

Junior Development Program (JDP)

Program Overview

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The Junior Development Program (JDP) is a national camps and international tours based program for targeted volleyball and beach volleyball athletes from across Australia under-pinned by State-led talent identification and development programs.













The program continuously produces an experienced pool of international quality players capable of sustaining a professional volleyball career and suitable for selection as a senior Volleyroo. In addition to the identification and development of our future Volleyroos, the Junior Development Program also supports the broader development of volleyball talent and promotion of volleyball as a sport of choice across the country. A complimentary purpose of the Junior Development Program is to provide a structured coach development program to grow the coaching talent in Australia.

Volleyball Australia uses the **FTEM (Foundations, Talent, Elite and Mastery) Framework** to assist in the reviewing, planning and supporting of athlete pathways within Volleyball. This framework has been developed by the Australian Institute of Sport (AIS) and has been adapted by Volleyball Australia to enhance our vision and strategic goals for the future. More information on the FTEM Framework can be found on the Australian Institute of Sport (AIS) website (<https://ais.gov.au/ftem>)

Volleyball Australia – National Development Framework



FTM Stages	NON-ELITE (Foundation Movement)			PRE-ELITE/TALENT (Potential to be elite)				ELITE/HIGH PERFORMANCE (International)		
Phases & Descriptions	F 1	F 2	F 3	T 1	T 2	T 3	T 4	E 1	E 2	M 1
	Basic Movement Foundations	Extension, Refinement of Movement Foundations	Sport-specific Commitment &/or Competition	Demonstration of Potential	Talent Identification	Practicing & Achieving	Breakthrough & Reward	National Representation	Podium Success	Sustained Success at E2
An Athlete is:										
	Learning the fundamentals of movement associated with volleyball (i.e. hand/eye coordination, object control using hands/arms)	Participating in organised volleyball related activities such as Spiker Sports to develop volleyball specific skills. Participating in unorganized volleyball at home or school	Playing volleyball in a school setting, either in organised Physical Education classes or interschool sport.	Talent identified at regional or state competition & invited to attend State or VA Junior Development opportunities.	Confirmed as a potential athlete for State/Territory & National Junior Development squads.	Committed to daily training & competition within State/Territory or National Junior Development programs.	National Junior Development Squad member; representation of Junior Development Program at international competitions	Representing Australia in key international events: AVC, FIVB Champs, AVL, World Tour, Commonwealth Games, Olympics	A member of the Volleyroos & a winner of a medal at an international event.	An integral & longstanding member of the Volleyroos & winner of multiple medals at an international event.
VA Category:	Participation			Potential Emerging	Emerging	Development	Podium Potential	Podium		
				State identified athlete with the ability to progress to an Emerging &/or Development athlete status within 1-3 years	Nationally identified athlete with the potential to progress to National Junior Development Squad within 2 years	VA selected member of the Development Squad capable to reaching Senior Squad status within 1-3 years.	VA selected member of a National Squad competing at International level benchmark &/or other international events & capable of maintaining performance at this level.			
Competition	Junior Participation			Potential Emerging	Emerging	Development	Podium Potential	Podium		
	Participation in Volleyball activities focuses on the fun & enjoyment of movement & physical activity with peers. Activities are designed to acquire the basic skills & movement patterns required to play volleyball, & apply then in an active & stimulating environment.			Participants enter their first competition pathway in the school/club environment. Key objectives are sound execution of basic skills, the understanding of defensive & attacking tactics, the manipulation of time & space, & the development of workload capacity while integrating socially into activities.	Junior regional & state/territory representation encourages accelerated development of the technical & tactical range within an advanced peer level of competition. Structured windows offer insight into the elite pathway.	Domestic high performance competition integrating development, podium potential & podium athletes to a defined Championship preparation structure which closely replicated international competition. Allows for a high competition standard of domestic exposure to current & potential volleyball participants.	Senior club competition provides a competition base for a broad range of participants across the spectrum of development. This includes a transition point from junior to senior competition, consolidation of basic skills & structures for senior athletes, & a week in, week out competition environment for the elite cohort.			
				Asian Volleyball Championships representation exposes athletes to initial competitive international environment.	Competition opportunities representing Australia in the World Tour, & minor Senior International Events.	Representation of Australia in key international events: Olympics, Commonwealth Games, FIVB World Championships, Volleyball Nation League, World Tour.				
Coaching	Junior Participation			Potential Emerging	Emerging	Development	Podium Potential	Podium		
	Education of coaches enabling them to create an engaging environment where young players can develop their love of the game in a safe, enjoyable learning environment. Coaches can coach the core skills & to identify technical weaknesses & correct them as a normal part of training. Coaches are also able to develop basic concepts that assist players to play small			Identification of coaches within the potential to progress into a more advanced training environment. Coaches can identify & correct fundamental movement patterns with technical skills; instruct on foundation tactical structures & formations within training sessions & games. Coaches are introduced to evidence based coaching techniques & basic sports science theory.	Targeted coach development with the potential of transitioning into the high-performance environment. Coaches can identify & correct fine motor skills; identify & correct suitable tactical adjustments throughout training sessions & games; Develop a range of evidenced based coaching techniques & a development range of sport science theory; Develop skills in longer term program development & display leadership characteristics.	Identification of future National Team coaches. Opportunities to coach National Junior Squads & for assistant positions within Volleyroos. Coaches can identify & provide technical instruction on advanced skills within the training & competition environment; Identify & provide instruction on advanced strategy & tactics within the training & competition environment; Demonstrate a knowledge of a range of applied evidenced based coaching techniques & an understanding of a range of sport science theory, & when to apply it; Show clear understanding of long term program development & leadership characteristics.	Mastery coaches who can read & refine skills within high performing athletes. Coaches can articulate quality information to athletes & coaches in a highly stressful environment; Educate & up skill developing coaches into the international competition environment; Provide clear direction & leadership on technical developments & trends as they develop within the international competitive environment; Provide clear leadership & instruction on advanced strategy & tactics within the international competition environment; Possess knowledge & resourcing ability of a range of applied evidence based coaching techniques & an understanding of a range of sport science theories, & when to apply; Construction of long term program development & the ability to engage, lead & influence a variety of stakeholders.			

