



## COMMUNITY LEVEL COACHING Pathway Beach Volleyball Community Coach Training Programme Overview

The Oceania Sport Education Programme (OSEP) is a joint initiative of the Australian Sports Commission, the Oceania National Olympic Committee and the Organisation of Sports Federations of Oceania to support the development of sport education in the Pacific region.

The OSEP comprises a number of training programmes that have been specifically designed to provide a regional approach to sport education by developing flexible, relevant, modern curricula and training support resources in the areas of coaching, officiating, administration and trainer training.

The OSEP Coaches Stream offers three levels of training programmes:

1. Community Coach & Official and Beach Volleyball Community Coach
2. Development Coach and Community Strength & Conditioning Coach
3. Development Strength & Conditioning Coach

### **BEACH VOLLEYBALL COMMUNITY COACH**

The Beach Volleyball Community Coach training programme will provide coaches with the skills needed to coach individuals and teams in communities, schools, sport clubs and higher levels in the National Federations that do not currently have their own accreditation coaching courses. This course is suitable for those coaching at the community, school, sport clubs who do not have a recognized certificate or those interested in pursuing a career in sport coaching in the Pacific.

Beach Volleyball Community Coach training program will take approximately 24 hours to complete. It consists of six modules:

1. Fundamentals of a Community Coach
  - a. Being a good community coach
  - b. Being a good communicator and group organizer
2. Safety
  - a. Taking care of your athletes
  - b. Getting enough water
  - c. Handling potential risks
3. Health, physical wellbeing and nutrition
  - a. Keeping fit and healthy
  - b. Nutrition
  - c. Injuries
4. Equipment used in volleyball
  - a. Equipment
5. Rules
  - a. Rules applying to both beach and indoor volleyball
6. Volleyball skills
  - a. Serving

- b. Passing
- c. Setting
- d. Hitting
- e. Blocking

7. Beach volleyball coach in practice
  - a. The components of fitness
  - b. Planning a training session
  - c. Designing a modified sport
  - d. Delivering and reviewing a modified sport training session

Upon successful completion of the Beach Volleyball Community Coach training programme, the participants will be able to:

- Demonstrate the fundamental skills of a beach volleyball community coach
- Outline the importance of keeping healthy
- Explain the rules of volleyball
- Demonstrate the skills required in volleyball
- Prepare a coaching session plan