

YACHI KARA
Volleyball
MADE IN JAPAN
100% PURE
MADE IN JAPAN

SET 3 19/10/89

SERVICE ORDER		PLAYER No.	SCORE
No.	STARTING PLAYERS		
1st	5m	07	12
2nd	6m	67	12
3rd	7m	87	12
4th	8m	117	12

SUBSTITUTES

SERVICE NOS

Early in 1991, after consultation with the South Western Council for Sport and Recreation (SWCSR) the Sports Council (South West) took the decision to focus its resources for sports specific development work on just twelve sports for a period of three years. For each of the twelve sports priorities for action were agreed with the sports representatives and these were set out in individual development plans all of which were published between autumn 1991 and spring 1992 with the aim of encouraging as many agencies as possible to become involved in their implementation.

Since publication of these twelve 'phase 1' development plans a significant proportion of our available resources have been devoted to achieving the goals set, in collaboration with the twelve governing bodies of sport and our local authority partners. The overall feeling which emerges from an evaluation of the focus sport approach in the South West between 1991 and 1994 is that the programme has contributed substantially to the development of the sports involved. It was however felt that the development plan period of three years did not allow sufficient time to adequately address all of the identified targets.

During 1993 governing bodies of sport in the South West were invited to express their interest in a partnership with the Sports Council to prepare development plans. From the nineteen sports for which proposals were received, eight (badminton, basketball, judo, mountaineering, netball, sailing, trampolining and volleyball) were selected to form the second phase of this major sports development programme.

This development plan is the result of detailed discussions with the sports' representatives and other partnering agencies. The first section of the plan "Where are we now?" looks at the current conditions and development potential of the sport in the region, and this is followed by the priorities for action under the heading "Where are we going?". The specific targets set out in the plan are considered to be realistic and achievable during the five year period April 1994-March 1999.

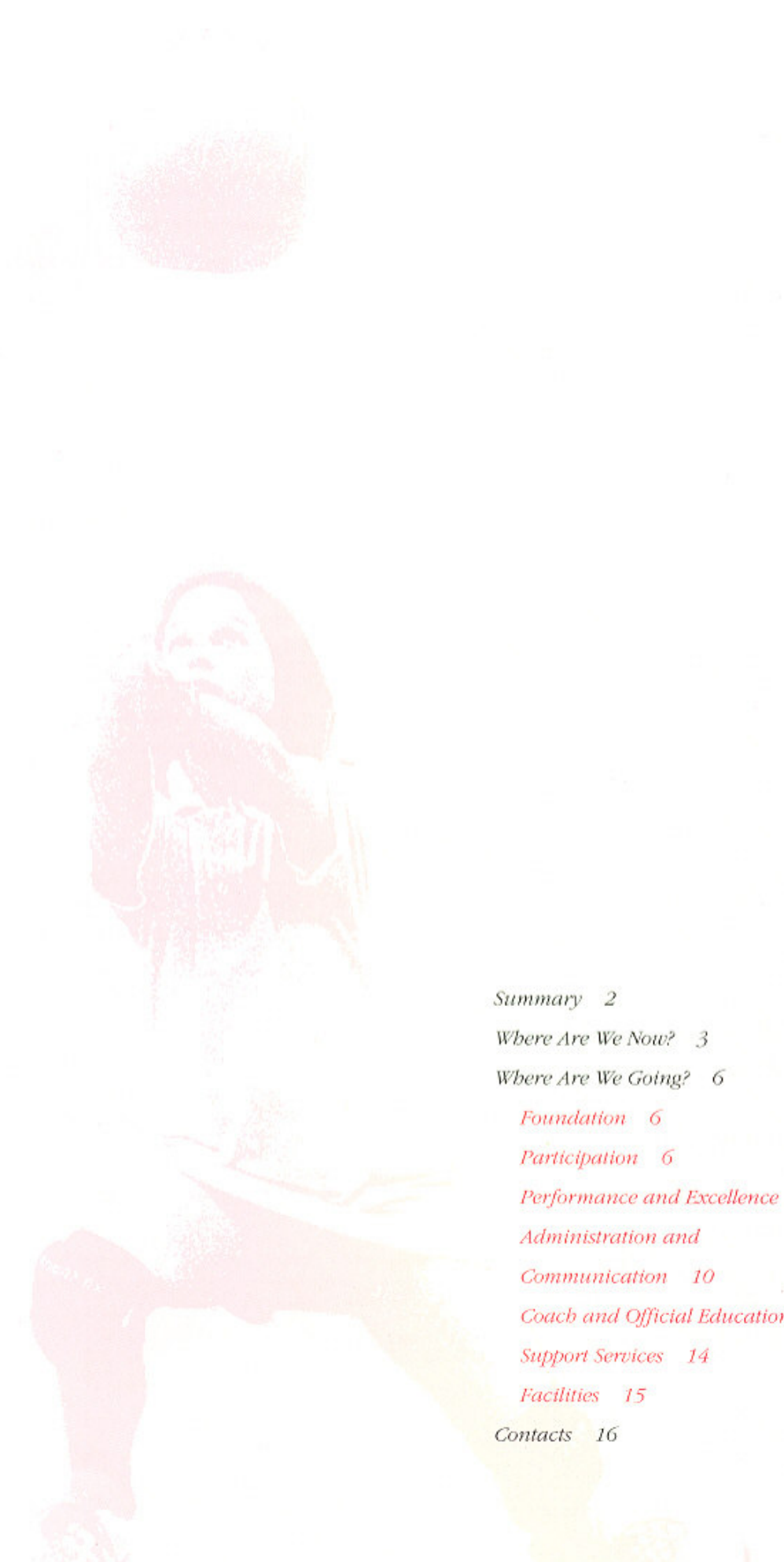
The introduction of the National Lottery offers new and exciting possibilities for sport. We hope many of the priorities identified in these plans will benefit from this new source of funds for sport.

