

## Level 1 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