



Health & Safety Checklist



These checks should be carried out every week before your session.

Equipment:

- Posts for net are securely fastened/weighted on floor
- Net is fastened to posts correctly & safely
- Net is at recommended height (min 1.85m max 2.10m)
- Volleyballs are inflated to correct pressure
- Courts are not too close together (min 1.5m max 2m)

Be Aware of:

- Children wearing inappropriate jewellery
- Any health issues with children i.e. asthma
- Any foreign objects protruding from walls/floor etc...
- Location of Fire Exits and evacuation plans
- Location of First Aid Kits
- Always conducting a warm-up and a cool-down in your sessions

1. State 4 Equipment checks that should be carried out?

- a) _____ b) _____
- c) _____ d) _____

2. State 4 points you as a coach should be aware of?

- a) _____ b) _____
- c) _____ d) _____

3. Why should you always have a warm-up and cool down in your sessions?

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Name:

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PR & Administration



1. What key information **should be** given to the media?

i) _____ ii) _____ iii) _____ iv) _____

2. After initial contact with the media, give one reason why should you always make a follow up enquiry:

3. Name 2 advantages of having publicity for your Blitz:

i) _____ ii) _____

4. a) Name 5 qualities of a good leader:

i) _____ ii) _____ iii) _____

iv) _____ v) _____

b) Explain why two of these qualities would be of value to you on this course:

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Refereeing

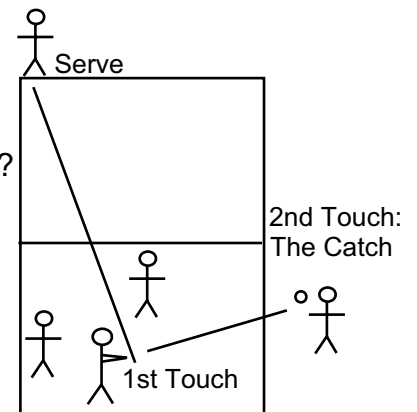
Enforce the rules at all times



1. What is the recommended height of the net for SpikeBall? _____
2. At the end of a rally what should the referee do and in which order?
 - i) _____
 - ii) _____
 - iii) _____
3. Name 4 rules for 2nd touch:
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
4. How many touches must each team have before the ball crosses the net? _____

5. Name the 2 ways by which the game can be started and from where?
 - i) _____
 - ii) _____
6. When does a team score a point? _____
7. Name 2 times when teams must rotate
 - i) _____
 - ii) _____
8. Teams rotate in a _____ wise direction

9. Is it legal to catch the 2nd touch outside the court boundaries?
Explain your answer



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Volleyball Terms & Strategies



1. Name 5 volleyball skills:

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

2. What is the Learning Route?

3. Name 2 key points to improve the:

a) Spike:

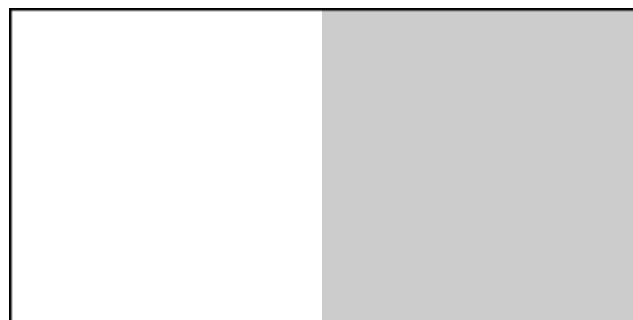
- i) _____
- ii) _____

b) Forearm Pass:

- i) _____
- ii) _____

4. What is the purpose of the "Spike?" (Third touch):

5. Mark on the court where players on the left side should stand when the team on the right is serving:



← SERVER

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