



# **Coach Education Programme**

## **SVA COACH EDUCATION PROGRAMME**

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### **TEACHERS/COACHES (SVA COACH EDUCATION PROGRAMME)**

The broad aim of the teachers and coaches courses is to bring about a wider understanding and increased participation by children, youth and adults. In order to do this, the number of qualified coaches/teachers must increase. The purpose of these courses is to:

Provide up to date content and methods of coaching and teaching that present the game in the most attractive fashion for all players of different ages, abilities and interests.

Provide knowledge and awareness of the exacting, but rewarding job of a competent coach or teacher.

Train candidates so that they may teach or coach successfully to the highest standards that are appropriate for the players and teams they intend to work with.

The education process for the training of teachers and coaches is an important and long term one. Ultimately, the intention is that the SVA programme should be comparable to those standards expected and attained in Western Europe. The quality of the SVA courses is very high and at the present time the courses listed below are available (please contact the SVA office for more information).

### **SVA INTRODUCTORY AWARD (15 HOURS)**

This course is directed towards prospective coaches, youth leaders, parents, junior and secondary school teachers and players. It is intended as an introduction to the basic ideas of introducing volleyball. The course also caters for adults with little or no knowledge of the sport and for players seeking useful teaching information. Participants will be expected to take part in practical sessions. These are carefully presented so that their relevance from an experiential and coaching point of view can be understood.

The practical and theoretical aspects of the course will be taken from the SVA Introductory Award Course outline and Horst Baacke's book "Mini Volleyball". A broad outline of the content of the course is as follows:

- Preparatory type activities that facilitate movement learning and enjoyment.
- Game objectives in elementary attack and defence terms, simple positioning and anticipation.
- Game sequence.

- Individual technique and tactics of volleypass and digpass.
- Practice Organisation 2 v 2: 3 v 3 situations/attack and defence possibilities.
- Practical refereeing in mini games and match organisation.

### **SVA TEACHERS AWARD –**

(This course is in two parts and to attend it you must hold an SVA Introductory award.)

### **SVA TEACHERS AWARD I (30 HOURS)**

The first part continues to provide basic information on the game. This ensures that all those who wish to coach have adequate material which will enable an enjoyable and satisfactory start to be made by beginners in the sport.

An outline of the course content is below:

Game balance, control and touch requirements.

- Movement/Orientation
- Coordination/Timing and Balance
- Preparatory activities and individual techniques and tactics of spike, field defence, service and one man block.
- 3 v 3 volleyball/mini volleyball rotational order, team service reception and team field defence.
- Learning, variety of practice, errors and success, teaching and communication process.
- Development of volleyball in schools for beginners, selection of equipment and materials, presentation and methodology.
- Transition to 6v6 service reception (5 man), setting from three and rotation order.
- Mini season/ sustaining team interest.

### **SVA TEACHERS AWARD II (30 HOURS)**

This second part of the Teachers Award begins to promote a more comprehensive and detailed picture of the game's possibilities. It is intended to provide a sound teaching basis for the game within the curriculum, junior club sections and in dealing with an improving standard of play. (To attend this course you must hold an SVA Teachers Award I)

The course content is outlined below:

- Assessment of individual player performance, their technical and tactical features. 2v2: 4v4.
- Assessment, identification and relation of key teaching areas with game type situations. 6v6.
- Practical teaching via game type situations.
- Stabilisation of play actions, consistency and range of performance.
- Development of attack options and an introduction to specialisation of the setter.
- Specialisation of players and their abilities, all round and specific.
- Service reception/game sequences/transition from defence to attack.
- The teaching/coaching process
- Body weight conditioning, Flexibility-an introduction

## **SVA CLUB COACHES AWARD PART 1**

This course assumes a satisfactory completion of the previous courses or their equivalent (ie. Standard Grade: Higher Grade PI & PII). It is intended for those who wish to coach players on a regular basis and who will be involved with them over an extended period of time. Very often these players will be of a junior standard or adults playing in either recreational or national league competitions.

The course presentation is a mixture of practice and theory and working with junior players in a player development camp context. The opportunities to discuss and consider practice management, evaluation and assessment are therefore of immediate relevance. The following headings give the overall framework for the course:

- Coaching philosophy and working with young people or adults in a player/team development context.
- Health and safety of players, coaching ethics and practice.
- Evaluation of players from a variety of perspectives.
- Personnel profile.
- Game analysis, simple numbers and their interpretation.
- Physical conditioning, muscle balance, base level bodyweight control, tempo and cadence of movement, recovery and quality of form.
- Volleyball-specific information:
  - Specialisation and its gradual development/potential and significance.
  - Developing system of play around your player profile, e.g. 4 spikers and 2 setters or 5 spikers and 1 setter.
  - Individual player technique/tactics aligned to options and ability.
  - Integrated game phases and flow/adjustment of players.

- Match coaching: rotational order/use of players/time outs/recruitment and sustaining your team. Motivation; enjoyment and realistic expectations.
- Revision of Practice Management – Learning Contexts and Methods.

Following completion of this course candidates could be eligible for a Coaching Practice Award (with the support of **sportscotland's** coaching team) of £300 that enables them to work with a tutor on the development and use of the course material with their own team. This enables clarification of the information, assistance from an experienced coach and ongoing practice with their particular group of players over a period of 4-6 months. This would be in the context of the Junior National League, District League or National League.

**Following completion of the Club Coaches Award Part I and the practical part of the course**, candidates are then eligible to attend the **Club Coaches Award Part II**. This again is a four day course followed by a practical period of work.

## **SVA CLUB COACHES AWARD PART II**

The content of this course is as follow:

- Further emphasis upon the conditioning part of individual and team preparation within a year's programme.
- Establishing a base level and assessment of performance, generating data and information. From here make a more specific programme that would be addressed in a cyclic pattern within a season.
- Learning theory for implications for practice management and player development.
- Video analysis of the game and the generation of simple statistics for information and interpretation.
- Adjusting practice management within the season and according to personnel development as well as that of the team. Playing well and enjoying improving, competing and the "duel" with an opponent.
- Tactical decision making of the players inside the game context and phases, as well as specialist player development within practice.
- Scottish player profiles: becoming a good player: strengths and weaknesses and an overall timescale for making progress that is 2-3 years (patience, competence, acquiring practice habits and expectations of progress).
- Communicating and involving players in the overall process, making tangible gains in personal performance and having goals that are process orientated rather than end dominated.

- Working in training camps and creating an accumulative effect in each game phase.
- Lifestyle, diet, time management, group dynamics, PNF stretching, injury prevention, growth and maturity.
- Any other appropriate information that would be consistent with the previous work and the Club Coaches Award Part II.

Upon completion of the course candidates could be eligible for a Coaching Practice Award (with the support of **sportscotland's** coaching team of £600). Further particulars of this award are available upon request. Candidates must be working with their team on two or more sessions per week and a match schedule in either the JNL or the NL.