



**BLAKSAMBAND
ÍSLANDS**

BLI- Level 2- Weekend II - 10.-12.07.2020 // 20 Units

Friday (4 U) 10.07.2020

18.00 - 20.00	(2 u)	Special Guest Remko Kenter – Introducing Action Volley
20.15 – 21.45	(2 u)	Practical Coaches: Action Volley

Saturday (8 U) 11.07.2020

09.00 - 10.30	(2 u)	Theoretical: coordination drills , physical drills
10.45 – 12.15	(2 u)	Practical Coaches: coordination drills , physical drills
12.15 - 13.15		Lunchtime
13.30 - 16.00	(3 u)	Practical Kids: Action Volley with Kids
16.15 - 17.00	(1 u)	Daily summary – Q+A Session

Sunday (8 U) 12.07.2020

09.00 - 10.30	(2 u)	Theory: Little games, Wash System
10.45 – 12.15	(2 u)	Practical Coaches: Little Games, Wash System
12.15 - 13.15		Lunchtime
13.30 – 15.00	(2 u)	Practical with kids: Rock the court
15.15 - 16.45	(2 u)	Course Summary - Q+A Session