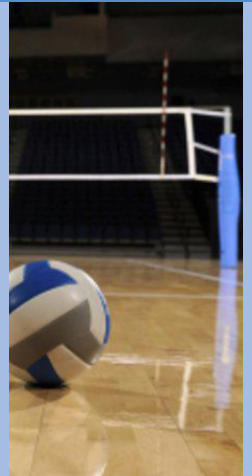




**VOLLEYBALL BC**

# 12U Court Size Modification



01-01-2018



## 12U Court Modification Rationale:

### Court Size = 8m (depth) x 9m (width).

By adjusting the court dimensions from 9m to 8m in depth Volleyball BC believes that the 12U age category will have greater opportunity to engage in meaningful training and competition environments.

Specific to the act of serving (initiating play); It is anticipated that an athlete's success rate (serving the ball in) will increase and the opportunities for reception will match.

The court width was not adjusted as this is not believed to be the greater issue with serving success rates. Further, by maintaining the 9m width of the court athletes continue to have demands placed upon them to track the ball laterally, while decreasing the demands placed upon tracking the depth of the ball in the court (the more difficult of the two).

This modification reduces the number and significance of decisions an athlete must make in the game during the 12U stage of development. By "scaling" the playing surface (court space) we hope to create an environment that is more proportional to the athlete's size.

As athletes develop the ability to successfully serve from beyond the permitted 8m line they are encouraged to do so. The goal is to serve from behind the standard 9m service line and once this ability emerges, such practice should continue in training and competition.

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