

BLI- Level 2- Weekend 04.-05.07.2020 // 20 Units

Saturday (10 Units) 04.07.2020

09.00 - 09.45	(1 u)	Introduction and Welcome to BLI Coach Education L 2 How to plan a training!
09.45 - 10.30	(1 u)	Theory: Techniques Block
10.30 - 12.00	(2 u)	Practical Coaches: Block
12.15 - 13.00		Theory: Set backwards
13.00 - 14.00		Luchtime
14.00 - 14.45	(1 u)	Practical Coaches: Setterdrills
15.00 - 17.30	(3 u)	Drills with young athletes
17.45 - 19.15	(2 u)	Daily summary – Q+A Session

Sunday (10 Units) 05.07.2020

09.00 - 10.30	(1 u)	Theory: Technique Side pass, floatserve
10.45 - 13.00	(3 u)	Practical: Side pass, float serve
13.00 - 14.00		Lunchtime
14.00 - 14.45	(1 u)	Practical Coaches: Side pass/Float serve
15.00 - 17.30	(3 u)	Drills with young athletes
17.45 - 19.15	(2 u)	Course Summary - Q+A Session