



volleyball association of ireland

Affiliated to: FIVB, CEV, Olympic Council of Ireland

Level 1 Volleyball Coaching Course

Course Duration: 1 weekend (Friday night 7-10pm, 9-6pm Saturday and Sunday)

Course Cost: €90 per person/€50 for students or unwaged

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

Pre Requisite Candidates must have completed an Introduction to Coaching Volleyball Award

Requirements: Course*

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: Over 18 years of age and have completed an Introduction to Coaching Volleyball Award Course*

*(*Candidates who have experience in playing/coaching at National League level may attend Level 1 course without a previous coaching award.)*

Course Details: The Level 1 Coaching Course builds on the coaching skills gained at introductory level and is targeted at coaches progressing players and team from beginner level to intermediate level. This course aims to enable the coach to plan, organise and deliver a series of Volleyball Coaching sessions in a safe and enjoyable manner.

Topics covered on this course include:

- Planning and evaluating a series of sessions
- Systems of Offense/Defense/Serve Receive
- Conditioned Games
- Training the Setter
- Match Coaching
- Practical Coaching

In addition to pre requisite requirements, to successfully complete the course candidates must attend all modules of the course and complete practical and theory assessments during the course. Successful candidates will be awarded a Level 1 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