



volleyball association of ireland

Affiliated to: FIVB, CEV, Olympic Council of Ireland

Coaching Task Sheet

Name of skill _____

When it's used in a game? _____

Remember to...

- Check if the students can answer this before explaining

How will we demonstrate?

Remember to...

- Use best demonstrator
- Show demo

Diagram of Demonstration

Now allow the students to try it?

Remember to take into account

- How many coaches and students? *Is it safe?*
- How many groups? *Do I need cones/volleyballs, etc?*

Diagram of Drill Set-Up

Demonstration 2 with Focus Point - See Demo Set-up above

Now let the students Practice it – see above Drill Set-up

Put Skill into the game: "Remember the game we played earlier?"

Say how you are putting it into the game E.g. Forearm Pass/Dig:

1st Touch = Forearm Pass, 2nd Touch = always a "Catch and Throw", 3rd Touch = can be a Spike or Dig

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