



Course Information

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Volley2s

Description

Volley2s is an adapted 2v2 version of volleyball to introduce volleyball to children of all abilities and disabilities between the age of 7 and 11 (KS2).

Volley2s' versatility, accessibility, emphasis on fun, and low equipment and space requirements make it an ideal steppingstone for introducing youngsters to volleyball.

Supporting Resources

This Volley2s Guide to Teaching and Coaching is [free-to-download](#) and is aimed at supporting anybody who works with children aged 7-11-years-old, so they could be a coach, teacher, parent helper or young leader.

The programme's detailed development stages have been designed to provide teachers and coaches with step-by-step guidance, ultimately ensuring that players learn sport-specific skills as well as vital problem-solving and social skills.

Volley2s takes children from an easy to play catch and throw game through four developmental stages (Red, Amber, Green, Gold) to play 2v2 volleyball using recognised volleyball shots such as dig, set, spike, serve and block.

New movement and volleyball skills, tactical, problem-solving skills, and social skills are introduced at each stage.

Inside the Volley2s resource you can find chapters on:

- Help on how to plan a Volley2s session
- How to play Volley2s – including clear diagrams demonstrating the setup
- How to make the game accessible to everyone
- Pointers on managing a session
- Supportive development activities for each stage
- Technical cards showing the key points of each skill
- Advice and tips on how to run a Volley2s Festival

Mini Volley Course

Description

This workshop offers teachers the opportunity to progress and develop their volleyball knowledge by understanding the 3v3 version of the game. With the guidance of our highly trained tutor and resource packs, you will gain a clear understanding of how to deliver Mini Volley to your students.

Duration

3 Hours

Cost

Cost of resources: (minimum of three resources must be purchased per course) £20 per folder (members), £30 per folder (non – members), plus postage.

Cost of tutor for 3 hour delivery: £250 + Expenses

Facility Requirements

Mini Volley	
Total Hours	3
Sports Hall	3 hours
Court space	1 badminton court per 6 learners, (with teaching net or rope across courts). Ideally a volleyball court with fixed posts.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.
Classroom facilities	White board or flip chart and pens. Multimedia projector and screen. Tables and chairs.

Learning Outcomes

By the end of this course learners should be able to:

- Choose appropriate practices, games and equipment to develop the tactical concepts of attack and defence; identifying strengths and weaknesses, moving opponents out of position, reading and anticipating situations and making decisions about using a range of shots and court positions.
- Help players to build on existing skills and further develop a variety of skill concepts related to attacking (jump attack/tip) and defending (block and forearm pass), identify common errors and formulate corrective practices to improve consistency and accuracy.
- Describe and use different styles of delivery and group organisation.
- Identify changes to the game for the purpose of progression, inclusion and differentiation.

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e) Understand, apply and adapt basic rules and refereeing for Mini Volley

Outline Timetable & Syllabus

10 min	<i>Introduction</i> Induction, course structure, learning outcomes and introduction to the activity card resource	Gym
85 min	<i>Familiarity with the Mini Volley cards</i> Work with individual cards and explore a few concepts related to delivery style, progression, inclusion, differentiation, and group organisation.	Gym
15 min	<i>Mini-Volley in Context</i> Discussion of health and safety issues, review of tactical and technical concepts and Mini-Volley in the wider context of introducing and developing volleyball.	Gym
45 min	<i>Delivering a Session</i> Delivery of a typical session focusing on the interaction of the different card types with a particular emphasis on a whole-part-whole approach.	Gym
20 min	<i>Organising a Tournament</i> Opportunity to organise and participate in a 3 v 3 tournament and experience basic match officiating.	Gym
10 min	<i>Summary and Evaluation</i> Evaluation of the course and identification of points for future action.	

Supporting Resources

The workshop is designed to be accompanied by a set of Mini Volley cards full of ideas and practices that will help you to deliver and coach volleyball to those already with a basic understanding of fundamentals.

Upon successful completion of the course a certificate will be provided to all learners.



Eligibility

Learners should be at least sixteen years of age and have an interest in progressing volleyball skills of beginners and/or young children.

Successful Completion

Attendance only.

Booking Information

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Return the workshops for teachers booking form which can be found on our website [here](#) or [email](#) to enquire. Applications for courses with less than 6 weeks' notice will be considered by Volleyball England but may be rejected. A register will be required to certificate learners.

Super Mini Volley

Course

Description

This workshop will teach you our 4v4 version of the game. Super Mini Volley is a recognised competition format for the youth and is the key bridge between mini versions and the full 6v6 game. Our accomplished tutor will deliver a clear understanding of the game aided by resource packs.

