



Australian Government

SISSVOL001 Coach volleyball participants up to an intermediate level

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to coach volleyball participants up to an intermediate level.

This unit applies to individuals working in community based coaching roles in the Australian sport industry. This includes individuals working and volunteering in volleyball clubs and organisations.

Specific industry accreditation requirements may apply to volleyball coaching accreditation and information should be obtained from Volleyball Australia.

Pre-requisite Unit

Nil

Competency Field

Volleyball

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Plan volleyball sessions for participants up to an intermediate level.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Gather and review volleyball participant information to assess developmental readiness of participants up to an intermediate level.
- 1.2. Set volleyball session objectives to meet developmental readiness of participants up to an intermediate level.
- 1.3. Determine session content to address volleyball session objectives.
- 1.4. Select coaching practices to meet volleyball session objectives.

- 1.5. Develop and document volleyball session plans for participants up to an intermediate level.
2. Prepare volleyball sessions for participants up to an intermediate level.
 - 2.1. Prepare facilities, equipment and resources to meet volleyball session plan requirements.
 - 2.2. Select and set up equipment for safe use by participants up to an intermediate level.
 - 2.3. Identify hazards, assess risks and implement risk control strategies to minimise safety risk to participants up to an intermediate level.
3. Conduct volleyball sessions for participants up to an intermediate level.
 - 3.1. Communicate and confirm understanding of volleyball session activity instructions and safe participation requirements of participants up to an intermediate level.
 - 3.2. Present, sequence and pace volleyball session activities according to volleyball session plans.
 - 3.3. Select and use communication styles to achieve volleyball session objectives.
 - 3.4. Observe participants up to an intermediate level practice to assess participant ability to perform activities.
 - 3.5. Modify volleyball session activities as required to meet needs of participants up to an intermediate level and environmental conditions.
 - 3.6. Monitor volleyball sessions to identify and address safety risks to participants up to an intermediate level.
 - 3.7. Analyse participant performance and provide feedback to participants to improve performance.
 - 3.8. Conduct end of volleyball session review to evaluate volleyball session plan and inform future volleyball session planning processes.
4. Promote good behaviour.
 - 4.1. Communicate and model volleyball participation behaviour standards.
 - 4.2. Monitor participation to identify poor behaviour.
 - 4.3. Use behaviour management strategies to address participant poor behaviour in accordance with organisational policies and procedures.
5. Reflect on coaching practice.
 - 5.1. Seek feedback from others to identify areas to improve own volleyball coaching practice of participants up to an intermediate level.
 - 5.2. Reflect on own volleyball coaching practice of participants up to an intermediate level to identify areas for improvement.
 - 5.3. Analyse findings and incorporate learnings in future volleyball sessions with participants up to an intermediate level.

5.4. Seek opportunities to address identified professional development needs.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret volleyball session plans • interpret documents that describe volleyball organisational policies and procedures.
Writing skills to:	• record attendance.
Oral communications skills to:	• use age-appropriate language to engage participants up to an intermediate level • ask open and closed questions and actively listen to determine and meet needs of participants up to an intermediate level • interact with participants up to an intermediate level in a polite and positive manner • give volleyball instructions to participants up to an intermediate level.
Numeracy skills to:	• estimate time and space requirements for volleyball session activities • manage pair and group work for odd and even numbers of participants up to an intermediate level.

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -
<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISSVOL001 Coach volleyball participants up to an intermediate level

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- deliver coaching in volleyball to participants up to an intermediate level on three occasions for a duration of at least 30 minutes each.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in the elements and performance criteria of this unit:

- organisational policies and procedures applicable to coaching volleyball participants up to an intermediate level
- tactical and technical fundamentals of volleyball for participants up to an intermediate level:
 - lunging
 - jumping
 - diving
 - spiking
 - setting
 - passing
 - serving
 - blocking
 - indoor and beach aspects
- analysis of movement for volleyball participants up to an intermediate level
- modifying activities for volleyball participants up to an intermediate level:
 - regress activities
 - progress activities
- organisational layout of volleyball activities
- types of competitions and pathways for volleyball participants up to an intermediate level
- volleyball rules, regulations and policies applicable to coaching participants up to an intermediate level
- roles and responsibilities of volleyball coaches and officials applicable to participants up to an intermediate level
- volleyball session planning for participants up to an intermediate level:

- session objectives
- progression and regression activities and modified games
- activities inclusive of all participants
- designing activities that require participants to think and make meaningful decisions about volleyball situations
- linking sessions to develop and progress skills
- group organisation
- volleyball equipment and resources:
 - selection
 - safe set-up and layout
 - safe condition
 - safe use
- volleyball safe participation requirements for participants up to an intermediate level:
 - obeying the rules
 - use of protective equipment
 - hydration
- contemporary coaching practices
- coaching communication styles:
 - direct instruction
 - indirect instruction
 - demonstration
 - position of coach
 - problem solving
 - active listening
 - open and closed questions
 - non verbal communication
 - giving and receiving feedback
 - tone and level of voice
 - terminology and language
- managing poor behaviour:
 - establishing behaviour standards
 - promoting cooperation and good relationships
 - common causes of poor behaviour of participants up to an intermediate level
- methods of observation and feedback during volleyball sessions with participants up to an intermediate level:
 - how, what and when to observe
 - timing of feedback
- volleyball session review processes
- methods for self-reflection.

Assessment Conditions

Skills must be demonstrated in:

- a community based sport environment in volleyball. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- volleyball facilities, equipment and training aids:
 - volleyball court
 - nets
 - volleyballs
 - teaching and coaching tools
 - video equipment
 - sports science testing equipment
 - wickets
 - spiking frame
- organisational safety, emergency response and first aid procedures for volleyball
- Volleyball Australia rules, regulations and policies applicable to coaching participants up to an intermediate level.

Assessment must ensure use of:

session plan template

- volleyball participants up to an intermediate level to be coached.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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