We are grateful to all those in sport in the South West who have assisted in the preparation of each development plan.

Peter G Barson

Regional Director

October 1994



Summary 2

Where Are We Now? 3

Where Are We Going? 6

Foundation 6

Participation 6

Performance and Excellence 10

Administration and

Communication 10

Coach and Official Education 12

Support Services 14

Facilities 15

Contacts 16

This plan has been produced by the Sports Council (South West) in close collaboration with the South West Volleyball Association.

The plan seeks to target the priorities for development over the next five years, both in terms of increasing the number of players, coaches and officials and also in improving the standard of those already playing.

- The appointment of a volleyball development officer to promote some of the major aims in the plan will be an early priority.
- Children of primary school age will be the focus of particular attention over the plan period.
- Better links between clubs and schools with a wider range of appropriate competitions for juniors has been targeted.
- More adults will be attracted into the sport, for instance, by encouraging clubs to prepare their own development plans and by developing closer links with local authorities and sports centres.
- The region's coastal towns will be encouraged to promote beach volleyball.

- Improved performance will be encouraged by the establishment of county junior squads and leagues, regular inter-county competitions for senior, junior and women's teams within all the national league squads.

- Partnerships will be sought with at least three local authorities or schools to establish specialist facilities for volleyball.
- A pool of equipment will be set up to support and encourage the development of new leagues at local level.
- At least 20 new coaches will be trained in the first eighteen months of the plan and by the end of the five year plan period 40% of all coaches should be women.
- More referees will be trained and existing referees upgraded during the plan period.
- More people with disabilities will be encouraged into sitting volleyball as players, coaches and referees.
- An overhaul of the administration and communication structure of the region will be targeted with a planned improvement in the use of information technology.