Program Purpose

The primary purpose of the Volleyball Australia Junior Development Program is to provide a platform to engage significant numbers of athletes and coaches through enjoyable and positive volleyball experiences. By providing development opportunities, a sufficient pool of athletes and coaches capable to representing Australia and/or having a career in Volleyball or Beach Volleyball is achieved. Secondly, the Junior Development Program intends to further develop athletes through the facilitation of high quality performance in national and international competition.

Program Aims

The aims of the Volleyball Australia Junior Development Program have been established to facilitate the achievement of the program's purpose. These aims include:

- Introducing athletes and coaches to high performance Volleyball and Beach Volleyball disciplines by collaborating with National Teams and the Australian Volleyball Academy to develop technical and tactical frameworks.
- Undertaking extensive talent identification to generate sufficient quantity and quality (not just physical qualities) of athletes to support the future performance requirements of national teams
- Providing continuous improvement opportunities for coach development including cross-skilling of disciplines and genders through National camps, domestic competitions, international development tours, and international representations at peak Junior Championship events.

- Develop and provide an education curriculum for athletes and coaches to engage with during Junior Development Program opportunities.
- Engage with all stakeholders in development common goals and outcomes for athletes and coaches.
- Develop a consistent calendar of events for athletes and coaches as they move through the Junior Development Program.
- Engage with international federations and partners to provide an international network of competitive opportunities, with a focus on the Asian/Oceania region.
- Continuing to grow and retain the number of athletes and coaches involved in the Junior Development Program through positive and engaging experiences.

Program Principles

The principles of the Volleyball Australia Junior Development Program are to:

- Maintain strong relationships with athletes, coaches and all stakeholders in the Junior Development Program.
- Be transparent with all stakeholders with regards to all policies and procedures to the Junior Development Program.
- Develop an integrated culture to allow athletes and coaches to be involved in both disciplines of Volleyball.



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