Duration

3 Hours

Cost

Cost of resources: (minimum of three resources must be purchased per course) £20 per folder (members), £30 per folder (non – members), plus postage.

Cost of tutor for 3 hour delivery: £250 + Expenses

Facility Requirements

Super Mini Volley	
Total Hours	3
Sports Hall	3 hours
Court space	1 badminton court per 6 learners, (with teaching net or rope across courts). Ideally a volleyball court with fixed posts.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.
Classroom facilities	White board or flip chart and pens. Multimedia projector and screen. Tables and chairs.

Learning Outcomes

By the end of this course learners should be able to:

- Choose appropriate practices, games and equipment to further develop tactical concepts related to attack and defence; identifying strengths and weaknesses, moving opponents out of position, reading and anticipating situations and making decisions about using a range of shots/court positions.
- Help players to build on existing skills and further develop a variety of skill concepts related to attacking (smash and overhand serve) and defending (double block and block/attack

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cover), identify common errors and formulate corrective practices to improve consistency and accuracy.

c) Describe and use different styles of delivery and group organisation.

d) Identify changes to the game for the purpose of progression, inclusion and differentiation.

e) Understand, apply and adapt basic rules and refereeing for Super Mini Volley

Outline Timetable & Syllabus

10 min	<i>Introduction</i> Induction, course structure, learning outcomes and introduction to the activity card resource	Gym
85 min	<i>Familiarity with the Super Mini-Volley cards</i> Work with individual cards and explore a number of concepts related to delivery style, progression, inclusion, differentiation, and group organisation.	Gym
15 min	<i>Super Mini-Volley in Context</i> Discussion of health and safety issues, review of tactical and technical concepts and Super Mini-Volley in the wider context of introducing and developing volleyball.	Gym
45 min	<i>Delivering a Session</i> Delivery of a typical session focusing on the interaction of the different card types with a particular emphasis on a whole-part-whole approach.	Gym
20 min	<i>Organising a Tournament</i> Opportunity to organise and participate in a 4 v 4 tournament and experience basic match officiating.	Gym
10 min	<i>Summary and Evaluation</i> Evaluation of the course and identification of points for future action.	Gym

Supporting Resources

The workshop is designed to be accompanied by a set of Super Mini Volley cards full of ideas and practices that will help you to deliver and coach volleyball to those already with a basic understanding of fundamentals.

Upon successful completion of the course a certificate will be provided to all learners.



Eligibility

Learners should be at least sixteen years of age and have an interest in progressing volleyball skills of developing players and/or young children.

Successful Completion

Attendance only.

Booking Information

Return the workshops for teachers booking form which can be found on our website [here](#) or [email](#) to enquire. Applications for courses with less than 6 weeks' notice will be considered by Volleyball England but may be rejected. A register will be required to certificate learners.

VE Assistant Coach Award

Description

The Assistant Coach Award is the first formal step on Volleyball England's Coach Education Pathway. This generic award includes the disciplines of indoor, beach and sitting volleyball.

The course introduces the learner to the Volleyball Fundamentals that underpin the development of dig, volley, block, serve, and spike, and the Volleyball England game-based approach to coaching.

The course will qualify the successful learners to assist more qualified coaches delivering aspects of coaching sessions working in the following environments with senior beginner/social/club players in local leagues.

Duration and Numbers

A minimum of 10 learners and maximum of 16. Learners have 8 weeks to complete the award.

Cost

£150 per learner

Learning Outcomes

The L1 course will aim to develop coaches' understanding of / or ability to:

- Develop the assistant coach's understanding of their role and responsibilities
- Demonstrate safe, fair and ethical practice at all times
- Connect and engage with players
- Develop key coaching skills
- Coach the dig, volley, block, serve, and spike
- The Volleyball England Fundamentals Framework and Game-based approach
- Prepare, deliver and review a coaching session
- Develop reflective practice

Facility Requirements

VE Assistant Coach Award	
Total Hours	8 hours (1 day)
Sports hall	Sports hall required for duration of course.
Court space	1 volleyball court per 16 learners, fixed posts

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Facility	To have heating or be at a warm temperature and have access to drinks and toilets
Balls	1 ball per 2 learners min. Mixture of teaching and standard balls.
Ball trolley	1 trolley or portable ball container on all courses
Other equipment	Seats, 1 per learner plus tutor. White board or flip chart and pens.
Other Requirements	First Aid and Emergency Accident Procedures, and COVID Risk Assessment
Classroom facilities (Optional)	White board or flip chart and pens. Multimedia projector and screen. Tables and chairs for written work.

