

**VI Volleyball  
Ireland**  
**Education & Training**  
Summer Calendar 2021



## CONTENTS

- 1. Referee Online Social Evening**
- 2. Beach Introduction to Volleyball Coaching Course**
- 3. Tier 3 Coach Development Session 1**
- 4. International Guest Coach webinar**
- 5. Anatomy & Physiology of warm up and cool down  
Online Part 1**
- 6. Anatomy & Physiology of warm up and cool down  
Practical Part 2**
- 7. Tier 1 Coach Development Programme Session 3**
- 8. Teacher Workshops- Clare, Cork, Dublin**
- 9. Referee Grade 3 Course**
- 10. Foundation Level Indoor Coaching Course**
- 11. Introduction to Beach Refereeing Course**
- 12. Outstanding Coach Practical Assessments**
- 13. CPD Points System Open Session**
- 14. Referee Refresher Course**
- 15. Level 1 Indoor Coaching Course**
- 16. Tier 3 Coach Development Programme Weekend**
- 17. Long Term Player Development Model Open Session**
- 18. Referee Bootcamp**
- 19. Tier 1 Coach Development Programme Session 4**
- 20. Activator Training**
- 21. Communications & Registering**
- 22. Summary Table of Events**

## 1. Referee Online Social

Sit in to watch or join the discussion as Vinnie will reminisce on his European ventures. Our younger refs may want to tune in to this one. This will also be the last social before the indoor season resumes so all topics are on the table.

Date. June 24<sup>th</sup>

Time. 7-8pm

Location. Online

Cost. Free of Charge

Register. <https://us02web.zoom.us/meeting/register/tZ0ocO-upz4iH9J9CR85kuV-KJCDwFe3PY2H>



## 2. NEW Beach Volleyball Coaching Course

The first certified VLY introduction to beach coaching course gets underway this summer. Consisting of both online and practical elements coaches will have the opportunity to learn from our tutors Luciana Sombra, head coach of the national team programme and senior women's team player, Miriam Gormally.

Theory Online- Tuesday June 29<sup>th</sup> 7-9pm

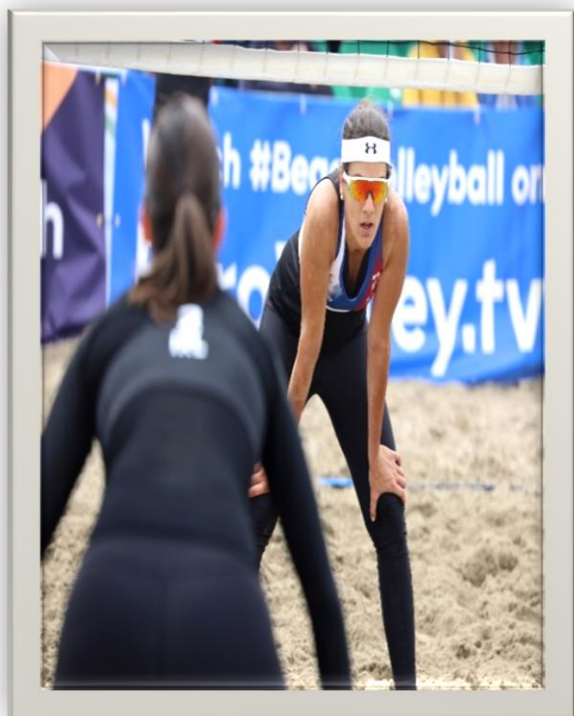
Practical – Sunday July 4<sup>th</sup>, 11-3pm

Location. Online & Dollymount Strand, Dublin

Cost. €50 per participant / €45 student unwaged

CPD- 80 Points

Register. VIA Go Membership- Education & Training Courses



### 3. Tier 3 Coach Development Programme

Our Tier 3 programme gets underway in late June for our advanced coaches. Our first international star coach is Laurent Cauet. Laurent will breakdown how to improve your coaching abilities. He will also be highlighting what's important when delivering 2-3 training sessions per week. Laurent understands well the Irish volleyball landscape having coached clubs and the national team in Ireland for several years.



- **Head Coach Pro. Academy Racing Club De Cannes**
- **General Manager & Coach St Raphael Var**
- **Head Pro Academy Nice Volleyball**
- **Head Coach Pro. Team Harnes Volleyball**
- **Senior National Irish Team Head Coach**

Date. June 23<sup>rd</sup>

Time 7-8pm

CPD- 80 Points

Location. Online

Cost. Free, available to Tier 3 coaches only



### 4. GUEST COACH WEBINAR

Talks are underway with a special guest coach to deliver a 90-minute online session for all our coaches. There will be a focus on,

- 1- Laws of learning relative to volleyball.
- 2- Importance of fundamentals.
- 3- Breaking down the pass.

