



VLY.
Approved
Programme

Young Leaders

Developing leadership skills
through Volleyball education

Online Learning Programme for Schools

VLY.
Volleyball
Ireland

Young Leaders Course 2021

Volleyball Ireland has launched a new online programme for students to upskill or begin their volleyball education across both coaching and refereeing in a safe and Covid 19 compliant manner.

The Programme

This is a fully interactive online course. Participants can log on remotely to engage, discuss and debate. The first two hours will primarily focus on an introduction to coaching. A full breakdown of topics within the two hours are on the following pages. A one-hour lunch break is provided, before we complete a final two hours observing and analysing videos to discuss the steps and skills needed to become a school / national league referee.

*Previous volleyball knowledge is not required for this course however students should read the pre course study material. This will aid in a better level of understanding and therefore enabling them to partake more throughout the session.

Volleyball Ireland Programme Outcomes

1. Upskill students in leadership qualities
2. Raise awareness of volleyball in Ireland
3. Provide a better volleyball understanding to experienced and beginner players, coaches and referees within schools.

How it works?

Schools should contact Conor Flood, VI Coach Education Coordinator at cdo@volleyballireland.com. Together, schedule a date to suit both tutors and school. Volleyball Ireland tutors will then schedule a zoom at the agreed time and forward details as well as pre course reading material to the teacher contact. * Pre course reading should arrive a minimum of one week prior to course start date. Once the full day is completed Volleyball Ireland will award digital certificates and T-shirts to the participants.

Programme Breakdown

Introduction to Coaching, 10.00am- 12.00pm

Coaching session, student outcomes

- Preparing a coaching philosophy
- Define the role of the coach
- Identify the law requirements on coaches
- Examine risk potential
- Explore lead up games
- Plan a training session

Section 1- Roles & Philosophies of Coaching

In this segment we will explore varying styles of coaching as well as creating a philosophy to help guide. The role of a coach slides will look to dig deeper into qualities needed for effective coaching.

Section 2- Coaching Skills (Focus on Feedback & Communication)

Students explore a variety of attributes that make a good leader. More detailed discussions will focus on the two specific skill areas of delivering feedback and communication.

Section 3 – Lead up Games

In line with our globally recognised long term player development model, tutors and students will debate the advantages of lead up games in sport. Breakout rooms will be used to ensure maximum engagement from all participants.

Section 4- Health & Safety

A large portion of this time slot will revolve around risk assessments and how to complete them. There will also be references on the importance of emergency plans within schools and clubs.

Section 5- Knowing the Law

It is crucial for our coaches to be up to date with current laws around youths. VI tutors will lay out the facts and answer all queries around Garda vetting and Safeguarding.

Section 6 – Planning a Session

Students will only have time to be guided through the structure of session plans. Using the Volleyball Ireland 'Learning Route' as a guide tutors will provide insight on stipulating outcomes as well as step by step guide on how to complete a plan.

Introduction to Refereeing, 13.00pm- 15.00pm

Refereeing session, student outcomes

- Be able to locate Irish, European, and international rules
- Identify differences between school and league volleyball
- List persons and duties of the referee's team
- Be aware of referee's uniform and personal equipment requirements
- Recognise the differences in conduct on a sanction scale
- Evaluate and discuss some main violations common in volleyball.

Section 1 – Getting Started

To begin students will observe a video around the common do's and don'ts of volleyball. To finish we will guide students to the websites for rules both nationally and internationally.

Section 2- School vs National League

Students will scan through the minor differences between school and national league volleyball, as well as briefly studying court positions and areas.

Section 3- Main Violations & Sanctions

Scattered throughout the session are three videos exhibiting typical errors referees encounter during a match (Backcourt attack, reaching over the net, lift & double touch) Student will analyse, provide feedback and debate on these common mistakes. The sanctions segment will provide knowledge to refs on misconduct and the specific cards worthy of each offence.

Section 4- Referee Team & Equipment

A large part of the session centres around the referee's team and their duties before, during and after a game. Students will also study the personal equipment that referees should bring to a match. To finish we inspect the rules around who can and cannot speak to a referee.

Section 5 – Registration & Hand Signals

In the penultimate slide, students will once again be reminded of the law around vetting and safeguarding requirements for referees. We will conclude the course with a review of hand signals and a short referee quiz.

FAQ's

1. How much does it cost the School?

Each student will pay €20

2. What do students receive?

They will engage in a full course from 10am-3pm and awarded T-shirts and certificates upon completion.

3. Who will deliver the course?

Two Volleyball Ireland trained staff will deliver each school course.

4. Can beginners apply?

Yes, the pre course reading material will aid in providing some background to volleyball however we will move accordingly with each group's level on the day.

5. What age group is this for?

This programme is open to all ages however TY students would be the ideal target audience.

6. What should students bring?

Students will need access to zoom with fully working microphones and camera to engage. Pencil and paper are also required.

7. Can this be done from home by students?

Yes, the tutors and teachers can record attendance via zoom.

8. Who can I contact for further information on this programme?

Conor Flood – cdo@volleyballireland.com – 0870997659