

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 4 x one-hour webinars every month. This programme will finish in time to prepare coaches for the upcoming indoor season.

**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 are Declan Ryan, Tom Landers, Patricia Somers & Andrei Molnar

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

**What coaching topics will be explored?**

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| **Webinar 1 – 14/06**Declan Ryan  | **Webinar 2 – 19/07**Tom Landers | **Webinar 3 – 15/08**Patricia Somers | **Webinar 28/09**Andrei Molnar |
| Match Protocols  | Sports Coaching, what is it? | Preparing and Evaluating  | Building Junior Programmes to High Performance |
| Substitutions. What is the correct procedure? Tactical Substitutes.Bench & Warm up areas between sets.Coach responsibilities | Similarities across all sportsCoaching qualitiesUnderstanding player needs | Preparing a training sessionMental preparationBreaking down a skill and statistics | Realistic targetsPlayer recruitmentBuilding pathwaysTraining methods |

All coaches are invited to the 2022 Volleyball Ireland Conference weekend in September/October as an additional opportunity for development.

\*Volleyball Ireland conference date and venue TBD

Application Form

Please complete the application form and return a copy to Conor at cdo@volleyballireland.com. Successful applicants will be notified on May 30th, 2022. Deadline for applications is **May 27th, 2022**

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.