

VLY. LIVE

Learn. Share. Inspire.

01-02.10.2022

UL Sport Arena

Tickets on sale on JustGo

Saturday 01.10.2022 - Schedule

Time	Court 1	Court 2	Court 3	Court 4	Classroom	Track
10am	Welcome and Intro	Welcome and Intro	Welcome and Intro	Welcome and Intro		
11am	FUNdavalley challenges for U14 players		Come and try volleyball for parents	Women Senior National Team Training	"Technical Development through minivolley" Coaching workshop by Nicolas Sauerbrey	Precision Games
12pm	Minivolley training session for U14 players with Nicolas Sauerbrey	Garda Vetting Support Desk Club Media Shoot	Regional Development Centre Training	Regional Development Centre Training		Precision Games
1pm		Women's National Team Photo Shoot	Regional Development Centre Training	Regional Development Centre Training		Precision Games
2pm	Chair Volley Session	"Nutrition for athletes" Workshop by Hannah Thornton	National Team Skills Session for U18 players	Regional Development Centre Training	"Game Management and protocols" Refereeing workshops by Gernot Schirmbacher	
3pm			King of the court for U18 players	Queen of the court for U18 players	"Game Management and protocols" Refereeing workshops by Gernot Schirmbacher	"Strenght & Conditioning for Volleyballers" by Mary Barrett
4pm			Women Ireland v All stars (warm-up)	Women Ireland v All stars (warm-up)		"Strenght & Conditioning for Volleyballers" by Mary Barrett
5pm			Women Ireland v All stars	Women Ireland v All stars		

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Sunday 02.10.2022 - Schedule

Time	Court 1	Court 2	Court 3	Court 4	Classroom	Track
10am			"Perfecting exercises workshop by Nicolas Sauerbrey with Development Centre players			
11am	4v4 Mixed Competition (U14 players)		Regional Development Centre Training	Men's Senior Training	"Video Analysis" Refereeing workshop by Gernot Schirmbacher	Games
12pm	4v4 Mixed Competition (U14 players)	Parents VLY. Pathway and player development Q&A Club Media Shoot	Women U20 Trials	Men U20 Trials		Games
1pm	National Team Skills Sessions for U18 players Chair Volley	Men's National Team Photo Shoot	Women U20 Trials	Men U20 Trials		
2pm			Men Ireland v All stars (warm-up)	Men Ireland v All stars (warm-up)		
3pm			Men Ireland v All stars	Men Ireland v All stars		