



DEVELOPMENT COACH WORKSHOP SCHEDULE

0h00 Sitting Area	Welcome, Registration, Introduction to new NCCP
0h30 Sit/Court	Introduction to the Game of Volleyball Basic Game Concepts
1h00 On Court	The Fundamentals of Team Play (Part 1) Initial court positioning Serve reception with 5 players (W formation) Offensive system 4-2 with no penetration Pre-defence and defensive system (3-2-1 / 3-1-2) Transition
4h00 SESSION 1 CONCLUDES	
0h00 On Court	Warm-up
0h20 On Court	The Fundamentals of Team Play - Practical Workshop (Part 2)
1h30 On Court	Basic Skills (Part 1) Skills Analysis Model
1h50 BREAK	
2h00 On Court	Basic Skills (Part 2) Serving Underhand Pass Overhand Pass Attack Block
4h00 SESSION 2 CONCLUDES	
0h00 Sitting Area	Long-Term Athlete Development
0h30 Sitting Area	Beach Volleyball
1h00 Sitting Area	Game Coaching & Rules of the Game
1h30 Sit/Court	Coaching Interventions (practices/matches)
2h00 BREAK	
2h10 Sitting Area	Planning (Part 1) Seasonal Practice session Drill
2h55 On Court	Practical Workshop on Running Appropriate Drills
4h00 SESSION 3 CONCLUDES	
0h00 Sitting Area	Responsible Coaching
0h45 On Court	Coaches Preparation for Practical Workshop on Drills/Planning Session (Part 2)
1h15 BREAK	
1h30 On Court	Practical Workshop and Assessment
4h00	What now? How to become fully certified Discussions/Questions
4h15 SESSION 4 CONCLUDES	