



Scottish Volleyball Association - *Introductory Coaching Award*

Saturday 27th & Sunday 28th October 2007

Clickimin Centre, Lerwick

10am - 4.30pm each day.

Scottish Volleyball's Director of Coaching, Thomas Dowens, will be in Shetland for the weekend of 27th & 28th October to deliver this first level coaching award in the Scottish Volleyball coaching scheme.

This two-day course is aimed at anyone wishing to introduce the game of volleyball to children and beginners. The course is highly practical and will cover the fundamentals of volleyball, including:

- basic underarm and overhand passing
- game sequence
- service reception
- development of the spike
- attack and defence possibilities
- 2v2 and 3v3 practices
- refereeing basics

The course is aimed at anyone who would like to support the growth of the sport in Shetland, including volleyball players, leisure centre staff, youth workers, PE staff and anyone with an interest in volleyball.

For an **application form**, please follow a link at www.shetland.gov.uk/community/news or contact the *Sport & Leisure Service of Shetland Islands Council* on 01595 744006.

The course fee will be £35.00 per person. Please return completed application forms by **Thursday 18th October 2007**. Please note that places are limited and will be allocated to give a fair distribution of places to applicants from a variety of locations in Shetland. The minimum age for candidates on this course will be 16 years old.



*This course has been organised jointly by
Shetland Islands Volleyball Association,
Scottish Volleyball and the Sport & Leisure
Service of Shetland Islands Council.*

*For any queries, please contact the
Sport & Leisure Service on (01595) 744045
or e-mail*

community.development@shetland.gov.uk



Shetland
Islands Council