



East's Volleyball
Junior Development Program

Movement Development Framework for Volleyball

A key area of focus for JDP is movement development.

Many athletes, particularly those who are at earlier stages of movement development or those who have little experience in ball games or sports, may still be developing the required understanding of movement. This includes:

1. Their own movement
2. The movement of other players
3. The movement of the ball

One way of viewing the different elements of movement that athletes will need to understand is The Laban (1948) Framework Adapted for Educational Games. This is a useful framework as it will assist with identifying areas of development for athletes and then selecting activities that will support development of those areas.

The framework has four areas of focus:

1. Body: core development skills for games
2. Space movement elements
3. Effort movement elements
4. Relationship movement elements.

We have adapted the framework with elements in each of these areas of focus to specifically suit volleyball and this is outlined in the figure below.

Body: core development skills for games

- Locomotor
- Running
- Jumping
- Manipulating skills
 - Throwing overhand or underhand
 - Passing
 - Spiking
 - Volleying
 - Receiving a ball (dig or set)
- Non-locomotor
 - Pivoting
 - Stretching
 - Twisting
 - Ready position

Space movement elements

- Areas: personal and general
- Levels: high, medium, low
- Pathways of the ball in the air: straight, curved
- Directions: forward, backward, sideways, upward, downward, diagonal
- Extensions: near, far

Effort movement elements

- Speed
 - Fast - slow
 - Accelerate
- Force
 - Strong - light
 - Producing - receiving
- Use of space
 - Bound - free
 - Continuity of flow
- In relation to performance techniques
 - Using appropriate amounts of force and muscle tension
 - Using appropriate amounts of space
 - Using appropriate amounts of speed
 - Controlling the flow of movement

Relationship movement elements

- Body/body parts to equipment (e.g. the ball)
 - In front of, behind, to the side of
 - Over, under
- Individuals and groups within game situations: Defensive tactics (examples):
 - Denying space
 - Covering space
 - Intercepting
 - Backing up others
 - Shifting quickly to attack
- Individuals and groups within game situations: Offensive tactics (examples)
 - Spiking with intention
 - Avoiding or using block or defence
 - Creating opportunities for self or others
 - Making defence shift
 - Shifting quickly to defence
- Game structures: rules, boundaries, consequences, winning points, patterns and strategies

The framework is also useful to identify which level of JDP is best going to suit a particular athlete. Based on the framework, these are the development levels applicable for each level of JDP:

Key: Full = Full Development and consistently performed
 Close to full = Close to full development – one skill is absent or a small number need further development to be consistent
 Some = Some development – is able to perform some of the skills somewhat consistently
 No = No development

	Foundation	Intermediate	Advanced
Body: core development skills for games			
Locomotor	Full	Full	Full
Manipulating skills	Some	Some	Close to full
Non-locomotor	Full	Full	Full
Space movement elements			
Areas	Some	Full	Full
Levels	Full	Full	Full
Pathways	Some	Some	Close to full
Directions	Full	Full	Full
Extensions	Full	Full	Full
Effort movement elements			
Speed	Some	Close to full	Full
Force	Some	Close to full	Full
Use of space	Some	Close to full	Full
In performance	No	Some	Close to full
Relationship movement elements			
Body/body parts to ball	Some	Full	Full
Individual and groups in game situations: Defensive	No	Some	Close to full
Individual and groups in game situations: Offensive	No	Some	Close to full
Game structures	No	Some	Close to full

These also set the objectives for the training of each level of JDP. For example, the Foundation level has the objective of developing athletes to the level required for the Intermediate Level.