



## BLI- Level 1- 20 Units

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### Saturday (10 Units) 20.06.2020

09.00 - 09.45	(1 u)	Introduction and Welcome to BLI Coach Education L 1 (SR ISI)
09.45 - 12.45	(4 u)	Theory: Techniques Setting, Pass, Underhand Serve (SR ISI)
13.00 - 14.30		Lunch, Transport to Varmá
14.30 – 18.15	(4 u)	Practical: Setting, Pass, Underhand Serve (SH Varmá)
18.15 – 19.00	(1 u)	Daily Summary (SH Varmá)

### Sunday (10 Units) 21.06.2020

09.00 - 10.30	(2 u)	Theory: Kids and Youth Volley 1-1, 2-2, Little Games (SR ISI)
10.30 - 12.45	(3 u)	Theory: Techniques Overhand Service Topspin, Attack (SR ISI)
13.00 - 14.30		Lunch, Transport to Varmá
14.30 – 18.15	(4 u)	Practical: Overhand Service Topspin, Attack (SH Varmá)
18.15 – 19.00	(1 u)	Course Summary (SH Varmá)