

## **Coaches Committee**

### **Art.1**

The Coach's Committee is directly responsible for the operation of the Volleyball and Beach Volleyball Coaches, and is responsible for the Technical Direction, governance and representation of said Committee. The Coaches Committee shall be governed by the following regulations:

1. The Organic Statute of BLI.
2. The General Regulations of BLI.
3. The present Regulations of the Coaches Committee.
4. Other legal provisions from the government (ISI, etc.)

### **Art.2**

The committee will coordinate with educational institutions with official academic recognition, or other agreements with entities in subjects parallel to those included in the study plans.

### **Art.3**

The committee for the development of its objectives will organize different projects:

1. Training and development events for coaches (coaching courses)
2. Seminars and other events to promote volleyball and beach volleyball.
3. Writing documents for the knowledge of volleyball and beach volleyball (books, magazines, etc.)

### **Art.4**

The specific functions of the Coaches Committee are the following:

1. The convening and development of the National Coaches Training Courses.
2. Coordination of the different pedagogical events such as courses, conferences or seminars in which Icelandic coaches want to participate.
3. Carry out the unification of qualifications national or international, validations and homologations where appropriate, according to the rules dictated in this Regulation and applicable legal regulations.
4. Propose and advise the board on all issues related to the pedagogical development of Volleyball.
5. Drafting of official texts, programs and needs of the study plans.
6. Development through technical communications, translations, publications, bibliographic compilations and other pedagogical material, of the objectives of dissemination and documentation for the training of Coaches.

#### **Art.5**

The Coaching Committee is responsible for issuing and registering volleyball and beach volleyball coaching certificates upon completion of the relevant ÍSÍ courses.

#### **Art.6**

The committee will select the most suitable teachers to teach each subject for its events, taking into account their relationship with the latest advances in Volleyball and the merits they have acquired.

#### **Art.7**

The Coaching Committee, in coordination with the BLI board, decides the fee for an annual coaching license.

### **Coaching qualifications**

#### **Art.8. Volleyball**

All coaches who work within the framework of the Icelandic Volleyball Federation must have adequate and appropriate qualifications for the coaching duties for which they are hired. The term coach here refers to anyone who teaches volleyball and organizes and manages volleyball practices and volleyball matches at BLÍ member clubs. The training of volleyball coaches will be developed through three certificates:

- BLI 1
- BLI 2
- BLI 3

#### **Art.9. Beach Volleyball**

The training of beach volleyball coaches will be developed through one certificate:

- Beach Volleyball BLI course

#### **Art.10. Requirements**

Requirements to be able to participate in the volleyball coaching courses:

##### **Art.10.1. BLI 1**

- This course is accessible to coaches from 16 years old.
- This qualification is required to lead teams of kids up to 12 years old or to be assistant coaches in the BLI2 qualification categories.
- To obtain the title, it will be necessary to pass the course and complete a one-year period of practice in a club as a head or assistant coach (Art.12).

### **Art.10.2. BLI 2**

- This course is accessible to coaches from 18 years old.
- This qualification is required to lead teams of kids up to 20 years old and teams up to the first division. With this certification, coaches can be assistants in the top league.
- To access the BLI 2 course, coaches must meet one of the following conditions:
  - Having completed the BLI 1 course.
  - Sports Science students with a basic level volleyball course.
  - Players with a minimum of six seasons of participation in the top category of Icelandic volleyball and ÍSí courses.
  - Players with a minimum of 20 matches with the national senior team and ÍSí courses.
  - Volleyball Coaches with sufficient training abroad and authorized by BLI to train in this level.
- To obtain the title, it will be necessary to pass the course and complete a one-year period of practice in a club as a head or assistant coach (Art.12).

### **Art.10.3. BLI 3**

- This course is accessible to coaches from 20 years old.
- This qualification is required to lead teams of Top League.
- To access the BLI 3 course, coaches must meet one of the following conditions:
  - Having completed the BLI 2 course.
  - Sports Science students with a two volleyball course.
  - Players with a minimum of ten seasons of participation in the top category of Icelandic volleyball and ÍSí courses.
  - Players with a minimum of 50 matches with the national senior team and ÍSí courses.
  - Volleyball Coaches with sufficient training abroad and authorized by BLI to train in this level.
- To obtain the title, it will be necessary to pass the course and complete a one-year period of practice in a Top League or First division team as a head or assistant coach (Art.11).

### **Art.11. Beach Volleyball BLI course**

Requirements to be able to participate in the beach volleyball coaching courses:

- This course is accessible to coaches from 16 years old.

- To obtain the title, it will be necessary to pass the course, complete the ÍSí course level 1 and complete a period of practice with a beach volleyball team or club (Art.12).

### **Art.12. Certification**

To pass the Coaching Courses, you must have attended a minimum of 80% of the classes (in person and/or online), complete 100% of the assignments and/or exams indicated

Once you have passed the Course and to obtain the final qualification, you must complete a period of internship with a team for a minimum duration of one sports season, at the end of which you must submit:

- Report on the period and the activity carried out.
- Certificate from the federation, club or entity where you did the internship.