Course Overview

This is an 8-week blended learning course where learners attend two virtual classroom sessions, a one day face-to-face practical session and study online at their own pace.

Session 1	Introductory Webinar (60 mins)
Session 2	Complete the UK Coaching eLearning module Assistant Coach Digital Badge (70 mins) and independent study (60 mins)
Session 3	Virtual classroom delivery by a course tutor, exploring the role of an Assistant Coach and volleyball specific content (90 mins)
Session 4	1-day practical session facilitated by a Volleyball England Tutor that will bring the virtual classroom content to life and includes practical coaching tasks
Session 5	Complete a Personal Development Plan (30 mins)

The design of the course allows for flexible delivery and inclusion within a college or university curriculum. However, this can only be done with the agreement of Volleyball England and must be discussed prior to the course taking place.

Supporting Resources

Learners receive a:

- Resource Pack containing Technical Skills Cards, Technical Development Cards, Warm Up Ideas, Game Activities, session planning and risk assessment templates.
- Learner Workbook with a series of 7 tasks to be completed during the course.
- A 12-month UK Coaching subscription accessed anytime and from all devices on the UK Coaching website. The website offers a wide range of content that has been designed to improve coaching, produced by world class experts. Coaches can explore learning and information such as articles, tips, guides, webinars, podcasts, elearning and infographics.
- Free coach membership for the first season with Volleyball England

Eligibility

Learners must be at least 16 years of age on the first day of the course. The learners must also have some experience of the game. The course is practical in nature and learners will normally be expected to participate in the practical sessions and to carry out a variety of coaching tasks.

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Learners must have access to a laptop/tablet, good Wi-Fi and microphone to participate in virtual classroom sessions.

Any special learning requirements must be made clear at the time of registration by emailing coaching@volleyballengland.org

Successful Completion

To pass the course learners must:

- attend and complete all 5 course sessions
- engage positively in practical modules and virtual classroom sessions
- successfully complete the UK Coaching eLearning module 'Assistant Coach Digital Badge'

The course tutor is responsible for the continual assessment of the learners for the duration of the course and for making the final decision regarding gaining the award.

Booking Information

Return the VE Assistant Coach Award booking form which can be found on our website [here](#) or [email](#) to enquire. Applications for courses with less than 6 weeks' notice will be considered by Volleyball England but may be rejected.

Once approved, the course will be registered online. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

UKCC Level 2 Certificate in Coaching Volleyball

Description

The 1st4sport UKCC Level 2 Certificate in Coaching Volleyball (L2CCVB) is the next step on the Volleyball England Coach Education Pathway, suitable for those Assistant Coaches who are keen to become an independent coach working in a club environment, running practical sessions on their own with an extended knowledge of how to structure, develop and progress towards a 6v6 game of volleyball. The course builds upon the knowledge, understanding and skills attained at UKCC Level 1.

The course will qualify the coach to practice independently in a club environment with:

- School beginner / junior club players.
- Senior beginner / social, club players in the lower levels of local and/or regional league.

The Independent Coach should be aware that this merely the start of their training and development; an enquiring coach understands that learning requires Continuous Professional Development (CPD), achieved through attendance at sport specific and generic workshops that are provided by Volleyball England and other external providers such as sports coach UK.

Duration and Numbers

4 days (32 hours), with a minimum of 12 learners and a maximum of 16.

Cost

£450 per learner

Learning Outcomes

- a) Plan and evaluate a coaching session to meet the needs of the group
- b) Demonstrate teaching and coaching of fundamentals, individual skills, team work and tactics (6v6), and progressions of these elements to prepare participants for school/club games
- c) Select coaching aids and equipment appropriate to the level and needs of the group
Maintain a safe working environment
- d) Mimic, or create an image of, the fundamentals and individual skills as an aid to teaching
- e) Demonstrate appropriate feeding skills (serving, feeding for smashers, feeding for defensive drills and blocking)

- f) Demonstrate an understanding and knowledge of the principles of injury prevention, and R.I.C.E. treatment of soft tissue injuries

Facility Requirements

UKCC Level 2	
Total Hours	32 incl. assessment (4 Days)
Class/Gym ratio	10/22 (Breakdown in course details)
Court space	1 volleyball court per 16 learners, including fixed posts, tensioned net, antennae.
Facility	To have heating or be at a warm temperature and have access to drinks on site
Balls	1 ball per 2 learners min.
Ball trolley	1 trolley or portable ball container on all courses
Referee stand	Preferred
Coaching platform (Box)	Essential
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.
Classroom facilities	DVD playback facility. White board or flip chart and pens. Multimedia projector and screen. Tables and chairs for written work and examinations.

