

**Bermuda Volleyball Association
Course for Coaches- Level 1**

Date	Time	Activity	Type of Activity
Day 1	30 mins	History of Volleyball	Theory(Th)
	30 mins	FIVB Structure and Function	TH
	1hour	Volleyball as a Sporting Activity	TH
	2 hours	Practice Session	TH
	2 hours	Development of Training Philosophy	TH
	2 hours	Laws of Motor Learning	Theory Th)
	2 hours	Training Methodology	TH
	2 hours	Psychological Development of the Child	
Day 2	1 hour	Volleyball for Beginners	TH/PRACTICAL (PR)
	1 hour	Initiation to Reduce Games	TH/PR
	1 hour	Mini Volleyball	TH/PR
	1 hour	Serve	TH/PR
	1 hour	Reception	TH/PR
	1 hour	Set	TH/PR
Day 3	1 hour	Attack	TH/PR
	1 hour	Block	TH/PR
	1 hour	Defense	TH/PR
Day 4	1 hour	Tactical- Complex 1	TH/PR
	1 hour	Tactical- Complex 2	TH/PR
	2 hours	Team Management	TH/PR
	1 hour	Physical Preparation in formative Sports	TH/PR
	1 hour	Training Schedule	TH/PR
Day 5	1 hour	Practical Exam -Video	PR
	30 mins	WADA (Oral) Exam -FiVB	TH
	1 hour	Written Exam	TH
	30 mins	Exhibition Panel	PR