



Dear Federations,

Re: FIVB Setting Technical Seminar

Volleyball England is delighted to announce that the FIVB Setting Technical Seminar will take place on the 4 June – 6 June 2015 at FIVB/CEV Volleyball Development Centre – Kettering (ENG).

The seminar is scheduled to run over three days with candidates arriving on the evening of 3rd June.

Price Packages:

£290 – Includes accommodation on Wednesday, Thursday & Friday and all meals. Plus pick up from Stanstead airport.

£500 – Includes the above, plus train travel to London on Saturday, hotel room and an all-day transport and sightseeing pass to London's top attractions.

Course Duration: 3 Days (4, 5, 6 June)

Application deadline: 1st May 2015

Location: FIVB/CEV Regional Volleyball Development Centre – Kettering (ENG)

Accommodation: Holiday Inn Express, Kettering, NN14 1UD

About the Setting Seminar

The FIVB Setting technical seminar will be delivered by a renowned and internationally recognised FIVB tutor. You will come away with an in-depth knowledge of the skills, techniques and training that underpin successful setting – and more importantly how to coach this in your athletes.

The technical seminar will be a combination of in-depth video analysis of world-leading players, technique theory, on court practicals and an opportunity to learn the drills and practices being delivered for setters across the world. Additionally to this, the seminar will publicise the recent sport science findings, practical experiences of successful coaches and other experts

By the end of this seminar you should learn:

- How to analyse a setter's movement
- Technical setting exercises – basic, advanced
- Training principles
- The physical preparation and physical testing used by top international coaches for setters
- Setting strategies
- Impact of international development on tactics and techniques



The syllabus includes:

DAY 1
Official Opening of the Course
Video and different setting techniques
Basic Technical Exercises
Team selection and composition
Setting techniques
DAY 2
Training the setter (special exercises)
Making concept for the setter
Assignment for the participants
Training principles: Setter, Strategy
Physical Preparation, Physical Testing
Analysing Setters Movement
DAY 3
The setter in team and total play
Match analysis of the setter – consistency, accuracy
International development, RPS, libero, new rules
Q & A – Review Tactics & Techniques
Closing Ceremony

You will leave the seminar with the expertise to transform your training and performance of the team you are working with.

Location

The course will take place in the FIVB/CEV Regional Volleyball Development Centre – Kettering (ENG), just one hour north of London. The centre provides top class sports facilities for International athletes and coaches.

The main arena has four volleyball courts and offers a wide range of additional facilities. There are a number of dining/bar areas situated around the complex.



The venue also has an on-site gym and swimming pool available for public usage.



Accommodation

Accommodation will be provided by our partner Holiday Inn Express, a modern hotel set in landscaped gardens. Free Wi-Fi is available and a generous breakfast of cereals, pastries and fruit served each morning. All rooms include free Wi-Fi, Flat-screen TV, free tea and coffee and full air-conditioning.

Holiday Inn Express
Rockingham Road
Kettering
Northamptonshire
United Kingdom
NN14 1UD

For more information please visit:

<http://www.ihg.com/holidayinnexpress/hotels/gb/en/kettering/ormkp/hoteldetail>



London Trip (£500 package)

The London trip package includes the following:

1. Train ticket from Kettering on Saturday after the course to London St Pancras Station
2. 1 Night accommodation in Central London on Saturday night
3. All Day (Sunday) travel and sightseeing pass to London's top attractions including: Tower of London, Kensington Palace, London Bridge Experience, Thames River Cruise and many more that can all be found here: <http://www.londonpass.com/london-attractions/index.html>



General Information

In order to apply for Seminars, participants must submit payment along with the 'Application for FIVB Technical Seminars' form (attached).

The total cost of the FIVB Seminar can be made payable by Bank Transfer.

The application deadline date is the **1st May 2015**.

APPLY NOW as there are limited places available.

For more info and payment details please contact Roman Neveykin on r.neveykin@volleyballengland.org, or call +44 (0)1509 227730

