



# Volleyball New Zealand Development Guide

Approximate Age	5-6 Years Year 1-2 Primary School	7-8 Years Year 3-4 Primary School	9 -12 Years Year 5-8 Primary/Intermediate	12-15 Years Year 9-10 Secondary School	15-18+ Years Year 11-13 Secondary School	18+ Years Tertiary Workforce	Any age participant
<b>VNZ Coaching Pathway</b>	N/A	<b>VNZ Local Coach</b>			<b>VNZ National Coach</b>		
		<b>VNZ Regional Coach</b>				<b>VNZ Performance Coach</b>	
<b>VNZ Coaching Community</b>	N/A	Engage			Grow		
		Develop				Excel	
<b>VNZ Competition Pathway</b>	N/A	N/A	N/A	NZSS Champs <b>North &amp; South Island Juniors (&amp; Beach)</b> Aged Group Beach Champs	Inter Provincial Champs <b>NZSS Champs</b> Aged Group Beach Champs NZSS Beach Champs	Club Nationals <b>Inter Provincial Champs</b> Senior Beach Champs National Beach Tour	Club Nationals <b>Masters Events</b> International Beach Tour
<b>VNZ Referee Pathway</b>	N/A	<b>VNZ Junior Referee</b>		<b>VNZ Local Referee</b>	<b>VNZ Regional Referee</b>	<b>VNZ National and Federation Referee</b>	
<b>Volleyball Lifelong Participation Model (VLPM)</b>	Active Start	Fun, Fitness and Fundamentals	Building the Volleyball Skills	Become a Volleyball Competitor	Train and Learn to Compete	Train and Learn to Win	Volleyball for Life
<b>Volleyball Participation time per week</b>	1 session 30-45mins	1-2 sessions 45-60mins each	1-2 sessions 60-90mins each	2-3 sessions 120mins each max	3-4 sessions 120mins each	5-6+ sessions 120mins each	1-2 sessions 60-90mins each
<b>VNZ Player Pathway</b>	<b>Primary School</b> KiwiVolley FMS	<b>Primary School</b> KiwiVolley Rotate	<b>Primary/Intermediate</b> KiwiVolley Rally KiwiVolley Spike	<b>Junior Secondary</b> U15 Reps	Club <b>Senior Secondary</b> North/South Island Reps U17 Reps	North/South Island Reps <b>Club</b> U19 Reps U21 Reps National Men/Women	Club <b>Masters</b> Social
<b>Long Term Athlete Development (LTAD)</b>	Active Start	FUNdamentals	Learning to Train	Training to Train	Training to Compete	Training to Win	Active for Life
<b>Sport NZ Stages</b>	Explore	Explore to Learn	Learn	Participate	Perform	Excel	Participate
<b>Sport NZ Coaching Community</b>	N/A	SNZ Foundation			SNZ Performance		
		SNZ Development				SNZ High Performance	