

ASSESSMENT TASK 1

Assessment Task 1 covers the assessment and learning outcomes for the following units;

- The Organisation of Volleyball
- Volleyball Recovery Systems
- Developing Volleyball Training Plans
- The Role of the Coach
- Physical Development in Volleyball
- Talent Identification

Complete a competition/training plan for your team.

Ensure that the training plan addresses the following items;

- An identification of the role of the coach and any support staff in the development of the team.
- The level or standard of competition that the team will be competing in and what developmental pathways within Volleyball Australia are available for both athletes and coach.
- A draft budget outlining the gross expenses and proposed income for the team in the up-coming competition.
- The elements of conditioning for the team are addressed and are commensurate with the developmental stage of the athlete.
- Recovery strategies are integrated into the training plan.
- The training plan is clear, progressive and addresses the needs of the team.
- The needs of talented volleyball athletes are specifically addressed.

NOTES

- This can be completed within the course content.
- This assessment task can be completed in conjunction with the assessment of 'Module 3 – Planning' of the Intermediate Coaching General Principles course.

ASSESSMENT TASK 1 PRO FORMA

Name of candidate: _____

Organisation/club: _____

Contact Nos.: _____ (phone)

_____ (email)

Assessor(s) names: _____

Assessment Task 1

This assessment task will assess the following units:

- The Organisation of Volleyball
- Volleyball Recovery Systems
- Developing Volleyball Training Plans
- The Role of the Coach
- Physical Development in Volleyball
- Talent Identification

ASSESSMENT CHECKLIST

Assessment Criteria	Comments	Demonstrates competency	Not yet competent - re-submit
The competition plan includes phases of a yearly program			
The role of the coach and support staff are clearly identified			
A draft budget for the team has been developed			
The training plan is appropriate to the age and developmental level of the athletes			
Recovery strategies are incorporated into the training plan			
The core principles of training (specificity, progression, individuality, variety, overload, reversibility, recovery) are applied to the training plan			
Appropriate conditioning activities are identified to develop the fitness requirements of the athletes for volleyball			
All activities were conducted in a safe manner			

Result:

- Candidate has achieved competency
 Candidate is not yet competent - re-submit

Reasons for decision:

ASSESSMENT TASK 2 – PRACTICAL ASSESSMENT

This assessment task will assess the following units:

- Spiking
- Service Reception
- Blocking
- Offensive Systems
- The Essential Rules of Beach and Indoor Volleyball
- Setting
- Serving
- Defence
- Defensive Systems
- Physical Development in Volleyball

Plan and conduct a training session for your team.

The training session will include:

- a technical drill / s designed to train at least one of the essential volleyball technical elements (spiking, setting, service reception, serving, blocking, defence).
- a tactical drill / game situation designed to train either an offensive system or a defensive system
- an appropriate conditioning component

An assessor (third party) is required to attend and monitor a training session (or sessions) conducted by you the coach with your team. See below for the checklist that will be used for each candidate.

CONDITIONS OF ASSESSMENT

1. The third party must be;

- i) a currently qualified Level 3 (or higher) Volleyball coach;
- ii) a qualified sport and recreation industry assessor with Volleyball expertise or with the assistance of a suitably qualified person;
- iii) a field “expert” authorised Volleyball Australia; OR
- iv) an identified mentor (perhaps from a different sport) authorised by Volleyball Australia.

2. The assessment will look at the following areas;

i) Communication

The assessment will identify whether the coach can communicate in an effective manner commensurate with the learning capacity of the athletes.

ii) Technical Expertise

The assessment will identify whether the coach has technical expertise to the standard of a Level II coach and can use that expertise to improve the technical and tactical capabilities of the team and individual players in the team.

iii) Session structure

The assessment will identify whether the coach is competent in providing adequate structure to the session to work towards a given session outcome.

An assessment pro-forma will be provided to the mentor and coach, identifying the level of competency required for each area.

ASSESSMENT TASK 2 PRO FORMA

Name of candidate: _____

Organisation/club: _____

Contact Nos.: _____ (phone)

_____ (email)

Assessor(s) names: _____

Assessment Task 2

This assessment task will assess the following units:

- Spiking II
- Service Reception II
- Blocking II
- Offensive Systems
- Physical Development in Volleyball
- Setting II
- Serving II
- Defence II
- Defensive Systems
-

ASSESSMENT CHECKLIST

Assessment Criteria	Comments	Demonstrates competency	Not yet competent - re-submit
The information / instruction was imparted to the athletes in a clear and concise manner			
Appropriate intervention occurred to assist the player in the advancement of the skill			
Feedback was given to most athletes. The feedback was constructive and accurate and delivered in a positive manner			
Technical drill 1 followed the principles of skill learning and where appropriate to the level of the athletes			
Technical drill 2 (if applicable) followed the principles of skill learning and where appropriate to the level of the athletes			
Technical drill 3 (if applicable) followed the principles of skill learning and where appropriate to the level of the athletes			
Tactical drill 1 followed the principles of training, particularly the principle of specificity, and was/where appropriate to the level of the athletes			
Tactical drill 2 (if applicable) followed the principles of training, particularly the principle of specificity, and was/where appropriate to the level of the athletes			

Specific volleyball conditioning drills (if applicable) addressed volleyball specific conditioning requirements			
Specific volleyball conditioning was addressed through appropriate work and rest intervals during technical and tactical training			
The training session followed the rules of volleyball			
The session was conducted with the health and safety of the players in mind			
The teams' strategic strength was identified & capitalised on through correct team placement and appropriate coach intervention			

Result:

- Candidate has achieved competency
- Candidate is not yet competent - re-submit

Reasons for decision:

Candidate signature

Assessor signature

ASSESSMENT TASK 3 – PERFORMANCE ANALYSIS

This assessment task will assess the following unit:

- Performance Analysis

Analyse the performance of your team during and after one competitive match

The process of analysis will include:

- Selection (or creation) of suitable data collection system.
- Using that collection system, data will be collected on both teams.
- A simple analysis of the data collected, where possible referring to established benchmarks or goals and identifying possible reasons for winning / losing.
- Identification of areas in which you may modify team strategy, lineup or training focus based on the analysis of the data collected.

NOTES

- In the case of a training program held over the several weeks, this assessment task can be presented to and assessed by the course presenter at any time after the unit 'Performance Analysis II' has been completed.
- In every other case, this assessment task should be presented to and assessed by the assessor appointed for Assessment Task 2.

ASSESSMENT TASK 3 PRO FORMA

Name of candidate: _____

Organisation/club: _____

Contact Nos.: _____ (phone)

_____ (email)

Assessor(s) names: _____

Assessment Task 3

This assessment task will assess the following units:

- Performance Analysis

ASSESSMENT CHECKLIST

Assessment Criteria	Comments	Demonstrates competency	Not yet competent - re-submit
The data collection system (sheet) followed a logical process and was clearly legible			
Data collection allowed for real time analysis, for example differentiation of sets or rotations or clustered to allowed quick calculations			
Data was collected on both teams			
Data analysis referred to established benchmarks or goals			
Data analysis identified areas that possibly determined or contributed to victory or defeat			
Coach was able to identify areas which could be addressed by adapting team strategies and tactics or through training			

Result:

- Candidate has achieved competency
- Candidate is not yet competent - re-submit

Reasons for decision:
