



***LEVEL 3 VOLLEYBALL
COACHING COURSE***

DESCRIPTOR AND SYLLABUS

LEVEL 3 VOLLEYBALL COACHING COURSE DETAILS

COURSE DESCRIPTOR:

The Level III award prepares the experienced coach to plan, organise, deliver and evaluate a programme of training sessions aimed at improving the technical and tactical performance of individual players and a team over a series of matches (season).

COURSE ORGANISATION:

The minimum period of instruction is thirty-two hours (including the examination) and candidates must attend the whole course.

The course is a mixture of practical and theory and candidates will normally be expected to participate in the practical sessions and to carry out a variety of coaching tasks.

The Course Director (Senior Tutor) must be a Volleyball England Senior Staff Tutor.

LEARNING OUTCOMES:

The Level III Coach should be able to:

- a) Plan and deliver a series of coaching sessions, based on goal setting and evaluation, aimed at improving the performance of individual players and a team over a period of time
- b) Demonstrate teaching and coaching of skills and tactics appropriate to competitive 6v6 volleyball
- c) Maintain a safe working environment
- d) Demonstrate an understanding and knowledge of the principles of team rotational order, match analysis and scouting and match coaching
- e) Demonstrate basic understanding and knowledge of the principles of sports physiology, the coaching process and goal setting and planning.

ELIGIBILITY:

- a) Candidates must have held a Level II award for a minimum of one year and must be a registered coach member of Volleyball England.
- b) Candidates must have completed three out of the following 4 Sportscoach UK Coach Workshops:
 - i) Analysing Your Coaching
 - ii) How to deliver engaging sessions (Adult or Young People)
 - iii) Coaching the young developing performer
 - iv) Positive behaviour management in sport

(These may change as SportscoachUK revises its programme of workshops).

EXAMINATION:

- a) Volleyball England reserves the right to refuse to examine any candidate whom, in the opinion of Volleyball England is not up to the minimum required standard.
- b) There will be a written theory examination at the end of the course. A Practical Assessment is to taken at a later date (see below).
- c) Candidates must attend the entire course and participate fully with appropriate enthusiasm.
- d) Candidates must prepare a coaching plan for 1 hour prior to the course and expect to deliver at least one session during the course. On-going assessment and feedback will be provided by Coach Trainers in order to assess the standard of candidate coaches (see below).
- e) There will be a written theory examination at the end of the course. A Practical Examination is to taken at a later date (see below).
- f) The candidates must attend the entire course and participate fully with appropriate enthusiasm.
- g) Candidates who fail the written examination may, by arrangement through Volleyball England Head Office, retake a second paper at a later date on payment of the appropriate fee. A second failure will necessitate attendance at another course.

PROCEDURE FOR PRACTICAL ASSESSMENT

- a) After successful completion of the written examination, candidates may request a practical assessment.
- b) It is the candidate's responsibility to organise the facility and the players involved.
- c) The request must be sent to Volleyball England Head Office a minimum of six weeks before the proposed date, together with the appropriate examination fee.
- d) The candidate's Coaching Log, covering evidence of the coaching programme and a minimum of 10 training sessions, must be available for inspection by the examiner at the time of the practical examination.
- e) The practical examination will comprise of a two-hour training session involving, under normal circumstances, the candidate's own team of not less than nine players.
- f) It will have the following format:
 - i) candidate coach's topic of own choice (one hour), notified to the examiner in advance
 - ii) a topic selected by the examiner and notified in advance to the candidate (thirty minutes)
 - iii) work by the candidate on the correction of a particular technique of player(s), selected on the day by the examiner (twenty minutes)
 - iv) oral examination (ten minutes).
- g) Unsuccessful candidates may re-sit the practical examination after six months.

LEVEL 3 SYLLABUS:

- a) Introduction to the course: induction, expectations, timetable and assessment procedures. Summarise coach accreditation philosophy and emphasis on micro-coaching. Explanation of PMTT Analysis.
- a) Fundamentals review and feeding skills development (to receiver, to setter and to hitter)
- b) Building a service reception pattern (4-2, 6-2); practical/theory-advantages/disadvantages
- c) Overhand service reception skills and building the service reception unit
- d) Rotational order: balance, specialisation
- e) Serving: developing over arm float, tactical considerations
- f) Training the setter
- g) Match preparation and scouting
- h) Building the side-out offence (philosophy, rhythm and timing)
- i) Training the power attacker, developing the quick attacker
- j) Planning for the season
- k) Read and react blocking system
- l) Linking block and court defence, cross and line defence, weaker block defence; wing cover, 6-Up, 4-0-2 defence systems
- m) Individual defensive skills and posture, including overhand
- n) Mental and physical preparation (practical examples for volleyball)
- o) Transition play: block defence to attack
- p) Video Analysis (individual and team; technical and tactical considerations; statistical analysis)
- q) Drill management; Health & Safety; simple to complex drills; scrimmage
- r) Practical coaching assessments (see evaluation criteria pages)
- s) The next step: coaching programme, coaching log, practical examination
- t) Written examination

ADDITIONAL CONTENT:

- Emphasis on generic coaching “craft” (“how to” skills) (see below)
- On-course micro-coaching experience
- Emphasis on process of ‘reflection’

DEVELOPING YOUR COACHING SKILLS

In terms of “how to coach”, by successfully completing a Volleyball England Level 3 coaching qualification coaches will be able to:

ANALYSE PARTICIPANTS’ CURRENT AND POTENTIAL PERFORMANCE, NEEDS AND ASPIRATIONS

To do this, coaches must be able to:

- establish participants’ current and potential needs and key performance factors
- involve participants in analysis of performance needs and aspirations

PLAN A COACHING PROGRAMME ACCORDING TO AGREED GOALS

To do this, coaches must be able to:

- design and plan a coaching programme that supports participants’ needs
- plan for the use of resources to support the coaching programme
- plan an evaluation schedule for the coaching programme

MANAGE A SAFE AND EFFECTIVE COACHING ENVIRONMENT

To do this, coaches must be able to:

- establish and maintain a safe coaching environment for participants and others
- establish and maintain supportive working relationships with the participants and others
- manage participants and others behaviour to ensure a safe and effective coaching environment

DELIVER PROGRAMME GOALS USING A RANGE OF COACHING STYLES AND METHODS

To do this, coaches must be able to:

- prepare participants and others for the coaching programme
- deliver the coaching programme
- develop participants' performance within the coaching programme
- provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required
- encourage participants to seek clarification, information and feedback as required during the session
- conclude the coaching programme

MONITOR AND EVALUATE THE EFFECTIVENESS OF COACHING PROGRAMMES

To do this, coaches must be able to:

- monitor, evaluate and refine the goals of the coaching programme
- monitor and evaluate participants' performance and development
- identify potential areas of improvement for future training sessions

MANAGE AND DEVELOP PERSONAL COACHING PRACTICE

To do this, coaches must be able to:

- develop personal coaching practice
- assist others to develop their own coaching practice