Stay tuned for final details!

Location. Online

CPD- 40 Points

Date. July TBD

Time 7-8.30pm

Cost. Free of charge to VLY members

Register. Email [cdo@volleyballireland.com](mailto:cdo@volleyballireland.com) to book a place



## **Anatomy & Physiology of warm up & cool down Online Part 1**

## **Anatomy & Physiology of warm up & cool down Practical Part 2**

### **5. Warm up and cool down, Online**

Coaches will learn the principles, biomechanics and physiology of a pre-activity warm up and post-activity cool down. Coaches will learn how to create a safe, effective, and practical pre-activity warm up and post-activity cool down



Declan Ryan is a certified tutor with the National Council in Exercise & Fitness. Declan will facilitate the learning in both parts of the course.

### **6. Warm up and cool down, Practical**

During the practical session coaches will experience exercise demonstration and teaching. Leading a warmup and key teaching points for safe exercises. Finally exploring recovery stretching and key teaching points

Both theory and practical sessions must be completed before certification and CPD points are awarded

#### **Theory**

Date. July 15<sup>th</sup>

Time. 7-9.30pm

Location. Online

Cost. €20 per participant

Register. VIA Go Membership- Education & Training Courses

#### **Practical**

Date. July 17<sup>th</sup>

Time. 10-1pm

Location. Colaiste De Hide, Tallaght

CPD. 40 points



Date. July 27<sup>th</sup> & 29<sup>th</sup>

Time. 7-8pm

Location. Online

Cost. Free, available to Tier 1 coaches only

CPD- 80 points

## 7. **Tier 1 Coach Development Programme**

The programme returns for session 3. This time with a focus on Strength & Conditioning for young volleyballers. Our guest speaker Mary Barrett World Masters Triple Gold Medallist will lead the group through some key S&C exercises while also exploring fitness testing and injury prevention.

## 8. **Teacher workshops**

This summer sees the return of workshops in Clare, Cork, and Dublin. Register for this 3-hour course to learn about our school programmes- FUNDA volley into 4v4 volley and right up to 6v6 volleyball. Develop the basic skills and learn about our events & competitions structured in line with our LTPD model.



Cork July 28<sup>th</sup> 10-1pm

Clare August 12<sup>th</sup> 10-1pm

Dublin August 23<sup>RD</sup> 10-1pm

CPD. 40 points

Cost. €15 per participant

Register. VIA Go Membership

## 9. **Indoor Referee's Grade 3 Course**

Following the successful structure applied last year, the Grade 3 will once again be 4 x 2-hour online sessions followed by one full day practical assessment. The practical date is currently TBD however prior to the start of the indoor season.

Date. August 9<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup> (Online)

Time. 7-9pm

Location. Online & Practical TBD

Costs. €50 per person/€45 student or unwaged

Register. VIA Go Membership- Education & Training Courses



## 10. **Foundation Level Coaching Course**

Our one-day introduction to volleyball course is set for a return during the summer. New coaches looking to obtain a licence will need certification from the course to qualify for a National League indoor coach licence.

Location. Colaiste De Hide, Tallaght

Cost. €50 per participant /€45 student or unwaged

Register. VIA Go Membership- Education & Training Courses

Date. August 14<sup>th</sup>

CPD. 120 points

Time. 10-4.30pm

## **11. NEW 3 Star Beach Referee Course**

For the first time ever VLY are hosting an accredited beach volleyball referee course. Flying in from Norway to tutor the course will be international beach and indoor referee Geir Dahle.



As well as refereeing in multiple Olympic Games and a World Championship. Geir has experience in approx. 1000 matches on the FIVB tour.

A FIVB Referee Coach, CEV Delegate, FIVB Instructor  
&  
Current member of the European Referees Commission

Dates. Theory Friday August 27<sup>th</sup> (3–8pm), Practical August 28<sup>th</sup> & 29<sup>th</sup> (full days)

Location. Bettystown Beach, Meath

Level. Introduction to Beach Refereeing

Criteria. Over 16 with sound basic knowledge of volleyball refereeing (indoor or beach)

Cost. FREE of CHARGE to VLY Members

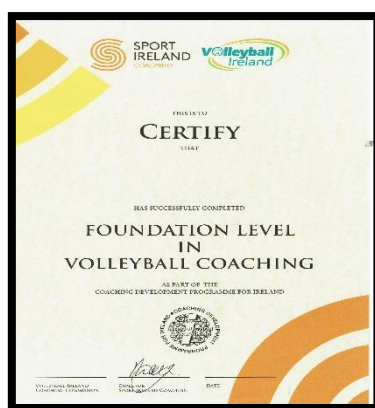
Register. This is an application process with limited places.

