

Tier One Programme – New Coaches

The Tier 1 course has one singular goal of supporting new coaches by providing them with additional knowledge and understanding of aspects crucial to a new coach starting out.

Programme Insight

**How much is the course?** Tier 1 is free of charge.

**How long is the course?** The course is 5 x one-hour webinars every 2 months beginning March 23rd plus one-half day practical session with an award ceremony in December

**Who is the course for?** This Tier 1 course targets coaches who typically have less than 2 years’ experience on court or new coaches looking to start out on a coaching pathway.

**What time are the webinars?** They will take place online through Zoom, 7.00pm-8.00pm

**What format will the webinars take?** Volleyball Ireland has sought out a number of highly experienced coaches and players within our own country. These presenters will transfer their valuable insight over a one hour presentation and discussion.

**Who are the presenters and guest speakers?** Presenters include Erica Fatini, Sophie Quinlivan-Nolan, Emma Byrne, Ciara Lowe, Isabelle Smith, Mary Barrett, Jenny King and Jennifer Moret. *Guest speakers are TBD*

**Can I attend just one or two of the sessions?** No, this course requires participants to attend all sessions to achieve certification.

**What coaching topics will be explored?**

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| **Webinar 1 – 23/03**  Erica Fatini | **Webinar 2 – 25/05**  Sophie Quinlivan-Nolan, Emma Byrne, Ciara Lowe & Isabelle Smith | **Webinar 3 - 27/07**  Mary Barrett | **Webinar 28/09**  Sport Ireland Tutor TBD | **Webinar 5- 30/11**  Jenny King |
| Players on court | A player’s perspective | Injury Prevention | Leadership | Coaches topic pick |
| Assigning player position to maximize potential | Communication on and off the court | Strength & conditioning for young volleyballers | Building resilience |
| Training squad drills for collaboration and team development | Leadership on and off the court | Fitness testing | Developing you |

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| Practical Session – December 2021  Jennifer Moret |
| Basic offence & defence systems |
| Building team relationships |

\*Practical session is subject to restrictions and may be moved online. Exact date & location is TBD & dependant on location of course participants.

Tier 1 Application Form

Please complete the application form and return a copy to Conor at [cdo@volleyballireland.com](mailto:cdo@volleyballireland.com). Successful applicants will be notified on March 5th, 2021. Deadline for applications is **Monday March 1st - 16:30pm**.

Please note Tier 1 is for new coaches. This includes those not currently connected to clubs and those with no coaching experience to date.

Full Name Click or tap here to enter text.

Club / School Click or tap here to enter text.

Please explain briefly why you would like to be part of this programme

Click or tap here to enter text.