



VICTORIAN COUNTRY VOLLEYBALL COUNCIL

GIPPSLAND REGION

LEVEL 1 COACHES COURSE

HOST ASSOCIATION LATROBE VALLEY
VENUE TO BE DECIDED (Probably Morwell)
Dates SATURDAY 19th SUNDAY 20th MARCH 1983

Details of the course are on the attached sheet. Participants would be expected to pay a fee of approximately \$10 . Successful participants would be- granted membership of the VCC
provided a tracksuit badge
Level 1 certificate

Further details regarding venue, times etc. will be forwarded later.

VICTORIAN COACHING COMMISSION

LEVEL 1 COURSE

1. THEORY :

(a) Role of the Coach	1 hour
(b) Biomechanics	2 hours
(c) Training methodology	2 hours

2. TECHNICAL :

(a) History	1 hour
(b) Movement	2 hours
(c) Individual skills	3 hours
(d) Team skills	3 hours
(e) Mini volleyball	1 hour
(f) Fitness components	1 hour
(g) Coaching organisation and Administration	2 hours
(h) Statistics	1 hour

3. EXAMINATION :

1 hour

TOTAL

20 hours