Education is not complete until a coach has completed both the general part at ÍSí and the specialist part at BLI. In addition, the coaches in Iceland must have a valid first aid course.

### **Art.13. Exceptional Authorizations**

In exceptional cases, BLI may grant authorisations to coaches to work with clubs in functions reserved in the regulations for a qualification that they do not have.

Express Authorisations are temporary (one season) and the applicant must provide, along with the application, their sporting and professional background (for assessment), the commitment to participate in the first qualification course of the modality and level that is being convened and pay the non-refundable amount of money stipulated by BLI.

The amounts paid to BLI for Express Authorisations will be charged to the payment of the registration fee when the applicant takes the Course. In the case of not taking the course or failing it, BLI reserves the right to renew or not the authorisation depending on the circumstances and justification provided by the interested party. In any case, the applicant must renew the application and pay the fee approved by BLI for subsequent authorisations.

If a coach requests an exemption, it must be submitted in writing to the BLÍ office by September 15<sup>th</sup> each year.

### **Art.14. Continuing education**

The coach who has completed the BLÍ 3 coaching degree from BLI or other foreign coach who wants to continue working as a coach in Iceland, must attend continuing education regularly in at least every four years to maintain their rights. The Coaches

Committee of BLÍ determines what is considered valid continuing education for the renewal of the coaching rights.

#### **Art.15. Sanctions**

Clubs must submit a list of all coaches to the tournament director before the first game in the league and pay the coaches licence fee. Clubs that do not meet the requirements for coach education must pay fines as follows:

- Kr. 50,000 for classes that belong to the coaching level BLI 1.
- Kr. 100,000 for classes that belong to the coaching level BLI 2.
- Kr. 250,000 for classes that belong to coaching level BLÍ 3.

As a transition to the project, BLI's requirements during the following seasons will be:

- Season 2024-2025: sanctions applied if clubs do not have coaches with qualifications for training junior categories and teams in the 2nd division and below.
- Season 2025-2026: sanctions applied if clubs do not have coaches with qualifications in all competitions organized by BLÍ.

## Curriculum

### Art.16. BLI 1

The BLI 1 volleyball coaching course will consist of 60 hours between academical and practical hours.

#### Subjects:

- Introduction to volleyball:
  - Basic rules for volleyball and minivolley.
    - Minivolley and Skolablak rules in Iceland.
  - How to teach volleyball to beginners.
    - Methodology.
    - Teaching through the games.
    - Challenge the kids.
  - How to plan a volleyball practice.
    - Structure of a training session.
    - Design of drills for kids.
- Basic Technique and common errors:
  - Basic movements and ready positions in volleyball.
    - steps, approaches, side rolls, back rolls, ...
  - Services:
    - Underhand and standing overhand serve.
    - Floating and spinning hit.
    - Common errors.
  - Overhand set:
    - Techniques and common errors.
    - Forward, backward, sideways.
  - Underhand pass:
    - Techniques and common errors.
    - Differences between reception and defense.
  - Hitting:
    - Basic techniques and common errors.
    - Approach, impulse, jump and landing.
  - Block:
    - Basic principles.
- Tactics:
  - Basic concepts.
  - Arrangement of players on the field for different game formats.
  - Reception tactics.
- Team direction:
  - What should a beginner coach be like?

- How to work during the breaks?
  - Time outs, substitutions, between sets.

### **Subjects ÍSI 1 courses:**

The study of the general part is all distance learning, no local sessions. The length of course is eight-week distance learning course for a total of 60 hours.

From this course, the coach will get the basic knowledge of the physical and mental development of children and teenagers. Needs to know the functions of the body as well as the main methods of teaching.

- The role of the coach.
- Behavior, communication with children and adults, management, ÍSÍ policy statements, organization of the sport movement.
- Methods of teaching, positive and negative criticism, planning, progress in teaching.
- Physical development: growth, psychological and social development.
- Disabled children and children with special needs.
- Biomechanics.
- Anatomy.

### **Art.17. BLI 2**

The BLI 2 volleyball coaching course will consist of 80 hours between academical and practical hours.

### **Subjects:**

- Introduction to volleyball 6vs6:
  - Basic rules:
    - Positions on the court.
    - Rotations.
    - Rules for the Icelandic Youth and lower divisions.
  - How to develop volleyball players
    - Methodology.
    - Advanced Fundamentals
  - How to plan a volleyball practice.
    - Progression of a training session.
    - Design of the practices and drills depending on the level.
    - Goals for different stages.
    - Importance of ball control drills.
- Individual technique and tactics:
  - Complex movements in volleyball.
  - Services:

- Improvements of the standing serves.
    - Introduction and development of the jump serves.
  - Setting:
    - Development of the setter.
    - Development of the advanced techniques.
    - Introduction and development of the jump sets.
  - Reception:
    - Development of the advanced techniques.
  - Defense:
    - Development of the advanced techniques.
  - Hitting:
    - Introduction of different speeds.
    - Introduction of the back row attack.
    - Coordination setter-attacker.
      - Different speed, First tempo, combinations, etc.
  - Block:
    - Basic techniques and common errors.
    - Different block movements.
- Team tactics:
  - Attack systems:
    - 4-2, 6-2, 5-1, etc.
  - Reception systems:
    - W, semicircle, 3 passers, etc.
  - Defensive system:
    - 2-1-3, 2-2-2, 1-2-3, etc.
  - Covering system:
    - 2-3, 3-2, etc.
  - Specialization of the players:
    - Setters, middles, etc.
- Team direction:
  - Preparation of the competitions:
    - Before, during and after the competition.
  - Basic stats:
    - From my team and the opponent.

