



KETTERING, 7TH JUNE

VOLLEYBALL

ENGLAND

COACHING CONFERENCE 2015



Day Schedule

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| 9.30 – 10.00 | Arrival & registration (On entrance to the Arena) | |
| 10.00 – 10.30 | Conference Welcome & Group Activity | |
| 10.30 – 11.15 | Q&A with FIVB tutors Sue Gozansky(USA) and Mark Lebedew(Australia) | |
| 11.15 – 11.30 | Coffee break | |
| 11.30 – 12.30 Session 1 | Technical Masterclass - Transition Hitting Keith Trenam Head Coach - Sheffield VC | Technical Masterclass - Block Defence Systems + Structures Audrey Cooper Technical & Talent Director |
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| 12.30 – 13.30 Session 2 | | |
| 13.30 – 14.15 | Lunch & networking | |
| 14.15 – 14.30 | The role of a coach; your knowledge, skills and philosophy | |
| 14.30 – 15.30 Session 3 | Planning your season Simon Worsnop RFU Sports Science Advisor | S&C in Volleyball Coaching Dave Hembrough and Gary Hutt Volleyball England's Strength and Conditioning experts |
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| 15.30 – 16.25 Session 4 | | |
| 16.25 – 16.30 | Round up and close | |

Speakers



AUDREY COOPER **TECHNICAL & TALENT DIRECTOR**

Audrey Cooper, Technical and Talent Director at Volleyball England and former coach of the women's GB team at London 2012 with experience of more than 150 international matches, is the final addition to the line-up. Audrey will be delivering a session that will give coaches a good insight into how teams can set up their block/defence structure/system against different attack zones. By the end you will have lots of ideas to take into the season ahead!

SIMON WORSNOP - **RUGBY FOOTBALL UNION** **NATIONAL SPORT SCIENCE MANAGER**

Simon Worsnop is the author of "Conditioning for Rugby League", writer of the RFU's position statement on Strength Training for Young Players, and was the organiser of the RFU's 2013 Talent Symposium. Simon brings a wealth of experience from time spent working in professional rugby to deliver a session on planning for the season ahead, that will enable you to make every second of training count.



KEITH TRENAM **HEAD COACH - SHEFFIELLD VC**

Keith has a wealth of experience influencing the development of players in national teams at both senior and junior levels since the early 1990s. Keith is renowned for his technical expertise and will be delivering a session on transition hitting. This part of the game is often overlooked, and Keith will provide you with lots of new ideas & fundamental knowledge to take away into your training sessions.



DAVE HEMBROUGH & GARY HUTT - **LEAD STRENGTH & CONDITIONING COACHES** **ENGLAND NATIONAL TEAM S&C ADVISORS**

Gary and Dave are multi-sports strength & conditioning experts specialising in volleyball. They are currently working with Volleyball England on the national team programmes (through the support of TASS: Talented Athlete Scholarship Scheme) and making S&C as practical and simple as possible for coaches. They will be sharing this knowledge with you around four key areas; Speed & Agility, Robustness, Warm Ups & Testing

