

Volleyball Coaching & Education Services
www.volleyballces.com

Volleyball Association of Ireland
 Licensed Regional Development Officer – Dublin
www.volleyballireland.com/LRDO



NB: Each School that takes up a Coaching Programme below will be entered into a Draw in June to Win a SpikeBall starter pack worth over €200

Schools SpikeBall Coaching Programme Booking Form

School Name:		
Principal's Name:		
School Full Address:		
School Phone:		
Contact Teacher:		
Mobile:		

SpikeBall Volleyball Coaching Programme Offers – Dublin Schools

Option 1:	Block of 6 Weeks Coaching 2 Sessions Per Day @ 1 Hour each Total: 12 Coaching Sessions €400.00	Option 2:	Block of 6 Weeks Coaching 3 Sessions Per Day @ 40 Minutes each Total: 18 Coaching Sessions €500.00
Option 3:	Block of 4 Weeks Coaching 2 Sessions Per Day @ One Hour each Total: 8 Coaching Sessions €300.00	Option 4:	Block of 4 Weeks Coaching 3 Sessions Per Day @ 40 Minutes each Total: 12 Coaching Sessions €400.00

- Each Programme and session is adapted to meet the needs of each individual School & Class. If your School would prefer a longer/ shorter programme, Volleyball CES will cater for your preferences.
- Minimal amount of space required. No equipment necessary. Volleyball CES provides all equipment.
- **Coaching can be delivered indoor or outdoor – No Sports Hall required!**

Please Indicate the Day of the Week & Time of the School Day that suits your School best to have the Coaching Sessions delivered: **Day of the week:** _____ **Time slot: 9.30am to 12.30pm or 12.30 to 4pm**

- You will be contacted within 1 working day of receipt of this form to arrange the Coaching Programme

Signed

Date

Please return to:

- Volleyball CES, 3 Benmadigan Road, Drimnagh, Dublin 12



The Adapted Volleyball Game

- Emphasis on Fun and Participation
- Skills developed through game play



SPIKEBALL is an initiative developed by the Volleyball Association of Ireland to aid Schools in introducing Junior Volleyball

SPIKEBALL is an adapted 4-player vs. 4-player volleyball game

With the simple modifications that SPIKEBALL offers, Teachers can easily provide their children with a fun and rewarding Volleyball experience

The objective of the adaptations is to encourage learning, promote physical activity, and increase the fun for the participants

It has proven to be an outstanding success in bringing fun and enjoyment to the children who have been introduced to it

SPIKEBALL Coaching Programmes:

- Put FUN as a top priority
- All play, equal time, lots of rallies
- Lots of Spikes of the Ball
- Ensures all Children take an active part
- Develops skills in a game-like way
- Can be used with any age group & abilities
- Develops supporting personnel, Referees & Scorekeepers
- Equipment is Provided for all sessions
- And lots of FUN



Advantages:

- Game play 95% of time
- Skills learned within a game structure
- 100% more touches than the 6 v 6 game
- Non Contact
- Can be Mixed Teams

To arrange a Coaching Programme or if you require any other Information:

Contact: John Walsh | Volleyball Coaching & Education Services |
Mobile: 086 8174112
Email: Info@volleyballces.com
Website: www.volleyballces.com