Supporting Resources

All learners will receive a high-quality resource file to support the qualification and a memory stick of useful coaching cards and prompts will also be included.

Eligibility

Learners must possess a Level 1 coaching qualification and be at least 18 years of age. The learners must be registered with Volleyball England as a coach and have one year's practical experience of volleyball (Unless fast tracked by the Level 1 Course Tutor). The course is mainly practical in nature and learners will normally be expected to participate in the practical sessions and to carry out a variety of coaching tasks. Any special considerations must be requested by email to coaching@volleyballengland.org

Successful Completion

Learners must attend all days of the course in full.

Completion of all the tasks in the Learner Portfolio to the required standard.

The learner's ability to adequately prepare and organise a practical coaching demonstration will be assessed during the course.

4 x 1 hour progressive sessions must be delivered as part of the assessment. A witness, who can be a mentor, another coach or a club official, will also need to sign the overview to confirm the sessions have taken place.

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Booking Information

Return the UKCC Level 2 booking form which can be found on our website [here](#) or [email](#) to enquire. Applications for courses with less than 6 weeks' notice will be considered by Volleyball England but may be rejected.

Once approved, the course will be registered online. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

Volleyball England Level 3 Coaching Course

Description

The Level 3 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).

Duration

4 days (32 hours) + post-course individual assessment

Cost

£600 + £50 post-course practical assessment

Learning Outcomes

- 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.

Facility Requirements

Volleyball England Level 3	
Total Hours	32 plus off course assessment (arranged at £50 cost) (4 days)
Class/Gym ratio	Both to be available at all times
Court space	1 volleyball court per 16 learners, including fixed posts, tensioned net, antennae.
Facility	To have heating or be at a warm temperature and have access to drinks on site
Balls	1 ball per 2 learners min.
Ball trolley	1 trolley or portable ball container on all courses
Referee stand	Preferred
Coaching platform (Box)	Essential
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.

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Supporting Resources

All learners will receive a folder and an accompanying text book.

Eligibility

Learners must have held a Volleyball Level 2 Award for a minimum of one year and must be a registered coach member of Volleyball England. Special consideration must be formally requested in writing to coaching@volleyballengland.org

Successful Completion

Learners must attend all days of the course in full. There is a written theory examination on the final day of the course, which must be passed to progress onto the post-course practical assessment. The assessment comprises the completion and evaluation of a Volleyball Coaching Log and the observation and assessment of one practical session. The evaluation of the Volleyball Coaching Log will be a 30-minute online conversation with an assessor. This must take place before the practical observation. The practical is a 90-minute observation of part of a training session involving, under normal circumstances, your own team of not less than nine players. There will be professional discussion with the assessor to discuss how the session went and to devise an action plan for development. The assessor is interested how the coach reflects on the coaching process.

Arranging a practical assessment

- a) After passing the written examination and completing a Coaching Log, learners may request a practical examination.
- b) It is the learner's responsibility to organise the facility and the players involved.
- c) The request must be sent to coaching@volleyballengland.org a minimum of six weeks before the proposed date, together with the appropriate examination fee.
- d) Learners will receive the Post-course Assessment Guidance Notes which explains the assessment process and criteria.

Booking Information

All courses will be organised by Volleyball England. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

Beach Volleyball Coaching Clinic

Description

The Beach Coaching Clinic is a two-day course aimed at anyone who wants to start coaching on the beach. The course will equip you with the tools, knowledge and resources needed to get started coaching on sand, covering ideas and technical information for working with beginners to more experienced groups.

Duration and Numbers

2 days (14 hours minimum), with a minimum of 12 and maximum of 24 learners.

Cost

£140 per learner

Learning Outcomes

- a) Be able to plan, organise, and deliver beach volleyball sessions in a safe and enjoyable manner to a group of adults or children
- b) Understand specific techniques, skills, teamwork and simple tactics in preparation for playing a game
- c) Understand adaptations for beach volleyball

Supporting Resources

All learners will receive a copy of Denise Austin's 'A Guidebook to the Beach Game'.

Eligibility

The course is open to anyone aged at least 16 years of age by the first day of the course, who is interested in learning about coaching beach volleyball, be they a qualified coach, a player or someone looking to get into coaching.