INTRODUCTION. Volleyball is the second most popular game in the world with 250million registered players from 210 Federations. It does not enjoy the same status in the UK yet. Reuben Acosta, President of the International Volleyball Association (FIVB) said, "Until Britain has a team playing in the Olympics, I do not consider volleyball to be a truly world sport".

Having been established in Britain in 1955 by the current English Volleyball Association (EVA) President, Dr Don Anthony, volleyball is continuing to expand in this country.

STRUCTURE. The sport is controlled in England by the English Volleyball Association and by ten constituent regional associations whose boundaries mirror those of the Sports Council. The South West Volleyball Association was established in 1969 and is managed by an executive committee of 15 elected members drawn from the 13 area associations and leagues throughout the region. The officers in the region are all volunteers.

The EVA is committed to promoting the sport at all levels of ability from beginners to international level and has a clearly stated equity policy which is designed to address the needs of all participants, with particular emphasis being placed on increasing the opportunities for women, people with disabilities and those living in areas of disadvantage, to play a full part in all facets of the game.

COMPETITION. In 1994 there were 204 affiliated clubs and schools in the South West. The size of most clubs is generally small with an average membership of just 11 women and 16 men in each club. The link between clubs and junior volleyball is poor with only 27% of clubs claiming direct links with schools. Only 19% of the clubs provide separate junior training facilities. However, most secondary schools in the region offer volleyball in the curriculum and one third of the secondary schools offer volleyball as part of the GCSE physical education programme. Although extra-curricular volleyball is played in approximately half of the schools, only one quarter of schools actually play fixtures against other schools or clubs.

In 1994, 17 teams played in the EVA national leagues. A further 16 clubs have teams playing in South West regional leagues. The remaining teams play in local leagues. There are currently 10 mainland leagues, plus Guernsey and Jersey. Somerset is the only county without an organised league.

FOUNDATION AND PARTICIPATION. The English Volleyball Association does not devote sufficient attention to players under 11 years old at present but the South West Volleyball Association believes that movement, and the initial skills of the sport, should be taught during Key Stage 2, particularly to 9-11 year olds. The national curriculum document says "pupils should

individually, with a partner and in small groups (eg 2 v 2) be guided to an understanding of skills and principles including attack and defence in net games". Volleyball is well suited to meet this need. A recent survey in the region has shown that most secondary schools include volleyball as part of their PE curriculum, while about 25% of schools offer volleyball as part of a GCSE PE syllabus.

For adults there are reasonable opportunities to join a volleyball club, but few clubs or sports centres provide introductory courses where beginners may learn together.

PERFORMANCE AND EXCELLENCE. Within the South West performance and excellence are influenced by training and competition at national league and at regional league levels. In addition, training opportunities for coaches and referees affect the quality and standard of the sport in the region.

Seventeen teams play in national league volleyball, 12 in mens leagues and 5 in womens leagues. Only 3 teams, 2 men's and 1 women's play in the national league division one. The spread of men's teams geographically is reasonably good despite the absence of any teams in Cornwall. The women's representation however is confined to the north of the region with the exception of the Wessex club in South East Dorset.

Squad training for juniors includes two Centres of Excellence in the region for boys and two for girls as part of the England (South) cadet squad. These cater for players from 12-17 years but there is no similar provision for adults.

The English Volleyball Association offers a structure for coaching and refereeing providing qualifications from a basic level through to senior and advanced level. Tables 1 and 2 show the distribution of coaches and referees in the region. There is a total of 76 registered coaches predominantly male (71% male and 29% female) and 49 registered referees with an even stronger male bias (80% male 20% female).

Developments in volleyball at National level have highlighted the need for greater team organisation and the development of the fundamentals of skill acquisition. This has meant the need for a change in emphasis for coaches and they need to improve their knowledge of skills.

As junior development progresses, more potential coaches and leaders are needed, particularly among primary and secondary teachers and interested parents. With statistical information on active coaches available in the South West, it should be possible to set appropriate targets for increasing the numbers. The low proportion of female coaches needs to be addressed.

