



## Course Schedule: FIVB Outside Hitter/Serve Seminar

<b>DAY 1</b>		
Official Opening of the Course	09.00 – 10.00	Class
Video and different styles of the outside hitter	10.00 – 11.30	Class
Basic Technical Exercises: Outside hitter serve/reception	11.30 – 12.30	Court
<b>Lunch</b>		
Basic Technical Exercises: Outside hitter serve/ reception	13.30 – 14.30	Court
The Role of the Outside Hitter	14.30 – 15.45	Class
Analysing the outside hitter's movement	16.00 – 17.30	Class/Court

<b>DAY 2</b>		
Exercises for side-out -outside hitters, strategy, systems, team play	09.00 – 11.00	Court
The outside hitter in the block and defence systems	11.00 – 12.30	Class/Court
<b>Lunch</b>		
Physical preparation: general, specific. Physical testing – comparative analysis	13.15 -14.30	Court
Exercises for block & defence counter attack: strategy, systems, team play	14.30 – 16.30	Court
Video and different types of serve	16.30 – 18.00	Class
<b>Dinner and Transport to Hotel</b>		
Assignment for the participants	19.30 – 21.00	Hotel

<b>DAY 3</b>		
Basic Exercises for serve: Float / jump, strategy exercises	09.00 – 11.00	Court
Making a concept: system / philosophy, International development	11.00 – 12.30	Class
<b>Lunch</b>		
RPS, libero, new rules	13.15 - 14.30	Class
Q & A – Review Tactics & Techniques	14.30 – 16.00	Class
Closing Ceremony	16.00 – 17.00	Class