

Island **SURGE** **VOLLEYBALL**



2025-26 14U Girls Winter Program

Helping players “surge” to the next level

Club Philosophy

Co-founders Randy Goodman and Lynn Boudreau, both feel young developing athletes often spend more time in competition than in training and development. Practice time is typically spent on developing team systems in preparation for games. While this produces short term success on the court, the technical skills of our athletes are being left behind. We aim to counter this trend with training sessions focused on individual skill development with some game development added but the key is always around bump, set, hit.

The Coaches

Randy Goodman co-owner/coach

Certified Advanced Indoor Development Coach

Lynn Boudreau co-owner/coach

Certified Performance Indoor & Beach Coach

Lindsay Reijers - coach

In Training Indoor Development Coach

Read more on the coaches: <https://www.islandsurgevolleyball.com/about>

Training and Play

The selected players will practice on Thursdays (TBA) 6-8 pm and on Saturdays (Bluefield High School) 1-3 pm December through to March

Island Surge will work with other clubs to create 3 to 4 Jamboree events in PEI over the 3 months

Registration and Fees

Players must be born between September 1, 2011 and January 1, 2014

All players must be members of Volleyball PEI in order to attend an ID Session. They will require the **Recreational Membership Fee** which is \$30 for the year of Sept 1, 2025 to August 31, 2026. If a player is looking to travel with another team or in the summer they can register for the competitive player fee of \$80 now or they can add on later for the price difference.

Link to VPEI registration

<https://volleyball.canada.sportsmanager.ie/sportlomo/registration/member-registration/club/12319>

Three ID sessions will be held to help us select 12 -16 players to train during the winter

ID 1 – Saturday, November 29 @ Bluefield High School 1 pm to 3pm

ID 2 – Thursday, December 4 @ the Performance Hub (Sport PEI) Physical Testing 6:30 pm to 8:30 pm

ID 3 – Saturday, December 6 @ Bluefield High School 1 pm to 3pm

Notification on selection by Monday December 8 – 7 pm

Cost for ID Sessions is \$30 for all three or \$15 for a single session.

If selected after the ID Sessions, the Cost for the Winter Program will be \$300 plus any Jamboree Costs for the 3 months

Register here

<https://forms.gle/NJdewxtgkL5BP4waA>



Selection Process

Island Surge welcomes all athletes!

We understand that many athletes may be new to volleyball and may not yet have developed or been exposed to volleyball skills or tactical training. Please don't let this discourage you from attending the ID Sessions.

We recognize that athletes are at different stages in their volleyball journey, and we want to see as many new and experienced players attend as possible. While skills and tactics are an important part of the assessment, equal emphasis will be placed on character attributes. Our goal is to create opportunities for as many athletes as possible to grow and learn in an environment suited to their current ability and potential.

Athletes at the 14U age level will primarily be evaluated using the criteria below

Selection Criteria

1. Physical attributes /testing
2. Skill and Tactical Assessment
3. Character Attributes

Physical Attributes/Testing

Tests will include (not limited to):

- Height/ Wingspan
- Vertical Jump & Counter Movement Jump
- Grip Strength
- Speed & Agility

Skills and Tactical Assessment

All the foundational skills of volleyball will be assessed, as well as tactical (decision making) assessment will be evaluated.

1. Skills
 - Serving - The ability to serve consistently over the net
 - Passing - The ability to provide the setter with attacking options
 - Setting - The ability to provide attackers with hittable sets
 - Attacking - The ability to terminate a rally or place the opposing team in a difficult defensive situation
 - Blocking - The ability to take away hitting options from the attacker, and block opponents
 - Defending - The ability to control attacked balls
2. Tactical Skills
 - Game Plan - The ability to implement and follow a game plan as detailed by the coaching staff
 - Reading – The ability to read and respond to game situations during a rally

Character Attributes

1. Willingness to Learn and Improve – Athletes should demonstrate an effort and ability to follow directions and instructions that are provided by the coach, stay focused and concentrated on a task, and a willingness and commitment to learning both during training and game play.
2. Emotional Stability – Athletes should demonstrate the ability to remain positive, focused and calm during adverse situations both during training and game play.
3. Competitiveness – Athletes should demonstrate a competitive spirit, consistent play, the ability to function within a team setting, and the belief that one can make a significant impact on the play of the game at any point during play.
4. Leadership – Athletes should be able to demonstrate strong leadership and communication abilities with other athletes and coaches, throughout the tryout.
5. Strong Work Ethic – Athletes should demonstrate a consistent and concerted effort regardless of the environment, coach or teammates.
6. Responsible – Athletes should accept responsibility for one's actions and demonstrates the ability to self-direct and does not rely on other for support or guidance.

Much of our criteria is in line with Volleyball Canada

Training		
Week 1 – ID Camp	Week 2 – ID Camp	Week 3
Establish routines, rules	Establish routines, rules	Review Movement, passing
Teach Ready Position/Movement	Review positions on the court	Teach 4-2 system, W Serve Receive
Evaluate Athletes (all skills)	Review Movement – offensive and defensive	Teach Setting
Teach games and drills	Teach games and drills	Teach Free-ball passing
Review Ready Position/Movement	Review Movement – all kinds	Teach Serving, review setting
Teach Court Positions (1-6)	Teach Passing	Review SR 4-2 system
Evaluate Athletes (all skills)		
Week 4	Week 5	Week 6
Review Passing	Review Setting	Review Attacking
Review Setting - Teach back setting	Review Serve Receive Formation, attack coverage	Review Blocking and 6-up
Review Serve Receive Formations	Teach Attacking (and tipping)	Teach 6-back defense
Review Free ball passing	Teach Blocking	(plus block/D relationship)
Teach Attacking Coverage	(plus block/D relationship)	Review Attack Coverage
	Teach 6-up defense	Teach Individual Defence
Week 7	Week 8	Week 9
Review Blocking	Review Fundamentals	Review Fundamentals
Review Serving/Attacking	Review Blocking	Review Block and Defense
Review Transition Movements	Review Defensive Systems	Review Serving
Review Defensive Systems	Review Team Play	Review Fundamentals
Review Offensive Systems	Review Fundamentals	Areas needing improvement
Week 10	Week 11	Week 12
Review Fundamentals	Review Fundamentals	Review Fundamentals
Focus on: Serving/Passing and Attacking	Focus on: Serving/Passing and Attacking	Focus on: Serving/Passing and Attacking
Review Team Play	Review Team Play	Review Team Play
Areas needing improvement	Areas needing improvement	Areas needing improvement
Week 13	Week 14	Week 15
Review Fundamentals	Review Fundamentals	Review Fundamentals
Focus on: Serving/Passing and Attacking	Focus on: Serving/Passing and Attacking	Focus on: Serving/Passing and Attacking
Review Team Play	Review Team Play	Review Team Play
Areas needing improvement	Areas needing improvement	Areas needing improvement