



Six Top Tips for Finding Free Coaching Resources

Often the trade-off for free coaching resources is a demand of investing time in finding them. Use these six tips to fast track your way to finding free coaching resources.

1. Ask

Regardless of your coaching level your greatest resource is other coaches. Keeping in contact with people you've attended courses with is a great way to start to build your coaching network. Asking your coaching peers how they are dealing with or if they are dealing with similar issues to you in their coaching is also a great resource. At the other end of the spectrum, asking a coach you look up to nationally or internationally about, for instance, their coaching philosophy can give you a great insight into the qualities of a high level coach. You may be surprised by who will reply to your questions!

2. Practice

Experience is a formidable resource and the best way to gain it is by practicing as a coach. Learning that things will go wrong is an inevitable part of becoming a coach. A key step in becoming a good coach is learning how to manage the session when it goes wrong and gaining experience by practicing as a coach will help you in this journey.

3. Observe

Watch other club coaches and observe coaches in match and training environments. This can give you a wealth of knowledge and exposure to a variety of different coaching styles and an idea of the advantages and disadvantages of these styles. Opportunities to observe coaches can be gained by asking coaches directly, approaching key regional contacts (e.g. Regional Association members) or by contacting Volleyball England.

4. Search: FIVB

The FIVB website hosts great technical and tactical guides to volleyball coaching from their [coaches manual](#) to [technical evaluations](#).

5. Search: sports coach UK Resource Bank

Sign up to sports coach UK [for free here](#) to gain access to their resource bank, which includes resources ranging from executive research summaries to blog style posts on managing behaviour in sport.

6. Search: Google Books/Google Scholar

Many previews of books can be accessed via Google Books. A search of '[coaching volleyball technical](#)' returns many book previews including '[Coaching Volleyball: Technical and Tactical Skills by Cecile Reynaud](#)' and '[Coaching Volleyball Successfully by Sally Kus](#)'