All attendees who successfully complete the course will receive a certificate of attendance from Volleyball England. To be qualified to independently lead beach volleyball coaching sessions, you will also need to hold a Level 2 coaching qualification.

Facility Requirements

Beach Volleyball Coaching Course	
Total Hours	14 - 16 Hours (Liaise with specialist tutor)

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Class/Gym ratio	Both to be available at all times
Court space	1 volleyball court per 8 learners, including fixed posts, tensioned net, antennae.
Facility	Indoor or outdoor courts, with classroom to be close by
Balls	1 ball per 2 learners min.
Ball trolley	1 trolley or portable ball container on all courses
Referee stand	Preferred
Coaching platform (Box)	Essential
Other equipment	Fixed lines, Nearby Showers, Flipchart and stand near courts
Classroom facilities	DVD playback facility. White board or flip chart and pens. Multimedia projector and screen. Tables and chairs for written work.

Syllabus

The course will cover the specific techniques, skills, teamwork and simple tactics in preparation for playing a game including:

- How to serve; differences for the beach; tactics of serving
- How to receive the serve, where to stand, how to pass and options for passing
- How to set the ball and the range of sets specific to the beach
- How to attack using hard and soft shots and how beach differs
- How to block & defend the court, plus defensive systems

Successful Completion

Learners must attend the entire course and participate fully with appropriate enthusiasm.

The learner's ability to adequately prepare and organise a practical coaching demonstration will be assessed during the course.

Booking Information

All courses will be organised by Volleyball England. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

Grade 4 Referee Course

Description

The one-day Grade 4 refereeing course is your first step into refereeing volleyball. It consists of pre-course tasks, half a day of on-court practice and half a day conducted in a classroom setting, covering both theoretical and practical aspects of refereeing. The course will confirm your current knowledge of rules and volleyball refereeing and will allow you to officiate games within regional and local leagues as a trainee referee and work towards attaining a Grade 3 Regional qualification.

Duration and Numbers

1 day (8 hours), with a minimum of 14 and maximum of 18 learners.

Cost

£60 per learner

Learning Outcomes

At the end of the course you will be able to:

- a) Interact effectively with teams and match officials
- b) Handle pre and post-match administration, guiding a successful match
- c) Understand the international rules of the game
- d) Referee a game both as a 1st referee and as a 2nd referee assisting the 1st referee, including signalling, etc.

Facility Requirements

Grade 4 Referee Course	
Total Hours	8 Hours (1 Day)
Class/Gym ratio	4/4 (Morning in Sports Hall, afternoon in the classroom)
Court space	1 volleyball court per 18 learners, fixed posts, tensioned net and antennae
Facility	To have heating or be at a warm temperature and have access to drinks on site
Balls	1 ball per 2 learners min.
Referee stand	Yes
Other equipment in Sports Hall	Seats, 1 per learner. White board or flip chart and pens. Team benches, scorer's table and line judge flags.
Classroom facilities	Multimedia projector and screen. Tables and chairs for written examination.

Supporting Resources

After passing the course, learners will receive access to electronic copies of the latest international indoor volleyball rules and the scorers handbook. It is an ideal tool for referees to refresh their knowledge prior to games and use to refer to during post-game reflections.

Eligibility

Learners must be at least 16 years of age on the first day of the course and have some experience of playing and officiating the game. The course is a confirmation of knowledge and hence time must be allowed to study the pre-course material. The course is practical in nature and learners will normally be expected to participate in the practical sessions and to carry out a variety of refereeing roles on court.

Successful Completion

Learners must attend the entire course. At the end, there will be a written examination on which a minimum grade of 80% must be achieved to pass. Those who achieve a grade of 'borderline fail' on the paper may re-sit the paper at no additional cost on an alternative course. Those who achieve a grade of 'fail' on the paper will need to re-attend the course in full.

Booking Information

Return the Referee Course booking form which can be found on our website [here](#) or [email](#) to enquire. Applications for courses with less than 6 weeks' notice will be rejected.

Once approved, the course will be registered online. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

Go Spike Activator

Description

The workshop is three hours long and comprises of challenges and adapted games. The Activator is challenged to get beginners playing volleyball anywhere and anytime. The course covers: basic volleyball shots needed to start up a game and ideas for many different games, designed to be enjoyed by all. The course also covers content on how to best market your sessions.

An Activator is not a coaching role but one that facilitates fun drills and games to establish volleyball activity promptly within a session.