As with most sports, volleyball needs an increasing supply of available, qualified referees. There is an established structure for gaining qualifications but progression through the grades - especially by women - is slow. If the game is to develop in the region, it is vital that the number of referees is increased over the plan period.

FACILITIES. Most sports centres in the South West have adequate facilities for volleyball. However, the suitability of equipment available in these centres is of variable standard. Moreover, access to the facilities is constrained by the competing demands of other activities and by the cost implications which affect clubs with such small membership.

STRENGTHS. The South West is the largest region within the EVA in terms of affiliated clubs and has an active and able Executive Committee with representation from most of its area associations.

The regional adult competition is well developed and efficiently organised. There are also pockets of good development of junior volleyball with a regional junior squad system which provides good opportunities for young people to participate in an excellence programme. The South West has an active group of well-qualified referees who officiate and train at a high level.

WEAKNESSES. Opportunities to learn to play volleyball are too limited. Despite the

existence of volleyball on the school curriculum, too few opportunities exist for juniors to gain competitive experience. Few clubs have links with schools or offer junior training sessions and too few clubs organise introductory courses for adult beginners. There are insufficient active, qualified, registered coaches and there are few women referees qualified in the higher grades. Despite the Association's equity policy, clubs do little to encourage players with a disability. There are insufficient links between clubs or area associations and the local authority leisure services or other partners. The small membership of clubs adversely affects their viability and in turn their ability to develop the game locally.

Table 1: NUMBER OF REGISTERED COACHES IN THE SOUTH WEST

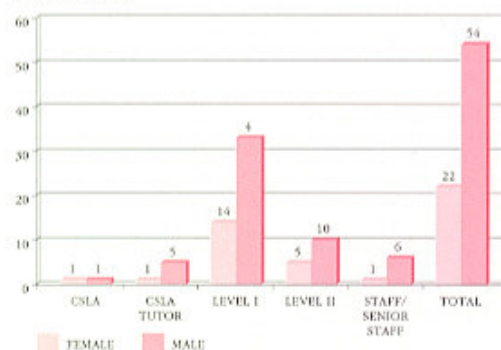
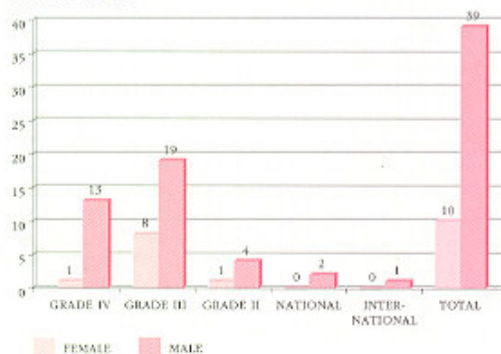


Table 2: NUMBER OF REGISTERED REFEREES IN THE SOUTH WEST



Having established where we are now and the main issues facing the sport in the region, it is necessary to identify how some of

these challenges are to be met. The following action plan highlights a series of aims and proposes specific actions that are intended to be achieved during the five year plan period.

1. FOUNDATION

AIM	ACTION/TIMESCALE	RESOURCE	COMMENT
1.1 To produce a market strategy to raise the profile and importance of volleyball in the South West for under 11s.	1.1.1 Produce an information manual for coaches/ teachers to assist in the implementation of the teaching of volleyball at key stage 2 by March 1995. Pilot in one county by March 1996.	£500 - write document £1,000 - to produce £300 - meetings £500 - pilot	Written by working group who will identify 1 author.
	1.1.2 Advertise for qualified coaches who would be available to coach in schools September 1995.		To be carried out by county associations. Coaches must have worked with junior age children.
	1.1.3 Run a course in each county for teachers by July 1998	SWVA £100 per course	Coaches must have an understanding of junior age children
	1.1.4 Write briefing for coaches running teachers course by November 1995.	£150 - meetings	Working group of SWVA
	1.1.5 Appoint appropriate coaches to run teacher training courses by November 1995		Working group of SWVA.

