



Course Schedule: FIVB Technical Seminar- Setting

DAY 1		
Official Opening of the Course	09.00 – 10.00	Class
Video and different setting techniques	10.00 – 11.30	Class
Basic Technical Exercises	11.30 – 12.30	Court
Lunch		
Basic Technical Exercises	13.30 – 14.30	Court
Team selection and composition	14.30 – 15.45	Class
Setting techniques	16.00 – 17.30	Class/Court

DAY 2		
Training the setter (special exercises)	09.00 – 11.00	Court
Making concept for the setter	11.00 – 12.30	Class/Court
Lunch		
Assignment for the participants	13.15 -14.30	Class
Training principles: Setter, Strategy	14.30 – 16.30	Class
Physical Preparation, Physical Testing	16.30 – 18.00	Court
Dinner and Transport to Hotel		
Analysing Setters Movement	19.30 – 21.00	Hotel

DAY 3		
The setter in team and total play	09.00 – 11.00	Court
Match analysis of the setter – consistency, accuracy	11.00 – 12.30	Class
Lunch		
International development, 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