

COMMUNITY COACHING

SESSION PLAN EXAMPLE

Date: 20 May 2022	Attendance: Not applicable	Equipment needed: <ul style="list-style-type: none"> • Volleyball net • Volleyballs
Venue: Stadium		
Duration: 40 mins		
Introduction: Athletes write their hand setting goals on whiteboard. If they have specific cues that they find helpful, they will write those down too, if not, different cues will be offered in various drills to see if something 'sticks.'		
Warm-up activities: Individual and team drills	Drills and games: Drill 1: hand setting in pairs Drill variations: <ul style="list-style-type: none"> • Increasing difficulty: increase distance between athletes • Improving spatial awareness: athletes need to turn degrees when they set the ball straight up, and set their partner the ball backwards • Decreasing difficulty: decrease distance between athletes 	Cool-down activities: Individual cool down
Coaching tips/questions/challenges: <ul style="list-style-type: none"> • Move your bodyweight through the ball • Always have your net foot in front of your back foot • Be in balance when you set, make sure you have a stable base 		Class management/energisers: Not applicable
Review/evaluation: Having participants write down their goals on the whiteboard worked well. Athletes were focussed on specific skill development allowing for team mates to provide feedback and encouragement as everyone knew each others goals.		