

CLC001

BEACH VOLLEYBALL COMMUNITY COACH

A Community Level Course in the Coaching Pathway



The Oceania Sport Education Programme (OSEP) is an initiative of the Oceania National Olympic Committee. It is designed to develop sport education in the Pacific region with National Olympic Committees, Regional Sports Federations in Oceania and their member national Federations.

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. The programme underwent an external, independent evaluation which involved several layers of stakeholder consultations, compilation of findings, recommendations, validation with stakeholders before moving into a new strategy and direction. At its core, the courses remain the same.

The courses are in five streams targeting community, development and national level sport volunteers and paid professionals:

1. Administration
2. Coaching
3. Strength and Conditioning Coaching
4. Trainer
5. Team management

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.

PROGRAMMES	ADMINISTRATION (A)	COACHING (C)	STRENGTH & CONDITIONING (S)	TEAM MANAGEMENT (M)	TRAINER (T)
COMMUNITY LEVEL (CL)	CLA001 Sports in Communities Administrator	CLC001 Community Beach Volleyball Coach 			CLT001 Presenter CLT002 Assessor CLT003 Educator
DEVELOPMENT LEVEL (DL)	DLA001 Management in Sporting Organisation	DLC001 Development Coach	DLS001 Community Strength and Conditioning Coach DLS002 Development Strength and Conditioning Coach		DLT001 Master Educator
NATIONAL LEVEL (NL)	NLA001 Building Better Management – eOSEP NLA002 Advanced Sport Management			NLM001 National Team Manager	NLT001 Regional Master Educator NLT002 Mentor

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.

PREREQUISITES

None

LEARNING OUTCOMES

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

- Understand and demonstrate the fundamental skills of a beach volleyball community coach
- Appreciate and outline the importance of keeping healthy
- Explain the rules of volleyball
- Demonstrate the skills required in volleyball
- Prepare a coaching session plan

DURATION

Beach Volleyball Community Coach training program will take approximately 24 hours to complete.

MODULES

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

FURTHER INFORMATION

Please talk to an Officer in charge of OSEP in your National Olympic Committee or an OSEP Training Provider for **further details.**