

LTAD Coaching Symposium - Agenda

Time	Registration		
8:00 - 8:30	Registration		
Who?	Stream A Learning to Train <i>School coaches grades 4-6, SPIKES and House League Coaches</i>	Stream B Training to Train <i>School coaches grades 7-10 and club coaches 12U-15U</i>	Stream C Learning to Compete <i>High school coaches grades 11-12 and club coaches 16U-18U</i>
Athlete Ages	Girls: 8-11 Boys: 9-12	Girls: 11-15 Boys: 12-16	Girls: 16-19 Boys 17-20
8:30	Welcome - <i>Gord Ley</i>		
8:30 - 9:15	Keynote: Introduction to LTAD - Principles and Concepts <i>Dustin Reid</i>		
9:15 - 9:30	Networking Break		
9:30 - 11:15	Skills Acquisition Developing fundamental volleyball skills for the beginning player - agility, ball skills and mental skills. <i>Jos Nederveen</i>	Physical Training and Windows of Trainability Identifying windows of trainability. Specialized training to maximize speed and stamina. Volleyball-specific training to prevent injury and improve performance. <i>Mike Slean</i>	Structuring Play Seasonal planning for more complex systems of play. Periodization with two competitive periods. Planning strategically for matches and building player accountability. <i>Kristine Drakich</i>
11:15 - 11:30	Networking Break		
11:30 - 12:45	Lunch Nutrition for elite athletes. Lunch will be provided and will consist of a selection of foods recommended for competitive athletes. <i>Trionne Moore</i>		
12:45 - 2:30	Physical Literacy Developing the ABC's - Agility, Balance and Coordination, and the importance to future performance. <i>Chris Williamson & Chris Dunn</i>	Structuring Play The realities of applying LTAD to seasonal planning within the context of the OVA competitive season. <i>Merv Mosher</i>	Skills Acquisition Training the senior player. <i>Luke Snider</i>
2:30 - 3:00	LTAD and the 2008-2009 OVA season <i>Dustin Reid</i>		
3:00 - 3:15	Networking Break		
3:15 - 5:00	Structuring Play Structuring play in an unspecialized competitive environment. <i>Keith Wasyluk</i>	Skills Acquisition The Variances of Different Skills – looking beyond the basic skills of volleyball. Reading cues to be successful, and variations of skills in a practical setting. <i>Arif Nathoo</i>	Physical Training Training to improve speed. <i>Dustin Reid, OVA</i> Panel Discussion Moderated Q&A session with mentor coaches and athletes. <i>Panel</i>
5:00 - 6:00	Closing Remarks and Wrap-up <i>Dustin Reid</i>		