



Improve your passing

SUNDAY NOVEMBER 18TH

10.00 - 1600

At Sportspark UEA Norwich

Do you want to improve your passing?

A one day "Masterclass" with Keith Nicholls FIVB Coach. **Only £15 per person**

A practical session that will look at the pass from the player, teacher and coaches viewpoints;

- Understand the technical elements of the pass
- Improve your accuracy
- How to pass the ball better under pressure
- How to work as a "passing unit"
- Playing the next phase of the game.

The morning will focus on individual player technical development with opportunities for coaches to work under Keith's supervision.

The afternoon session will be two 1hr "club" training sessions taken by Keith demonstrating how to develop passing in a club context.

TO RESERVE YOUR PLACE CONTACT KEITH NICHOLLS = keithnicholls2@btinternet.com OR 01603 454471.

PLACES ARE LIMITED

The Ruth Nicholls Volleyball Foundation Sales Company Ltd covenants any operating profits to the Ruth Nicholls Volleyball Foundation. This was established in memory of Ruth a committed PE teacher, coach and player. Established by family, colleagues and friends the Foundation aims to support grass roots involvement and development in the sport she loved.