



## 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 any Health & Safety issues you have identified in the hall you are coaching in:

a)

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b)

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

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# TRANSITION YEAR GIRLS LEADERS WORK SHEET 2



## PR & Administration



1. What key information **should be** given to the media to inform them of the Course / Blitz?

i) \_\_\_\_\_ ii) \_\_\_\_\_ iii) \_\_\_\_\_ iv) \_\_\_\_\_

2. After sending in the initial article to the media, give one reason why a follow up call is so important.

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

i) \_\_\_\_\_ ii) \_\_\_\_\_

4. Name two reasons why communication is important for the smooth running of your course.

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5. Name two areas where planning, preparation & organisation are essential to the smooth success of your coaching.

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# TRANSITION YEAR GIRLS LEADERS WORK SHEET 3



## 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. Does the Block count as one of the three touches? \_\_\_\_\_

7. What is the size of a SpikeBall Court? \_\_\_\_\_

8. When does a team score a point? \_\_\_\_\_

9. Name 2 times when teams must rotate

i) \_\_\_\_\_ ii) \_\_\_\_\_

10. Teams rotate in a \_\_\_\_\_ wise direction

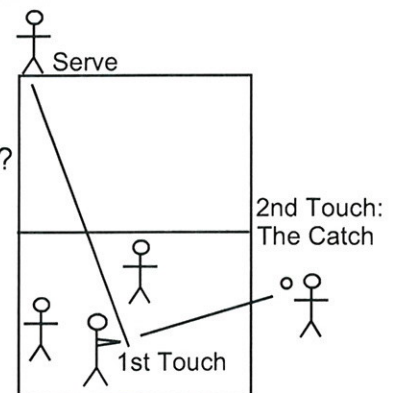
11. Is it legal to catch the 2nd touch outside the court boundaries?

Explain your answer

\_\_\_\_\_

\_\_\_\_\_

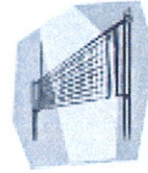
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# TRANSITION YEAR GIRLS LEADERS WORK SHEET 4



## Volleyball Terms & Strategies



1. Name 5 SpikeBall skills:

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- v) \_\_\_\_\_

2. State the 6 stages of the Learning Route:

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_
- iv) \_\_\_\_\_
- \_\_\_\_\_
- v) \_\_\_\_\_
- \_\_\_\_\_
- vi) \_\_\_\_\_

3. Name 3 key points to improve the:

a) Spike:

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- ii) \_\_\_\_\_

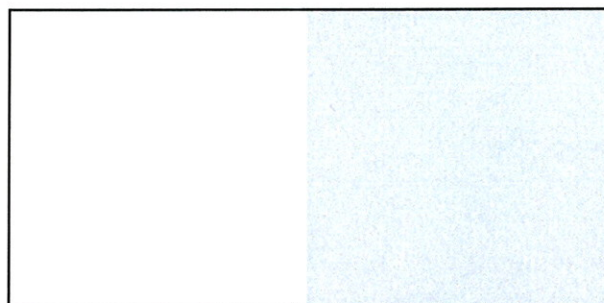
b) Forearm Pass:

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

c) Volley:

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

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



← SERVER