**Request application – [educationtraining@volleyballireland.com](mailto:educationtraining@volleyballireland.com)**



## 12. **Outstanding Coach Practical Assessments**

Those coaches who completed the Foundation Course online during covid restrictions will be able to now complete their practical assessments and attain qualifications. Three available slots will be allocated for assessments. To reserve a place on August 14<sup>th</sup>, 21<sup>st</sup> or 22<sup>nd</sup> please contact [cdo@volleyballireland.com](mailto:cdo@volleyballireland.com) Places are limited per each session.



## 13. **CPD Points Open Session**

The E&T commission will be hosting a one hour zoom meeting for all coaches to come and ask any questions relating to the new Continuous Professional Development Points System that will begin season 2021-2022.

Date. August 24<sup>th</sup>

Location. Online

Time. 7-8pm

Register.

<https://us02web.zoom.us/meeting/register/tZlucuGgpjlvHt1QlIOPrxGExyT4DgBeUcH3>

## 14. **ONLINE Referee Refresher Course**

The online refresher is back to support referee's development and ensure opportunity for those needing to attain their indoor referee licence for the upcoming season. If you are unsure of your last refresher, please contact E&T for details. Refreshers must be completed every 3 years by referees.

Date. August 26<sup>th</sup>

Time. 7-9.30pm

Location. Online

Cost. Free

Register. <https://us02web.zoom.us/meeting/register/tZEsf-2vpjMvGdFQKrtJeyPQu8fkPQqvoC5W>



## 15. **Level 1 Coaching Course**

For coaches looking to further their education, we have our 2-day weekend course coming up in late August. Coaches are taught serve receive, attack and defense systems of play among a multitude of other topics that assist in coach development.

Date. August 21<sup>st</sup> & 22<sup>nd</sup>

Time. 10-4.30pm each day

Location. Colaiste De Hide, Tallaght

Cost. €100 per participant / €90 student or unwaged

CPD. 120 points

Register. VIA Go Membership- Education & Training Courses

## 16. **Tier 3 Coach Development Programme**

We have lined up a real treat for our Tier 3 coaches. Flying in for a weekend of practical and theory sessions is Vangelis Koutouleas. Vangelis will tutor our experienced coaches to provide valuable insights that will help bring our game to the next level.



- Head coach of the IBB London Polonia men's team.
- Head coach for the Pro Volley Academy,
- Head coach of women's beach volleyball program of the English Federation
- National Volleyball Coach Level I (Greece)
- FIVB instructor for international seminars on both beach and indoor.
- International player for both Cyprus indoor and beach volleyball.
- Previous head coach of the Cypriot beach volleyball program and men's national team for volleyball.
- Previous head coach at Leaf Academy running the college program for boys and girls.

Date. September 4<sup>th</sup> & 5<sup>th</sup>

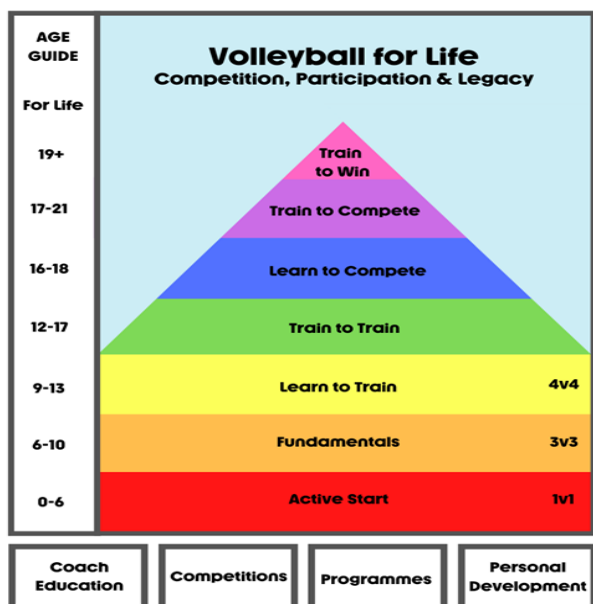
Location. Gormanston Sports Complex

Cost. Free, available for Tier 3 coaches only

CPD. 80 points

## 17. Long Term Player Development Model – Open Session

Register for the open discussion around the benefits of our long-term player development model. Coaches can come together to discuss how to properly implement this model so we can begin to see positive impacts over the next 5, 10 and 15 years.