Duration and Numbers

3 Hours, Minimum of 14 and maximum of 20 learners

Cost

£35 per person

Facility Requirements

Go Spike Activator	
Total Hours	3 Hours
Class/Sports Hall	Fully practical, sports hall only. No classroom required
Court space	1 badminton court per 6 learners, (with teaching net or rope across courts). Ideally a volleyball court with fixed posts.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.

Learning Outcomes

By the end of the course the learners will be able to:

- Facilitate volleyball activity with participants new to volleyball playing challenges and adapted games.
- Choose appropriate practices, games and equipment according to the playing level of the participants
- Introduce volleyball shots and rules
- Be able to enthuse people to build confidence, engage them and sustain their participation

- e) Work with the organiser/club/venue to set up and run sessions; meet and greet participants and provide a social and welcoming atmosphere

Outline Timetable & Syllabus

5 min	<i>Welcome & Introduction</i> Induction, course structure, learning outcomes and introduction to the resource
15 min	<i>What makes a good Activator? PART 1</i> Interactive session to explore qualities, roles, responsibilities of the Activator – including what they aren't expected to do.
25 min	<i>Session Planning PART 1 & PRACTICAL PART 1</i> Discussion of around good session planning; what to include, how to adapt using STEP, understanding participants' needs.
10 min	<i>Session Planning PART 2</i> Tutor to explain what is next in the session plan: Challenges.
30 min	<i>Practical PART 2</i> Tutor delivers one "best practice" Challenge. Reinforces STEP and energetic and dynamic delivery.
10 min	<i>Session Planning PART 3</i> Tutor to explain what is next in the session plan: Adapted Games.
40 min	<i>Practical PART 3</i> Tutor delivers one "best practice" Adapted Game. Reinforces STEP and energetic and dynamic delivery
10 min	<i>What makes a good Activator? PART 2</i> Roles and responsibilities; qualities & what does an Activator NOT do.
10 min	<i>Where next? Retention</i> How to retain participants? Motivate them to come back each week, how and where to signpost players, possible next steps for Activators – coaching L1.

Supporting Resources

Each learner will receive a resource booklet, which can then be used as an aid to run sessions. A Certificate of Attendance will be given to each learner who has attended the entire course and participated fully.

Eligibility

Learners must be at least 16 years of age and have an interest in introducing volleyball to individuals new to the sport. Ideally, they will have some coaching or leadership background, but this is not essential.

Successful Completion

Attendance only.

Booking Information

Return the Activator booking form which can be found on our website [here](#) or [email](#) to enquire. Applications for courses with less than 6 weeks' notice will be considered by Volleyball England but may be rejected.

Once approved, the course will be registered online. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

Sitting Volleyball Workshop

Description

The workshop is four hours long and comprises of practical and theory sessions to introduce the game. It is not necessary to have a typical sitting volleyball court and balls as the leader is challenged to get beginners playing volleyball anywhere.

The leaders who have attended will typically run sessions with beginners, with the emphasis on fun games and activities. Many of these people may be delivering to pan-disability groups so a key focus is on delivering basic and inclusive sessions.

Duration and Numbers

4 Hours, with a minimum of 12 and maximum of 24 learners.

Cost

£50 per person

Facility Requirements

Sitting Volleyball Workshop	
Total Hours	4 Hours
Class/Sports Hall	1.5 hours / 2.5 hours. Both to be available at all times.
Court space	1 badminton court per 12 learners, (with teaching net or rope across courts). Can be a sitting volleyball court.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.

Learning Outcomes

By the end of the course the learners will be able to:

- Get groups of beginners playing games and challenges very quickly
- Choose appropriate practices, games and equipment in order to do this
- Introduce the basic sitting volleyball shots and rules
- Be able to enthuse people to build confidence and get them involved
- Be flexible in their approach to adapt to participants' needs

- f) Work with the organiser / club / venue to set up and run sessions; meet and greet participants and provide a social and welcoming social atmosphere
- g) Market the course within the local environment – working with clubs, schools, leisure centres, Volleyball England etc – following a marketing model set out by Volleyball England

