



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

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

<b>SATURDAY 31st October 9am – 7pm</b>		
<b>National Volleyball Development Centre - Kettering</b>		
<b>How to prepare the young talented athlete</b>	9.30 – 11.30	Joel Banks
<ul style="list-style-type: none"> <li>Overall approach to training young athletes</li> <li>Day-to-day working within the Belgian Volleyball school</li> <li>Periodisation for the individual within the "Team sport" environment.</li> </ul>		
<b>Break and questions</b>	11.30 – 12.15	
<b>Athletes creating their performance environment</b>	12.15 – 13.45	Joel Banks
<ul style="list-style-type: none"> <li>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)</li> <li>On and off the court - which aspects do I find important for youngsters to become elite performers?</li> <li>How do you keep athletes motivated – role of the coach</li> <li>Robots or free-thinkers? What type of athlete do we want to produce?</li> </ul>		
<b>Lunch</b>	13.45 – 14.45	
<b>Split into 2 groups</b> Group 1 – The Coach Group 2 – The Athletes	14.45 – 15.50	Joel Banks & Antti Paananen
<b>Change groups</b>	15.50 – 16.00	
Groups switch	16.00 – 17.00	

<b>Break</b>	17.00 – 17.15	
Specialisation of young players	17.15 – 19.00	Antti Paananen
<b>Dinner and Transport to Hotel</b>		

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