2. PARTICIPATION

AIM	ACTION/TIMESCALE	RESOURCE	COMMENT
2.1 To increase participation by junior players.	2.1.1 Promote curricular teaching of volleyball: within each local association, a group of secondary schools materials and offers of coaches to assist with the teaching of volleyball (particularly KS3): Pilot programme in 2 areas by September 1995. Programme in each county by September 1998. Programme in each county by September 1998.	SWVA appointment - coaches to run £500 Areas SWVA Development Officer Coaches to be trained - £500 Publicity materials - £300	Encourage staff coaches to make contact with educational establishments. Letter from SWVA offering help.

2. PARTICIPATION cont

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
	2.1.2 Introductory courses for juniors: Sports centres to be encouraged to run "come and try it" courses for 11 to 16 age range, 1 per area by May 1997. Clubs open to general public to be encouraged to run "come and try it" courses and separate junior coaching sessions. All clubs by end of plan period.	Areas/Local Authorities Clubs	
	2.1.3 Improve club/school links: 50% of National League and Regional League Clubs to have formal link with a secondary school by September 1996. Area associations to encourage local league clubs to have a formal link with a secondary school - target 30% of local league clubs by September 1998.	SWVA/Clubs Areas/Clubs	See club Development Plan.
	2.1.4 Identify and work with 2 local authority sports halls where a pilot development plan for access can be implemented by end of plan period.	Sports Council/Local Authorities/Clubs £2,400	Clubs need to have strong development plan. Equipment may be needed.
	2.1.5 Provide junior competition: mini volleyball festivals to be provided for U11 to U14 and 6-a-side competitions from U15 to U17	SWVA/Areas	
	2.1.6 Establish co-ordinated calendar of regional junior events from U11 to U17 to be introduced by October 1995	SWVA/Areas	
	2.1.7 Encourage clubs and areas to establish junior competitions for the above age ranges in their local area. 3 area associations to have co-ordinated local programme by September 1997.	SWVA/Areas	

2. PARTICIPATION *cont*

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
	2.1.8 Increase school and junior club affiliation: Numbers of affiliated schools and junior clubs to be increased by 10% per annum from 1994/95 to 1996/97.	SWVA/Areas SW Development Officer	
2.2 Increase participation by adults, particularly women.	2.2.1 Prepare and promote a model Club Development Plan: Club Development Plan to be written and used in a pilot programme by December 1995.	SWVA £250	
	2.2.2 Introductory courses for adult beginners: Sports Centres to be encouraged to run "come and try it" sessions - 3 in each area by end of plan period.	Areas/Local Authorities/Clubs	
	2.2.3 Women only courses. 1 in each area by end of target period. To be organised as 2.2.2 above.	Areas/Local Authorities/Clubs	
	2.2.4 Increase club affiliation: Numbers of affiliated clubs to be increased by 5% per annum from 1994/95 to 1996/97.	SWVA/Area SW Development Officer	
2.3 Increase participation by players with disabilities.	2.3.1 Encourage sports centres, clubs and disabled groups to provide "sitting" volleyball sessions.		
	2.3.2 Provide "sitting" volleyball tournament in at least one area by December 1996.		
2.4 Increase participation by Black and ethnic players.	2.4.1 Liaise with local authorities in Bristol, Thamesdown, Gloucester and Bath to ensure that volleyball is developed in sports centres accessible to Black and ethnic communities by December 1996.	SW Development Officer/Sports Council/Local Authorities	