Outline Timetable & Syllabus

20 min	<i>Welcome & Introduction</i> Induction, course structure, learning outcomes and introduction to the activity card resource.	Class
25 min	<i>Introduction to Sitting Volleyball</i> Basic introduction to volleyball and sitting volleyball including what it is, why people play and what the current situation is with the sport.	Class
60 min	<i>Understanding Movement and Introducing the Game</i> Practical session to introduce the concept of moving around on the floor and keeping the ball flying!	Gym
10 min	<i>Rules of the Game</i> Basic introduction to the rules of the game	Class
10 min	<i>Classification and Working with Disabled players</i> Introduction to the international classification system and how this varies domestically. Some basic information on the extra considerations and adaptations to be made when working with disabled participants.	Class
50 min	<i>Sitting Volleyball Techniques</i> Introduction to the skills required to play sitting volleyball and the drills, activities and games that can be used to develop them	Gym
20min	<i>Adapting the Game</i> Examples of how a game can be adapted and developed to cater for different participants and to generate different outcomes.	Gym
20 min	<i>Game</i> A chance for participants to play a full game	
10 min	<i>Evaluation & debrief</i> Evaluation of the course and identification of points for future action. Check for understanding and if learning outcomes have been achieved.	Class

Supporting Resources

Each learner will receive a resource booklet and Game in a Bag (includes net band, beach balls) which can then be used as an aid to run sessions. A Certificate of Attendance will be given to each learner who has attended the entire course and participated fully.

Eligibility

Learners must be at least 16 years of age and have an interest in introducing sitting volleyball to beginners and/or young children. Ideally, they will have some coaching or leadership background, but this is not essential.

Successful Completion

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Attendance only.

Booking Information

Return the Activator/Sitting Volleyball booking form which can be found on our website [here](#) or [email](#). Applications for courses with less than 6 weeks' notice will be considered by Volleyball England but may be rejected.

Once approved, the course will be registered online. To book onto the course, learners will first need a VolleyZone account. Information about how to set this up can be found [here](#)

Young Leaders Award

Description

The Volleyball Young Leaders Award is a 6-hour course designed to be used by clubs, schools and youth groups. The award is designed to complement the Level 1 Award in Sports Leadership and Level 1 Award in Community Sports Leadership or to stand alone as a valid award for young leaders. It can be delivered by any PE Teacher or Level 2 Coach using the Tutor Resource Pack. This easy-to-follow resource plans your sessions for you, is national curriculum friendly and can be delivered in one go or as part of PE lesson time.

Duration

6 Hours

Cost

Cost of resources: £40 per person (members), £50 per person (non-members), plus postage.

(If required) Cost of tutor for 6-hour delivery: £210 + Expenses

Facility Requirements

Young Leaders Award	
Total Hours	6 Hours
Class/Sports Hall	Fully practical, No classroom required
Court space	1 badminton court per 6 learners, (with teaching net or rope across courts). Ideally a volleyball court with fixed posts.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.

Learning Outcomes

By completing this award learners will develop knowledge, understanding and practical skills to enable them to plan and deliver safe and effective volleyball activities based on small sided, adapted games. The course is organised around 8 key learning outcomes:

- a) Describe Volley2s
- b) Demonstrate the key characteristics of effective leadership

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- c) Review own performance as a leader and suggest improvements
- d) Organise and lead activities to improve the skills and game play of a selected group of participants
- e) Demonstrate safe practice
- f) Plan, organise and run a festival or tournament
- g) Demonstrate effective officiating skills in a small-sided, adapted game
- h) Describe the next steps in leadership

Supporting Resources

The course deliverer will receive a plastic folder with tutor notes, laminated learner task cards and tutor resource cards to provide key information to support the various tasks that the learners are asked to complete.

Eligibility

Anyone between the ages of 14-19 can attend the course. No pre-requisites are required.

Successful Completion

Attendance only.

Booking Information

This course is currently being redeveloped. Please [email](#) to register your interest in receiving information about the new Young Leaders Course.

Young Event Volunteer Award

Description

The Young Event Volunteer Award is aimed at 14-19 year olds and suitable for students, young club members or anyone wishing to develop their leadership skills through volleyball activity. The course has been developed with the aim of providing young people with the knowledge and skills to volunteer at a national or international volleyball event or take a lead in organising a volleyball event in their school / college or club.

Duration

6 Hours

Cost

Cost of resources: £40 per person (members), £50 per person (non-members), plus postage.

(If required) Cost of tutor for 6-hour delivery: £210 + Expenses

Facility Requirements

Young Event Volunteer Award	
Total Hours	6 Hours
Class/Sports Hall	Fully practical, no classroom required
Court space	1 badminton court per 6 learners, (with teaching net or rope across courts). Ideally a volleyball court with fixed posts.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.

