

## **Draft plan**

### Day 1

0830 – arrival / check in

0900 – Event opened – Potential Olympian

0930 - Session 1 – Volleyball and the SQA

1100 - Morning break – tea/coffee networking

1130 - Session 2 – SVA meet the staff- Festival and Events round table exercise

1300 - Lunch (access to rooms)

1400 – Practical session –

Option 1 -Fun Volleyball and small sided games long net

Option 2- Introduction to systems of play

1530 – Afternoon Break

1600 – Practical session -

Option 1 - 4v4 into 6v6 Transition

Option 2 - Tactics and understanding game play

1700 – Return to rooms (free time)

1800 - Dinner

1900 - My Volleyball journey – Lyne Beattie Oly

2030 - Quiz night bar

2200 - Free time

### Day 2

0830 - Breakfast

0930 - Session 5 – Session planning and progression and equipment

1100 - Morning break

1130 - Session 6 – The Renfrewshire project

1230 - Lunch

1315 - Volleyball festival

1530 - Tea – Coffee

1600 - Session close – SVA