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.

b) Fundamentals review and feeding skills development (to receiver, to setter and to hitter)

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