

NMI Beach VCP 2013 Timetable 2

DAILY SCHEDULE (subject to minor change in accordance with time available)

Nth MAR. IS. BEACH VCP 2013

FINAL DAY TO NOTIFY INTENTION TO SIT EXAM (LEVEL 1 only)

		Wednesday	Thursday	Friday	Saturday	Sunday
TIME & VENUE 4pm - 6:30pm	DAY 1		DAY 2	Day 3	Day 4	Day 5
				Prac Coaching	8-5pm	8-5pm
	Classroom	Classroom	Classroom	Beach COURTS	Beach Courts	Beach Courts
	Opening ceremony / Overview of FIVB	Designing and cycling athletes seasonal development	Warm up and Cool Down	Dynamic Warm Up		
	Structure of FIVB / Calendars (Beach)	PRAC - Creating Performance calendars	Basic Skills techniques	Warm Up games		TOURNAMENT DAY
	Role/ goals of National Federation / FIVB	Team Selection / Pairings - creating your systems (str & wks)	Game Skills	Skills and drills		
	Goals of FIVB / NF (Prac in teams / as group) / structure / retainability / forward planning / finances / event planning / fund raising ??	Technical Skills , Team systems & Tactics (VIDEO) - PRAC analysis exercise 1 - 10	Prac Coaching	advanced drills		
20-30min break				attack and defense		
7 - 9pm PM VENUE	Class room	Classroom	GYM / FITNESS CENTER	Cool down		
	Goals of FIVB / NF (Prac in teams / as group) / structure / retainability / forward planning / finances / event planning / fund raising CONTINUED	Drill Practise and drill design	Fitness testing , Flexibility , height and jump testing , wing span	Recovery		Practical tests if requested
	Athlete Pathways - create if not avail , (coaching commission)	Competition And scouting	Lifting techniques and eccentric / coccentric movements	Coaching and Game tactics		
	Role of COACH	warm up / cool downs	Dynamic lifting	Mental Preperations & different types of athletes		
	Ethics / responsibilities	Structuring training sessions				4pm Official Closing Ceremony
	Rules/ Handbook changes of the Game	Basics of Physical Conditioning				
		Nutrition Recovery vs Rest	running the event ' if required			
		Health care , injury management				