### **Subjects ISI 2 courses:**

The study of the general part is all distance learning, no local sessions. The length of course is five-week distance learning course for a total of 40 hours.

From this course, the coach should be able to train teenagers and adults whose goal is success in competition. For this, he needs to have solid knowledge of the

functioning of the body and the organization of long and short-term training. He must have basic knowledge of kinesiology and know the basics of sports psychology.

The trainer must have received training in speaking and performing in front of a group of people.

- Physiology.
- Response to training and adaptation. Structure and function of the main bones and muscles, nutrition.
- Reflex and speed training. Kinesiology. Mechanics of muscle work, internal and external forces.
- Organization of training. Requirements of sports, basic concepts for training, periodization.
- Management, use of voice, organization of meetings and public speaking. Management practices.
- Use of multimedia technology in training.
- Psychology. Motivation, anxiety, goal setting, relaxation and stress management. Teamwork, concentration, mental training.
- Ethics of sport. Doping rules, Civil and criminal liability in Sport, Sports associations, violence in Sport, Ethics and Sport, Sport and environmental protection
- Sports injuries. Most common injuries, taping, resuscitation, response to various special cases.

### **Art.18. BLI 3**

The BLI 3 volleyball coaching course will consist of 80 hours between academical and practical hours.

#### **Subjects:**

- Technique:
  - Summary of advanced game techniques.
  - Movements mechanics.
  - Ball control development. Advanced training drills.
  - Development of the physical condition through technical drills.
- Tactic:
  - Side out (K1).
    - Team system.
    - Keys to a good team side out.
  - Break point (K2).
    - Team system.
    - Fundamental elements.

- Offensive system:
  - Team language/codes.
  - Combinations.
- Game situation training.
- Team direction:
  - Team game plan and strategy.
  - The use of statistics and match evaluation.
  - Observation and analysis of a team:
    - Graphics, videos, etc.
  - Managing the team just prior, during and after the competition.
- Planification:
  - How to plan a season.
  - How to plan in the short and medium term.
- Volleyball Rules:
  - FIVB casebook.

### **Subjects ÍSI 3 courses:**

The study of the general part is all distance learning, no local sessions. The length of course is five-week distance learning course for a total of 40 hours.

From this course, the coach should be able to organize and implement training at a club or department. The coach should be able to take on the training of junior national teams and teach courses at special associations and ÍSÍ.

- Functions of the body.
- Energy management of the body, the energy processes and their use during different work, training in heat and cold, tests on athletes.
- Psychology. Mind training, management techniques.
- Teaching and methodology.
- The interaction of stress and rest, the structure of a period with regard to achieving maximum results in a certain time.
- Management strategies and communication.
- Coordination and technology.
- Balance, rhythm, reflexes, space sense, gross and fine coordination, automaticity.
- Sports injuries. Common sports injuries, massage, taping.

## **Art.19. Beach Volleyball BLI course**

The Beach Volleyball BLI coaching course will consist of 40 hours between academical and practical hours.

### **Subjects:**

- Introduction to beach volleyball:
  - The playing field.
  - Environments and external elements.
  - Play healthy
    - Sun protection, nutrition, hydration, etc.
- Technique and individual tactic:
  - Movements and fundamental positions.
  - Service.
    - Underhand, overhand, jump serves, etc.
  - Reception:
    - Different techniques.
  - Defense:
    - Different techniques.
    - Initial and final position.
  - Setting:
    - Different techniques.
    - Setting in top level.
  - Attack:
    - Different kinds of hits.
    - Approaches to the net.
  - Block:
    - Technique. Ready position and movements.
    - Different kinds of blocks.
    - Move from the block.
  - Covering:
    - Possibilities for a coverage system.
- Tactics:
  - Definition of tactic.
  - The different tactical complexes we work with
    - K0,K1, K2, K3 and K4.
  - Game plan. Strategy.
  - Team formation.
  - Game system.
  - Analysis of the opponent.
- Communication in beach volleyball teams.

- Methodology.
- How to plan a volleyball practice.
  - Structure of a training session.
  - Design of drills for kids.
- Physical Preparation for beach volleyball.
- Group management.
  - The players.
  - The coach.
  - The practices.
  - The team.
- Basic organization management of projects, schools/clubs and events.
  - Sport management.
  - Planification process.
  - Evaluation of the project.
  - Competition organization.
- Beach Volleyball Rules.