

Sydney Beach Volleyball Coaching Trip Report – Mick Adams & Ben Jarvis

On Sunday 3 October 2010 Ben and I received the opportunity to gather some specialist coaching from Kerri Pottharst. Our flights were paid for by VTi.

Unfortunately I had blown out my shoulder not long prior to the trip but attended anyway with a view to gathering as much information as possible.

The coaching session was extremely beneficial for both Ben and myself and we would like to thank VTi for helping the opportunity come to fruition.

Ben received a considerable amount of 1-on-1 coaching from Kerri and along with gaining additional skills received a welcome boost in confidence that he is tracking along very well. Kerri spent much of the time concentrating on refining Ben's existing skills, such as court movement, court positioning, blocking technique and receive of ball technique (including hard hit balls). Kerri also taught him to jump serve, which he now does regularly and consistently both on the beach and indoor.

I believe the benefits of the coaching have shown in Ben's results this season with him achieving a 5th and 3rd place in AA and a win in A.



For myself, I spent time listening in on the coaching session, gaining hints and tips to help myself and others, as well as learning some new drills.

I have put this information into practice as I am now running a junior beach volleyball coaching session on Sunday mornings and have been running a Tuesday evening session for adults.

Additionally, I spent time talking with the organisers of the Northern Beaches Volleyball Association who were running a tournament on the day we were at Manly. I discussed their processes of running the tournaments, gathering entries and general day to day management issues.

I have since put the information learned through these discussions into practice while running this summer's series of beach tournaments.

Many thanks

Mick Adams