



Provisional Course Schedule: CEV Seminar Developing Young Players (13-18yrs)

FRIDAY 30th October 7pm – 10pm		
Holiday Inn Hotel – Kettering		
Official Opening of the Course, Course Overview, and Introductions: "Who am I, what do I do and how do I do it?" Making volleyball the first choice sport	19.00 – 21.00	Joel Banks & Antti Paananen
Q & A	21.00 – 21.30	JB+ AP

SATURDAY 31st October 9am – 7pm		
National Volleyball Development Centre - Kettering		
How to prepare the young talented athlete	9.30 – 11.30	Joel Banks
<ul style="list-style-type: none"> • Overall approach to training young athletes • Day-to-day working within the Belgian Volleyball school • Periodisation for the individual within the "Team sport" environment. 		
Break and questions	11.30 – 12.15	
Athletes creating their performance environment	12.15 – 13.45	Joel Banks
<ul style="list-style-type: none"> • Starting at zero. What state are the athletes in when they report to the Volleyball school - how to make a start (Screening / physical testing / working with the multi-disciplinary support staff) • On and off the court - which aspects do I find important for youngsters to become elite performers? • How do you keep athletes motivated – role of the coach • Robots or free-thinkers? What type of athlete do we want to produce? 		
Lunch	13.45 – 14.45	

Split into 2 groups Group 1 – The Coach Group 2 – The Athletes	14.45 – 15.50	Joel Banks & Antti Paananen
Change groups	15.50 – 16.00	
Groups switch	16.00 – 17.00	
Break	17.00 – 17.15	
Specialisation of young players	17.15 – 19.00	Antti Paananen
Dinner and Transport to Hotel		

SUNDAY 1st November 9am – 2pm		
On court practical looking at the following: <ul style="list-style-type: none"> • Warm up • Skills development: <ul style="list-style-type: none"> Service reception Attack • Blocked versus variable practice • Technique development • Team play 	09.00 – 12.00	Court – Kettering Buccluch
Transport to National Volleyball Centre		
Q & A and course close	12.45 – 14.00	Class
Course Close		