



**volleyball association of ireland**

Affiliated to: FIVB, CEV, Olympic Council of Ireland

## **Introduction to Volleyball Coaching Award Course**

**Course Duration:** 8 hours

**Course Cost:** €50 per person/€35 for students or unwaged

Course fee includes free Coach Registration with the VAI for one year

**Pre Requisite** Some experience/knowledge of Volleyball and/or SpikeBall is advised

**Requirements:** Candidates are required to attend Code of Ethics training (can be attended in agreed time frame on completion of Coaching Course)

Agree to Garda Vetting Process if not already Garda Vetted by the VAI

**Eligible Candidates:** Anyone over 16 years of age

**Course Details:** The Introduction to Coaching Award Course is the first step on the Volleyball Coaching Ladder. This course is designed to introduce candidates to the basic Coaching Skills and develop their ability to be able to plan and organise a Volleyball Coaching Session. This course is aimed at coaches involved with beginner teams and teams progressing from SpikeBall to 6 a side Volleyball.

Topics covered on this course include:

- Introduction to Coaching Skills
- Volleyball Skill Techniques
- Organising and devising drills and small sided practices
- Rules of the game – 6 a side
- Implementing basic team tactics – 6 a side
- Practical Coaching
- Planning and running a Volleyball Session

In addition to pre requisite requirements to successfully complete the course candidates must attend the full day and complete a practical coaching task displaying basic coaching skills learnt on the course. Successful candidates will be awarded an Introduction to Coaching Award Certificate which is recognised and certified by the Volleyball Association of Ireland and Coaching Ireland.

**There is a large practical element to this course, candidates are required to dress appropriately**

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