

TEAM ONTARIO ATHLETE IDENTIFICATION VIDEO INSTRUCTIONS

Team Ontario Regional Program Highlight Video Instructions:

Athlete highlight videos must include no more than 16 full rallies (no single skill clips). A rally starts with a serve and ends with a point being scored. Make sure you choose rallies that showcase all skills. For example:

Serving, defending, blocking, setting in and out of system, attacking, blocking, etc.

We recommend you include a mix of rallies featuring you in the front row and in the back row. Coaches are as interested in seeing what you do with the ball as they are in seeing what you do when you don't have the ball.

Make sure you identify yourself in the video with the colour of your jersey and your number.

**Please note that rallies taken from game-play within a practice context are also accepted. In this case, a rally could start with another action then a serve (ie: a coach putting a down ball in play to start a rally). If you use practice clips, make sure you CLEARLY identify yourself in the video.

Team Ontario Regional Program Beach Movement Video Instructions (Optional for TORP Applications):

If you are interested in participating in a Team Ontario Beach program, please submit the following movement video: Video must include - 10 high knees in place - 4 lunges (1 to the right, 1 in front with right foot, 1 in front with left foot, 1 to the left) - 2 burpees to squat hold (1 facing the camera, one to the side) - 2 throws (1 towards the camera, 1 to the side of you non-throwing arm - use a tennis ball) - 3 counter movement jumps in a row, no pause - 5 bounces with arms (sync your arms with your bounce) - 2 throws (1 towards the camera, 1 to the side of your non-throwing arm) - 2 back to back step blocks (1 to the right, 1 to the left) - Immediately followed by 2 back to back swing block (1 to the right, 1 to the left) For reference: <https://www.youtube.com/watch?v=iav6aFx8U2Y>

Team Ontario Indoor Program Full Game Video Instructions:

Athletes interested in the Team Ontario Indoor programs are required to upload one full game (non-edited) video to be evaluated. The game should be 2 or 3 sets long. Please identify your team and your number in the video.

Exhibition games or 6v6 game-play played within a practice context are also accepted. Make sure to CLEARLY identify who you are in your video.

Team Ontario Indoor Program Highlight Video Instructions:

Athletes interested in indoor Team Ontario programs must upload one highlight video to be evaluated. Athlete highlight videos must include no more than 16 full rallies (no single skill clips). A rally starts with a serve and ends with a point being scored. Make sure you choose rallies that showcase all of the skills relevant to your position. For example:

Setters: Serving, defending, blocking, setting in and out of system

Leftsides & Rightsides: Serving, defending, passing, blocking, attacking

Middles: Serving, defending, blocking, attacking

Liberos: Passing, defending, setting

We recommend you include a mix of rallies featuring you in the front row and in the back row (except for liberos). You can include other skills than the ones mentioned above for your position if they show your versatility as a player. Coaches are as interested in seeing what you do with the ball as they are in seeing what you do when you don't have the ball.

Make sure you identify yourself in the video with the colour of your jersey and your number.

**Please note that rallies taken from game-play within a practice context are also accepted. In this case, a rally could start with another action than a serve (ie: a coach putting a down ball in play to start a rally). If you use practice clips, make sure you CLEARLY identify yourself in the video.

Team Ontario Beach Program Full Game Video Instructions:

Athletes interested in the Team Ontario Beach programs are required to upload one full game (non-edited) video to be evaluated. The game should be 2 or 3 sets long. Please identify who you are in the video. If an athlete does not have access to footage on the beach, interested athletes will need to attend an OVA Winter Beach Tour event or Drop In Beach Training session to be considered for a Team Ontario Beach program.

Team Ontario Beach Program Movement Video Instructions:

If you are interested in participating in a Team Ontario Beach program but do not have a beach full game/highlight video, please submit the following movement video: Video must include - 10 high knees in place - 4 lunges (1 to the right, 1 in front with right foot, 1 in front with left foot, 1 to the left) - 2 burpees to squat hold (1 facing the camera, one to the side) - 2 throws (1 towards the camera, 1 to the side of you non-throwing arm - use a tennis ball) - 3 counter movement jumps in a row, no pause - 5 bounces with arms (sync your arms with your bounce) - 2 throws (1 towards the camera, 1 to the side of your non-throwing arm) - 2 back to back step blocks (1 to the right, 1 to the left) - Immediately followed by 2 back to back swing block (1 to the right, 1 to the left) For reference:

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