Date. September 15<sup>th</sup>

Location. Online

Cost. Free

CPD. 40 Points

Register.

<https://us02web.zoom.us/meeting/register/tZUpd-2vqjMoGtPfYv9WYSvzH-Y86WZjlgYo>

## 18. Referee Bootcamp

Following last year's hugely successful referee bootcamp. We are back again preseason to discuss and clarify any new changes to be aware of. With Covid 19 still prevalent this is an opportunity for all referees to have the most up to date protocols needed for their games.

Date. September 21<sup>st</sup>

Location. Online

Cost. Free

Register. <https://us02web.zoom.us/meeting/register/tZ0rc-ygqTkqHNOA9to1l47X22x6Oc1vUaqt>





## 19. Tier 1 CDP Session 4

*Tom Landers, an accredited FIVB 1 Coach as well as Head Coach at Newbridge Volleyball Club will present a webinar on 'Human Information Processing' This 1-hour session will provide coaches with the know-how to enable their players to read the game of volleyball better.*

Cost. Free, available to Tier 1 coaches only

Time. 7-8pm

CPD- 80 points



Date. September 28<sup>th</sup> & 30<sup>th</sup>

Location. Online



## 20. Activator Training

*Volleyball Ireland are seeking Club Volleyball Activators who are organised and friendly to run Social Volley sessions for all playing levels and abilities. The selected Activators will attend a training day and receive equipment to get Social Volley sessions up and running. The Activator will work closely with their club and Volleyball Ireland to ensure everyone has the opportunity to play volleyball.*

Location. Nationwide

Date. Training days throughout July, August, September.

CPD- 40 points

Register. Contact [norma@volleyballireland.com](mailto:norma@volleyballireland.com)

## 21. Communications

For further information on any listed course or programme please contact

Conor – [educationtraining@volleyballireland.com](mailto:educationtraining@volleyballireland.com) 0870997659

Register for Go Membership @ [volleyballireland.azolve.com](http://volleyballireland.azolve.com)

## 22. Summary Table of Events

<b>Referee's Online Social Evening</b>	<b>June 24<sup>th</sup></b>
<b>Beach Volleyball Coaching Course</b>	<b>June 29<sup>th</sup> &amp; July 4<sup>th</sup></b>
<b>Tier 3 Coach Dev. Programme Session 1</b>	<b>June 23<sup>rd</sup></b>
<b>Guest International Coach Webinar</b>	<b>July TBD</b>
<b>Anatomy &amp; Physiology of warm up and cool down- Online</b>	<b>July 15<sup>th</sup></b>
<b>Anatomy &amp; Physiology of warm up and cool down- Practical</b>	<b>July 17<sup>th</sup></b>
<b>Tier 1 Coach Dev. Programme Session 3</b>	<b>July 27<sup>th</sup> &amp; 29<sup>th</sup></b>
<b>Teacher Workshops</b>	<b>July 28<sup>th</sup>, August 12<sup>th</sup> &amp; 23<sup>rd</sup></b>
<b>Referee Grade 3 Course</b>	<b>August 9<sup>th</sup> 11<sup>th</sup> 16<sup>th</sup> 18<sup>th</sup></b>
<b>Foundation Level Indoor Coaching Course</b>	<b>August 14<sup>th</sup></b>
<b>Outstanding Coach Assessments</b>	<b>August 14<sup>th</sup> 28<sup>th</sup> 29<sup>th</sup></b>
<b>3 Star Beach Referee Course</b>	<b>August 20<sup>th</sup> 21<sup>st</sup> 22<sup>nd</sup></b>
<b>CPD Points System Open Session</b>	<b>August 24<sup>th</sup></b>
<b>Indoor Referee Refresher Course</b>	<b>August 26<sup>th</sup></b>
<b>Level 1 Indoor Coaching Course</b>	<b>August 28<sup>th</sup> &amp; 29<sup>th</sup></b>
<b>Tier 3 Coach Dev. Programme, Weekend</b>	<b>September 4<sup>th</sup> &amp; 5<sup>th</sup></b>
<b>LTPD Model Open Session</b>	<b>September 8<sup>th</sup></b>
<b>Referee Bootcamp</b>	<b>September 21<sup>st</sup></b>
<b>Tier 1 Coach Dev. Programme Session 4</b>	<b>September 28<sup>th</sup> &amp; 30<sup>th</sup></b>
<b>Activator Training</b>	<b>July, August, September</b>