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## Introducing the Illini Elite Youth Academy!

Our 2018 Fall Youth Programs are kicking off the new Illini Elite Youth Academy. The new Academy “model” will allow players to progress through their own skill development at a more consistent and steady pace. It should also help parents know what programs/levels to have their players join. The hope is to be able to offer a variety of Youth Academy sessions through the year, especially for the younger players who have limited opportunities to play volleyball.

### **Illini Elite Youth Academy Levels**

#### **Level 1 - Grades K, 1, 2 (VolleyTots)**

The focus here is on movement/coordination skills and introducing the basic volleyball skills while having fun doing various volleyball related activities. Parents - in Level 1, you are welcome to come get involved in the practices and learn with your player!

#### **Level 2 - Grades 3, 4 (Mini-Volleyball)**

Level 2 will build on Level 1 by adding more volleyball specific movement/coordination activities, while building on the fundament skills. Volleyball specific game play is introduced and expanded in Level 2. Parents - in Level 2, you are welcome to come get involved in the practices and learn with your player!

#### **Level 3 - Grades 5, 6**

Training days will emphasize developing all of the basic skills for all players. We do not “specialize” positions at this level as we strive to make each player as well rounded as possible. Play days will introduce and build on all aspects of 6 on 6 play and all players will play all positions to give them the most well rounded experience possible.

#### **Level 4 - Grades 7, 8**

Training days will emphasize the continued development of all of the basic skills for all players, but at this level we start to develop each individual position as well with position specific training. Play days will build on all aspects of 6 on 6 play to include specific player positions, understanding rotations, serve receive and more.