

Level 3 Learning Programme

| | DAY 1 – Coaching Process | DAY 2 – Developing Side-out | DAY 3 – Developing Side-in | DAY 4 – Transition |
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| Session 1 | Introduction & Welcome Expectations, timetable, assessment, course structure and philosophy The coaching process, self-reflection & you | Building a Serve Reception Unit Number of passers System and arrangement of unit Role of the Libero | Match Preparation & Scouting Strategic decision making Preparing the scouting report Preparing the match plan-serving targets | Training Transition Setters ; from block/defence, offensive philosophy |
| Session 2 | Observing & Analysing Performance Statistical Analysis Score sheet + Pen & Paper Video and computer analysis | Offensive Strategy Philosophy Offensive principles Offensive strategy Setter constructed v pass dictated | Training the Serve Fundamentals & Physical Requirements Individual Technique Mental factors, Tactics and decision making | Training Transition Attackers; quick & outside from block/attack cover, front/back court from defence, positioning and decision making for out of system Blockers; overpass, adjustment for attack outside aerial |
| Session 3 | Setting up your team Team balance and rotational order Specialism Systems of play | Training Serve Reception Fundamentals & Physical factors Individual Technique & Mental factors Developing the unit | Block-Defence Strategy Systems of blocking Systems of Defence Linking Block-Defence Preparing the match plan – Block/Defence | Homework & Private Study |
| Session 4 | Planning & Delivering Practice Feeding skills/Drill management Practice Planning Master Coach Observation | Training the Side-out Offence – Setting & Attack Fundamentals & physical factors Individual technique & Mental factors, Tactics and decision making | Training Block-Defence Fundamentals & Physical Requirements Individual Technique Mental factors, Tactics and decision making Linking Block-Defence | Private Study |
| Session 5 | Micro-coaching sessions Theme 1/Theme 2 Coaching Assessment | Micro-coaching sessions Theme 1/Theme 2 Coaching Assessment | Micro-coaching sessions Theme 1/Theme 2 Coaching Assessment | Theory Examination Feedback & Depart |
| Session 6 | An Evening with ...'Planning your annual programme' | An Evening with ...'Preparing for major competition' | An Evening with ... | |