Learning Outcomes

By completing this award learners will develop knowledge, understanding and practical skills in volleyball event management and delivery to enable them to be effective volunteers at events of all levels. By the end of the course the learners will be able to:

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- a) Demonstrate knowledge of volleyball and the Volleyball England competition structure
- b) Explain why volunteers are needed at events
- c) Be a line judge
- d) Perform the role of a courtside assistant and the role of scoreboard assistant
- e) Assist with event administration
- f) Analyse the needs of different volleyball players and be able to be a team liaison volunteer
- g) Help with media and photography surrounding an event
- h) Be a DJ assistant
- i) Look after spectators and VIPs
- j) Investigate the next steps in volunteering at events

Outline Timetable & Syllabus

1 hour	<i>Introduction to competitions & general requirements</i>
1 hour	<i>Roles of Volunteers during matches</i>
1 hour	<i>Court side assistance and event administration</i>
1 hour	<i>Working with the players – Team liaison</i>
1 hour	<i>Event media and photography</i>
1 hour	<i>Working with the public</i>

Supporting Resources



The course deliverer will receive a folder with tutor notes, laminated learner task cards and tutor resource cards to provide key information to support the various tasks that the learners are asked to complete.

In addition to the tutor pack, a prize pack for each learner can be purchased at £5 per person containing an event t-shirt and certificate of attendance.

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Certificates can be purchased for £1 per person.

Eligibility

Anyone between the ages of 14-19 can attend the course. No pre-requisites are required.

Successful Completion

Attendance only.

Booking Information

Return the Courses for Young People booking form which can be found on our website [here](#). Or [email](#) to enquire. Applications for courses requesting a Volleyball England tutor with less than 6 weeks' notice will be considered by Volleyball England but may be rejected. A register will be required to certificate learners.

Young Referees Award

Description

The Young Referee Award is aimed at 14-19 year old students wishing to develop their leadership skills through refereeing volleyball. The course has been developed with the aim of providing young people with the skills necessary to conduct a volleyball match effectively. The course does not require participants to have any previous knowledge of volleyball and can be delivered by any PE Teacher or Level 2 Coach supported by the Tutor Resource Pack. This easy-to-follow resource plans your sessions for you, is national curriculum friendly and can be delivered in one go or as part of PE lesson time.

Duration

6 Hours

Cost

Cost of resources: £40 per person (members), £50 per person (non-members), plus postage.

(If required) Cost of tutor for 6-hour delivery: £210 + Expenses

Facility Requirements

Young Referees Award	
Total Hours	6 Hours
Class/Sports Hall	Fully practical, No classroom required
Court space	1 badminton court per 6 learners, (with teaching net or rope across courts). Ideally a volleyball court with fixed posts.
Balls	1 ball per 2 learners min. Mixture of teaching and leather balls.
Ball trolley	1 trolley or portable ball container on all courses.
Other equipment in gym	Seats, 1 per learner. White board or flip chart and pens.

Learning Outcomes

By completing this award learners will develop knowledge, understanding and practical skills in officiating to enable them to plan and deliver safe and effective volleyball activities based on small sided, adapted games. The course is organised around 8 key learning outcomes:

- a) Describe the playing formats of the 'Lets Play Volleyball' programme
- b) Demonstrate safe practice and appropriate emergency procedures

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- c) Understand and apply key refereeing and player management skills needed for effective officiating
- d) Understand and apply the rules in small sided games
- e) Demonstrate effective scoring skills in small sided games
- f) Review own performance and suggest improvements
- g) Understand the next steps

Outline Timetable & Syllabus

45 mins	<i>Introduction to the course and refereeing</i>
105 mins	<i>Refereeing and scoring the Volley2s game format</i>
1 hour	<i>Refereeing and scoring the Mini Volley game format</i>
1 hour	<i>Refereeing and scoring the Super Mini Volley game format</i>
1 hour	<i>Extended formats and summary</i>

Supporting Resources

The course deliverer will receive a folder containing tutor notes, laminated learner task cards and tutor resource cards to provide key information to support the various tasks that the learners are asked to complete.



In addition to the tutor pack, a prize pack for each learner can be purchased at £5 per person containing a certificate, Let's Play Volleyball lanyard, whistle and pocket size rule/referee cards.



Certificates can be purchased for £1 per person.

Eligibility

Anyone between the ages of 14-19 can attend the course. No pre-requisites are required.

Successful Completion

Attendance only.

Booking Information

Return the Courses for Young People booking form which can be found on our website [here](#). Or [email](#) to enquire. Applications for courses requesting a Volleyball England tutor with less than 6 weeks' notice will be considered by Volleyball England but may be rejected. A register will be required to certificate learners.