



**Coach
Development
Programme**

Introduction

Volleyball Ireland are delighted to be introducing a new development programme for coaches.

The Volleyball Ireland Coach Development Programme 2021 is a blend of mentoring, online learning, inspirational talks and practical workshops, with the aim to support and develop our coaches at all levels of the game.

The programme complements formal coaching courses and is open to any registered member of Volleyball Ireland.

Three Tier Approach

There are three tiers to the programme with opportunities for;

New coaches; those who have less than two years coaching experience or players who are considering transition into coaching.

Intermediate level coaches; coaches who have recently started their career and have two or more years on court experience.

Advanced coaches; who have been involved in Volleyball for several years.

The three tiered approach ensures ALL our coaches can reach their maximum potential and the learning that the programme covers is appropriate for the experience level of each coach.

Tier 1- New coaches; Launch Quarter 1, 2021

This segment has been specifically designed for new coaches and explores in detail team management and development.. There will be five, one hour online interactive webinars which are delivered by a range of guest speakers.

A ½ day practical workshop will focus on offensive and defensive systems. The cohort will explore the theory of the coaching process and will develop their own coaching philosophy.

Each webinar deals with a topic relating to coaches starting out in the game.

This first instalment begins March 23rd and applications are now open. A maximum of 12 coaches will be selected for the programme in year 1.

Tier 2 – Intermediate coaches; Launch Quarter 2, 2021

For our intermediate coaches (minimum of 2 years coaching experience) we advance to providing insights and learning opportunities from the men and women's national team coaching staff, as well as guest webinars and workshops from coaches across the world.

A maximum of 8 coaches can apply for the programme in year 1 and will be expected to attend 2 weekend training camps over the year, as well as attendance at the Celtic Nations Tournament in March 2022.

Coaches are expected to use the private access to head coaches sessions to observe, discuss and even challenge methods of training strategies and team management styles. Tasks on session delivery must be subject to feedback before coaches complete the programme.

This tier is particularly attractive for coaches that may be working in the National Youth League and is supported through the CEV's Development Project fund.

Tier 3 – Experienced coaches; Launch Quarter 3, 2021

The Advanced stage is aimed at coaches with multiple years' experience, and those that might currently be working within the national team programme or with Premier Division clubs.

This tier is supported by the FIVB Coach the Coaches Projects Platform and will be largely led by an International coach and FIVB tutor. The programme features both practical and theoretical sessions.

Participants will complete an assignment related to the course. Participants will be expected to share their learnings with other coaches within their club.

The topics for this element of the course will be finalised after a Coach needs analysis is conducted with the successful applicants.

Summary of Programme

Content	New Coaches Tier 1	Intermediate Coaches Tier 2	Experienced Coaches Tier 3
Summary	The Beginner stage provides a sound grounding in the principles of coaching. This stage is a mix of online webinars and practical workshops. Participants will develop their coaching philosophy in a supportive and positive environment.	There will be a mix of online workshops, practical sessions and private access to observe national team trainings and matches. Coaches will complete assignments and will be provided with practical feedback on their delivery.	Advanced coaching programme with FIVB Tutors and lecturers from across the world of Volleyball. Attendance at a Performance Camp with Jnr National team players is part of the programme which is supported by the FIVB.
Entry Criteria	This stage is perfect for current players who may wish to transition into coaching, teachers new to Volleyball or existing coaches who have recently began their coaching journey.	The Intermediate stage is for coaches who have 2+ years experience coaching. Coaches may be working with School teams, Youth Teams or National League clubs.	Coaches with multiple years' experience or those working with National Teams or Premier Division teams. Male or female accepted.
Learning Topics	<ul style="list-style-type: none"> Team organisation & tactics Team development Player fitness & injury prevention Defence & Offence systems LTPD Overview Your Coaching Philosophy Fulfilling potential Further topic to be added in consultation with participants. 	<ul style="list-style-type: none"> Session Planning Match preparation In game analysis Technical & tactical insights Further topics to be added in consultation with participants. 	<ul style="list-style-type: none"> Developing Culture Advanced Match Tactics and Strategy Video Analysis Performance Sport Creating Winning Mindsets Building Player Profiles Advanced Skill Development Further topics to be added in consultation with participants.
Applications	Open until March 1 st Programme runs from March–December	Open April 2 nd Programme runs from May–April 2022	Open April 2 nd Programme runs from July–June2022
Availability	12 places available	8 places available	12 places available