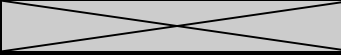


**Volleyball England Level III Coaches Course (Youth) – Learning Programme**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	
<b>BFAST</b> 7.30-8.30		<b>HOTEL</b>	<b>HOTEL</b>	<b>HOTEL</b>	<b>HOTEL</b>	
<b>Session 1</b> 9.00-10.30	Arrival & Registration	<b>Introduction to Child Growth &amp; Development – Physical</b> Markers of physical maturation Gender differences Early and late maturation CLASSROOM	<b>Introduction to Child Growth &amp; Development - Psychological</b> Psychosocial Development Motivational Orientation CLASSROOM	<b>Adaptation to Physical Training in Youth</b> Speed, Strength, Endurance Growth related injury CLASSROOM	<b>Training Transition</b> Setters; offensive philosophy Attackers; quick & outside Blockers; middle & outside COURT	
<b>Morning Coffee</b>						
<b>Session 2</b> 10.45-12.15	<b>Introduction &amp; Welcome</b> Expectations, timetable, assessment, course structure and philosophy The coaching process, self-reflection & you CLASSROOM	<b>Workshop – Profiling Talent</b> Indicators Practical assessment of biological maturation - PHV COURT	<b>Coaching &amp; the 2012 Generation</b> Gen-Y Player transitions & drop out Working with Parents CLASSROOM	<b>Workshop – Physical conditioning</b> Basic field-based testing and diagnostic Functional movement Progressive circuit-based training COURT	<b>Micro-coaching sessions</b> Serve/Block/Defence Coaching Assessment COURT	
<b>LUNCH</b> 12.30-1.15	<b>NVC</b>	<b>NVC</b>	<b>NVC</b>	<b>NVC</b>	<b>NVC</b>	
<b>Session 3</b> 1.30-2.30	<b>Introduction to Technical Standards</b> Player development philosophy Specialism & systems of play CLASSROOM	<b>Building a Serve Reception Unit</b> Number of passers System and arrangement of unit Role of the Libero CLASSROOM	<b>Offensive Strategy</b> Philosophy Offensive principles Offensive strategy Setter constructed v pass dictated CLASSROOM	<b>Block-Defence Strategy</b> Systems of Blocking Systems of Defence Linking Block-Defence CLASSROOM	Theory Examination  CLASSROOM	
<b>Session 4</b> 2.30-4.00	<b>Setting up your team</b> Team balance and rotational order CLASSROOM	<b>Training the technical standards - Serve Reception</b> Fundamentals Individual technique & progressions Developing the unit COURT	<b>Training the technical standards - Setting &amp; Attack</b> Fundamentals Individual technique & progressions Side-out Offence, tactics and decision making COURT	<b>Training the technical standards - Block-Defence</b> Fundamentals Individual technique & progressions Linking Block-Defence, tactics and decision making COURT	Theory Examination  CLASSROOM	
<b>Afternoon Tea</b>						
<b>Session 5</b> 4.00-5.00	<b>Planning &amp; Delivering Practice</b> Practice Planning Feeding skills/Drill management COURT	<b>Micro-coaching sessions</b> Theme 1/Theme 2 Coaching Assessment COURT	<b>Micro-coaching sessions</b> Reception x2 Coaching Assessment COURT	<b>Micro-coaching sessions</b> Setting/Attack Coaching Assessment COURT	<b>Coaching Profile Review</b> <b>Next Steps, Feedback &amp; Depart</b> CLASS	
<b>DINNER</b> 5.00-6.00	<b>NVC</b>	<b>NVC</b>	<b>NVC</b>	<b>NVC</b>		
<b>Session 6</b> 6.00-8.00	<b>Round Table – What is talent and how do I know it when I see it?</b> HOTEL	<b>Talent Tracker Observation</b> Reception COURTSIDE	<b>Talent Tracker Observation</b> Setting/Attack COURTSIDE	<b>Talent Tracker Observation</b> Serve/Block/Defence COURTSIDE	<b>NEVZA Practice</b>	