

**Volleyball**

**UKCC Level 1 Coaching Certificate**

The 1st4sport UKCC Level 1 Certificate in Coaching Volleyball is suitable for those who are new to coaching, but who have some knowledge of the game and would like to learn how to apply that in a coaching environment. Assistant coaches should be committed to their own development and should be looking to gain experience whilst working with a coach who is already qualified at Level 2 or higher.

**What are the pre-requisites for entry on the course?**

Candidates are required to:-

* Be at least 16 years of age on the first day of the course
* Have some experience of playing the game

**How is the qualification delivered?**

* Phase 1 Pre-course Induction and activities (2 hours)
* Phase 2 Taught programme and on-going internal assessment (14 hours)
* Phase 3 Reflection phase with on-going internal assessment (4 hours)
* Phase 4 Independent assessment day (8 hours)

**What will I learn?**

* Preparing to train and play-includes warm-up and cool-down; fundamentals; postural control and ball handling
* Game flow-including attacking, defending and transition
* First Contact-including service and service reception
* ‘How to’ coaching skills-including communication, demonstration, explanation, etc.

**What resources will I receive?**

All candidates will receive a high quality resource file to support the qualification