



## volleyball association of ireland

Affiliated to: FIVB, CEV, Olympic Council of Ireland

### Introduction to **SPiKEBALL** Workshop

- Course Duration:** 2 hours
- Course Cost:** €10 per person
- Pre Requisite Requirements:** None - (Just a desire to learn about the sport and an interest in getting involved in coaching!)
- Eligible Candidates:** Anyone over 16 years of age
- Course Details:** SpikeBall is an adapted Volleyball game that provides a FUN introduction to the sport of Volleyball. The game is ideal for Primary and Post Primary Pupils (9 – 14 years) however it can be used for beginners of all ages as a means to teach the basic skills and tactics of Volleyball in a FUN way. This 2 hour introductory course aims to give candidates the skills and confidence to introduce the game regardless of any previous experience in the sport. Topics covered include:
- Rules of the game
  - Teaching Volleyball Skills – Hit, Dig and Volley
  - How to introduce and progress basic game play

**This course is of a practical nature, candidates are required to dress appropriately**

### **SPiKEBALL** Award Workshop

- Course Duration:** 2 hours
- Course Cost:** €10 per person
- Pre Requisite Requirements:** Candidates must have previously attended an Introduction to SpikeBall Workshop
- Eligible Candidates:** Over 16 years of age and have completed Introductory Workshop
- Course Details:** The SpikeBall Award Workshop is a follow on from the Introductory Workshop and aims to progress candidates knowledge of the game and confidence in teaching/coaching the game. In this course candidates are introduced to more Volleyball techniques, drills and small sided practices and a more tactical approach to the game is encouraged. On completion of the course candidates are awarded the VAI SpikeBall Teacher/Leader Award Certificate. Topics covered include
- Game play development
  - Teaching Volleyball Skills – Hit, Dig, Volley, Block
  - Basic SpikeBall tactics

**This course is of a practical nature, candidates are required to dress appropriately**

**\*Please note these courses can be run also as a 4 hour SpikeBall Award Course**