly before-school strength and conditioning training with Athletix

ANNUAL PROGRAM SUBJECT LEVY: \$100 PER STUDENT

The program levy contributes to:

- Volleyball Development Program training jersey
- Competition entry and registration

Some competitions, excursions and optional activities may incur an additional cost.



APPLY NOW

sport@yerongashs.eq.edu.au

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Yeronga QLD 4104

07 3249 1400

yerongashs.eq.edu.au

APPLICATION PROCESS

- Submit the application form via email to sport@yerongashs.eq.edu.au
- Successful applicants will be invited to trial
- Coaches will assess applicants
- Students will be notified of acceptance or placement on the waiting list.
- Volleyball development annual fee: \$150



TRAIN DEVELOP COMPETE

