

Volleyball England Level 2 Coaching Course

Course	Day	Date	Time
One	Saturday	21 st August 2010	0900-1700
	Sunday	22 nd August 2010	1000-1800
	Saturday	4 th September 2010	0900-1700
	Sunday	5 th September 2010	1000-1800

Course Fee

£150 per individual

Minimum Age

18 years

Course Pre-requisites

- Applicants must hold a CSLA Volleyball or Volleyball Level 1 Award and have two years practical experience of volleyball.
- Applicants must have completed a sports coach UK 'Injury Prevention and Management' workshop
- Be familiar with the technical and tactical information contained within the VE's Level 1 Coaching Award Manual

Course Aims

The Level 2 award prepares the coach who has some experience of competitive volleyball to plan, organise and deliver a series of volleyball sessions in a safe and enjoyable manner to a group of adults or children; and to teach and improve fundamentals, basic techniques, skills and simple tactics in preparation for playing a game e.g.: school or club competition.

Course Content

On successful completion of a course a Level 2 coach should be able to:

- Plan and evaluate a coaching session to meet the needs of the group
- Demonstrate teaching and coaching of fundamentals, individual skills, teamwork and tactics (6v6), and progressions of these elements to prepare participants for school/ club games
- Select coaching aids and equipment appropriate to the level and needs of the group



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- d) Maintain a safe working environment
- e) Mimic, or create an image of, the fundamentals and individual skills as an aid to teaching
- f) Demonstrate appropriate feeding skills (serving, feeding for smashers, feeding for defensive drills and blocking)
- g) Demonstrate an understanding and knowledge of the principles of injury prevention, and R.I.C.E treatment of soft tissue injuries

Course Exam/Certificate?

Candidates must attend all the taught course hours and participate fully with appropriate enthusiasm

Assessment of a candidate's ability to adequately prepare and organise a practical coaching demonstration

There will be a written examination at the end of the course.

Course Duration

24 hours

Course Venue

Carnegie Sports Centre, Leeds Metropolitan University, Headingley Campus, Leeds, LS6 3QS

To apply:

Please download the Coach Education Application Form from the website and send with full payment to:

Carnegie Coach Education
Leeds Metropolitan University
University Sport
G10b Carnegie Annexe
Headingley Campus
Leeds
LS6 3QS
Email: coacheducation@leedsmet.ac.uk
Web: www.leedsmet.ac.uk/sport

Cheques must be made payable to **LEEDS METROPOLITAN UNIVERSITY**