



Volleyball Australia Elite Coaching Course Athlete Recognition of Prior Learning Application Form

Section 1 — Personal details

Name: _____

Address: _____
 _____ Postcode: _____

Mobile: _____

Email: _____

Section 2 — Evidence

Please supply evidence relating to each performance criteria in the form of education and training, work related experiences and life experiences. Please attach copies of documents and /or references to the application form.

<i>Learning Outcomes</i>	<i>Summary of Evidence Provided</i>
Understanding of general principles of coaching and the role of the coach, including physical development, recovery systems and training plans	RPL of Physical development and recovery systems is granted as part of National Team athlete fast tracking system. Training plans can be RPL through completion of <u>Assessment Task 2</u>
Knowledge of the organisation of and pathways in Volleyball in Australia	RPL is granted as part of National Team athlete fast tracking system
Knowledge of the rules of Volleyball	RPL is granted as part of National Team athlete fast tracking system
Knowledge of performance analysis techniques in Volleyball	<u>Assessment Task 3</u>
Ability to teach the skills of Volleyball, including: ● Serving II ● Passing II; ● Setting II; ● Spiking II; ● Blocking II; ● Defensive skills; ● Attacking systems; and ● Defensive systems	<u>Assessment Task 2</u>
Understanding of coaching the game of Volleyball	RPL is granted as part of National Team athlete fast tracking system
Coaching experience	RPL is granted as part of National Team athlete fast tracking system

Where used the word 'Volleyball' refers to both the Beach and Indoor disciplines of the sport.

I declare that the evidence I have provided is a true and accurate record of my work and life experiences.

Signature of applicant

Date

Volleyball Australia Elite Coach Competency Statements

Volleyball Australia believes that the following competencies should be achieved through the successful completion of the Elite Coach Training Program.

Elite Coach Training Program.

Plan and Prepare

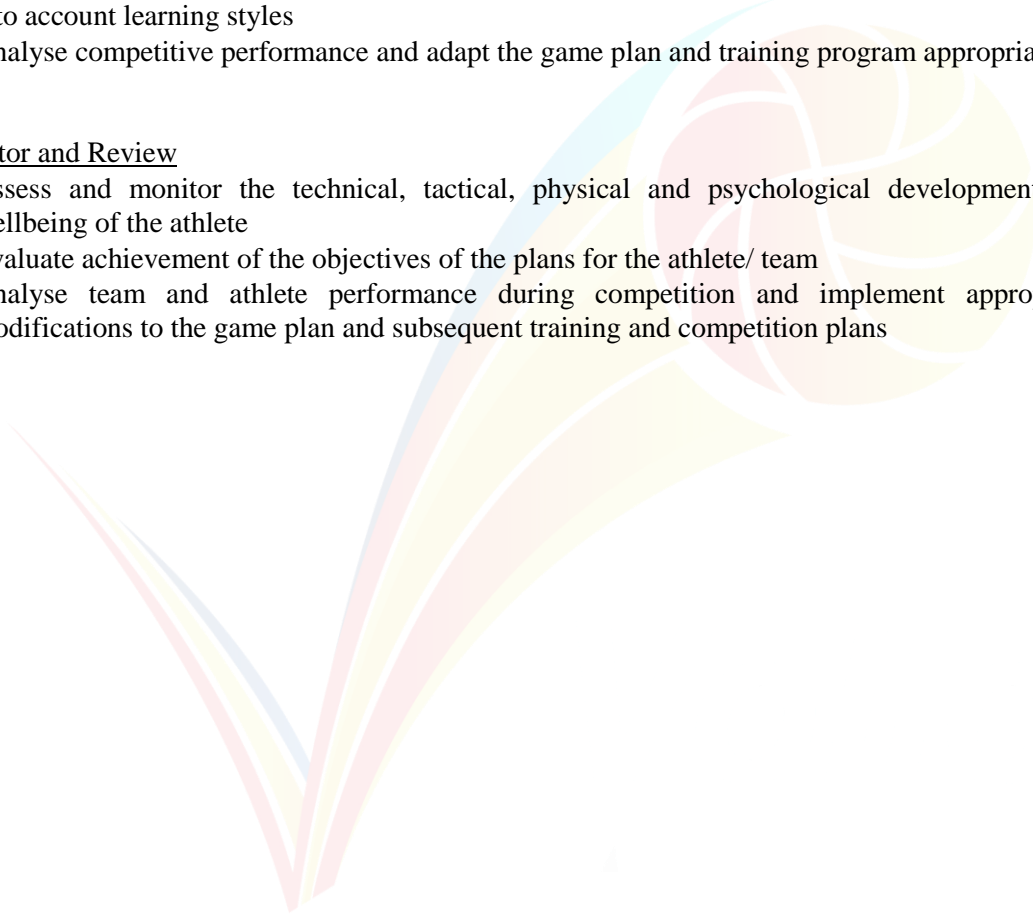
- Identify the needs of your athletes/ team
- Prepare a competition plan appropriate to the needs of the athlete / team
- Plan and prepare training sessions that complement the competition plan
- Individualise training programs to meet the specific needs of the athlete
- Apply the principles of the Intermediate Coaching General Principles Program

Training and Competition

- Conduct training sessions to challenge and develop the athlete/ team (physically, psychologically, technically and tactically)
- Using appropriate communication techniques provide technical instruction and feedback taking into account learning styles
- Analyse competitive performance and adapt the game plan and training program appropriately

Monitor and Review

- Assess and monitor the technical, tactical, physical and psychological development and wellbeing of the athlete
- Evaluate achievement of the objectives of the plans for the athlete/ team
- Analyse team and athlete performance during competition and implement appropriate modifications to the game plan and subsequent training and competition plans



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 2 (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:
