

Spordis FOURTH-COURT TENNIS



Long Term Player Development Model  
**Recommended  
Reading**

For Coaches & Stakeholders

## Recommended LTPD Reading for Coaches

This live document presents some potential options for further reading opportunities through books and website resources that will provide in-depth understandings of the LTPD model, as well as aiding coach development.

If coaches would like to recommend a publication to add to the list please email Conor Flood; [cdo@volleyballireland.com](mailto:cdo@volleyballireland.com)

Last Updated: 02/12/2020

### 1.0 Volleyball Ireland LTPD Website

Please note that the Volleyball Ireland website contains a range of LTPD resources including:

- skill cue cards
- learning objectives for each stage
- coaching manuals for Fundamentals, 4v4 & 6v6 Volleyball
- LTPD Guide for Parents
- LTPD Guide for Coaches
- LTPD Overview document

All LTPD resources can be found here: <https://www.volleyballireland.com/get-involved/itpd/>

### 2.0 Fundamental and early stage resources

<https://www.scoilnet.ie/pdst/physlit/fms-activities/>

<https://pdst.ie/sites/default/files/Teaching%20FMS%20in%20Games%20Booklet%2012.10.17.pdf>

<https://sportnz.org.nz/managing-sport/search-for-a-resource/guides/fundamental-movement-skills>

<https://www.volleyballireland.com/get-involved/itpd/>

### 3.0 Coaching Websites

Whilst Volleyball Ireland cannot endorse all content on these websites, coaches, players and parents may find the various resources useful for their ongoing education and learning.

Note: some content is free, others require a subscription.

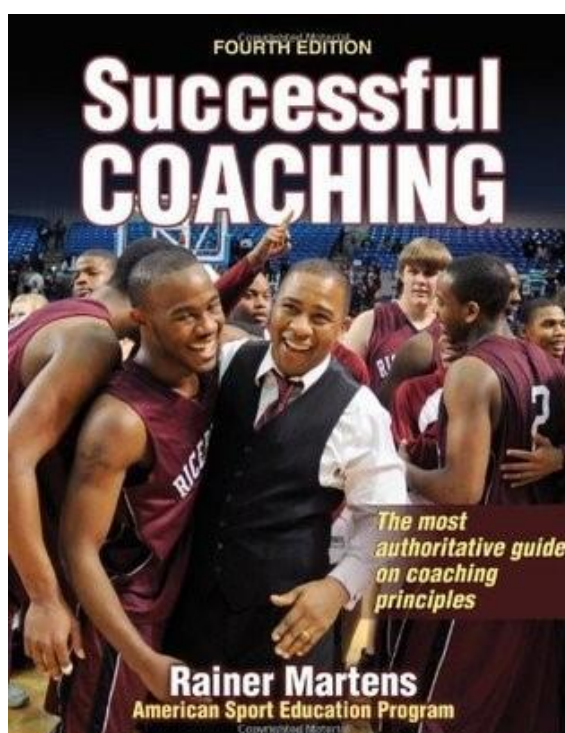
<https://www.theartofcoachingvolleyball.com/>

<https://www.goldmedalsquared.com/>

<https://www.volleyballireland.com/get-involved/itpd/>

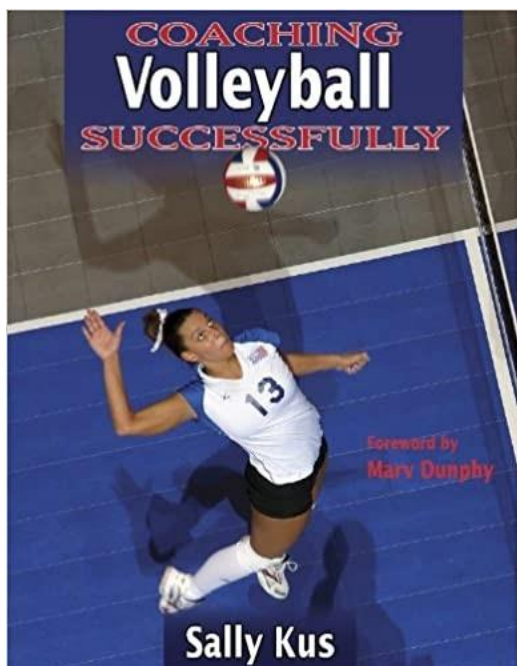
### 4.0 Widely Available Books

#### 4.2 Successful Coaching 4<sup>th</sup> Edition – Rainer Martens



A million coaches can't be wrong. As one of the world's best-selling coaching books, "Successful Coaching" has helped over a million coaches develop their coaching philosophies, hone their communication, teaching and management skills and better understand their responsibilities. Written by a coach for coaches across all sports, "Successful Coaching" blends the latest research and accepted practices in the sport sciences with practical advice from seasoned coaching veterans and offers students as well as new and experienced coaches a comprehensive guide to every aspect of coaching. "Successful Coaching" helps readers think critically about their motivation for being a coach and establish a coaching philosophy and style that pave the way for a fulfilling sport experience for both coaches and their athletes.

## 4.2 Coaching Volleyball Successfully – Sally Kus

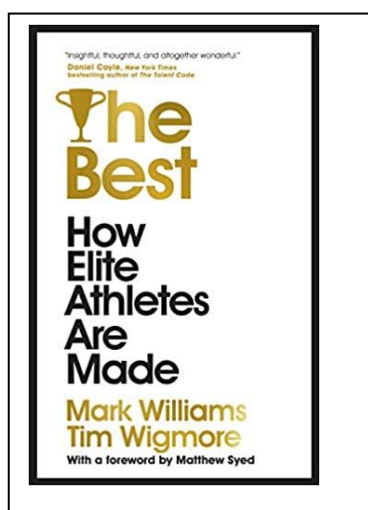


The first section of the book is described as the Coaching Foundation. The two main focal points are coaching philosophy and communication. Coaching philosophy may be something assistant or apprentice volleyball coaches don't need to worry too much about, as that will come down from the head coach, but for anyone running a team themselves it's a major consideration. Since a large proportion of lower level coaches don't have the benefit of starting as an assistant, that is likely going to cover most readers. Not only does Kus talk about developing a philosophy, she shares some tips for implementing it as well.

The second focus is communication - in all its forms. We're talking player-to-player, coach-to-player, coach-to-coach, coach-to-parents, and any other line of exchange you can think about -

verbal, written, and otherwise. Kus leaves no doubt about how important it is for the health of your team, your program, and yourself to make sure there is good, positive communication with and among all parties involved. Player and team motivation is part of that equation.

## 4.3 The Best: How Elite Athletes are Made – Mark Williams & Tim Wigmore



Never have the best sportspeople seemed so far removed from the rest of us. So how are these extraordinary athletes made and what do their achievements tell us about success? THE BEST reveals how the most incredible sportspeople in the world got that way. It is a unique look at the path to sporting greatness. This is a story of origins, training, luck and serendipity, as well as of sports science and cutting-edge technology. Packed with gripping personal stories and interviews, you will discover how the best athletes develop the extraordinary skills and muscle memory that allow them to perform remarkable acts without consciously thinking about them.

THE BEST deconstructs the myths, like the notion that 10,000 hours of practice are needed to make it to the top, and explores the hidden power of the mind to reveal

how athletes really think and process information during high octane competition. it gets inside the minds of champions, deconstructing what athletes see during matches and explaining how they do what they do.

Drawing on examples and lessons from throughout the sporting world, this is for anyone who wants to know what it takes to be the best.

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