2. PARTICIPATION *cont*

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
2.5 Increase opportunities for participation in recreational volleyball.	2.5.1 Promote beach volleyball and increase the number of tournaments. Promote an annual beach tournament to be established in 4 of the South West counties by September 1996.	SWVA/Areas	
	2.5.2 15 beach tournaments per year to be organised in the region by September 1998.		
	2.5.3 Promote mixed 3-a-side adult recreational tournaments. All areas to begin by September 1997	Areas	
	2.5.4 Promote Company tournaments and leagues and assist competitions organised by other recreational bodies.		
2.6 Improve competitive structure	2.6.1 Increase SW Womens League to two divisions by September 1995.	SWVA	
	2.6.2 Provide women only division in each county by September 1998.	Areas	
	2.6.3 Increase number of teams taking part in local leagues by 25% (50 teams) by end of plan period.	Areas	
	2.6.4 Increase number of open tournaments for all abilities 2 per area per year by September 1998.	Areas	

3. PERFORMANCE AND EXCELLENCE

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
3.1 To increase the opportunities for all players to improve their performance.	3.1.1 Identify suitable coaches in each county to run squads by September 1996.	County Associations SWVA Equipment (see section 4.1.1)	Coaches must be qualified, registered and have experience of working with children.
	3.1.2 Establish development of county squads for junior players by end of plan period.	County Associations	SWVA to advise.
	3.1.3 Encourage establishment of junior inter-county and county leagues and competitions by end of plan period.	£400 facility hire and administration.	County squads would lead into existing centres of excellence.
	3.1.4 Establish junior and womens teams at all national league clubs by end of plan period.	National league clubs/Areas/SWVA SWVA	
	3.1.5 Establish regular inter-county competition for adults by end of plan period.	Clubs/County Associations/SWVA	
	3.1.6 Set up regional squad training for sitting volleyball by January 1998.		
	3.1.7 Encourage all Champion Coaching centres to incorporate volleyball within their programmes of sports (ongoing).	SWVA	

4. ADMINISTRATION AND COMMUNICATION

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
4.1 To ensure that all regional developments are supported by an effective and efficient system of Regional Administration.	4.1.1 Identify suitable funding and location for the appointment of a full-time development officer by November 1994.	SWVA Sports Council Local Authorities	
	4.1.2 Prepare induction and work programme for post holder by February 1995.	SWVA Sports Council. Local Authorities.	
	4.1.3 Appoint a regional development officer by April 1995.	SWVA Sports Council. Local Authorities.	3 Year contract.

4. ADMINISTRATION AND COMMUNICATION *cont*

AIM	ACTION/TIMESCALE	RESOURCE	COMMENT
	4.1.4 Disseminate contents of development plan to associations and clubs in the South West by September 1995.	SWVA SW Development Officer	3 Year contract.
	4.1.5 Monitor and evaluate projects initiated as a result of the development plan - ongoing	SWVA SW Development Officer Local Authorities Sports Council	
	4.1.6 Encourage non affiliated clubs and players to affiliate to association - ongoing.	SWVA SW Development Officer	
	4.1.7 Ensure that all nine counties (including Guernsey and Jersey) have effective county associations by end of target period.	SWVA SW Development Officer	
	4.1.8 A review of the Constitution of the SWVA to be undertaken during the plan period.		
	4.1.9 SWVA Administration Conference to be held in October 1994 and July 1996.		
	4.1.10 The SWVA is committed to an equity policy and is keen to ensure that women, people with disabilities and Black and ethnic minorities will play a full part in all facets of the sport. This is no less so for administration. We hope all groups will be involved at all levels of advancement.		
	4.1.11 The South West Association should acquire adequate IT hardware to ensure the most efficient communication within the organisation. To be achieved by December 1995.	EVA National Lottery FSA	

5. COACH AND OFFICIAL EDUCATION

AIM	ACTION/TIMESCALE	RESOURCE	COMMENT
Coaches.			
5.1 Increase the number and quality of coaches in the South West.	5.1.1 Establish an annual South West coaching forum by March 1995.	SWVA/EVA	
	5.1.2 Increase number of registered coaches in the region by 20, by September 1996 and by a further 15 by September 1997. By end of target period 40% of coaches should be women.	"Time-Out" magazine/coaching forum.	
	5.1.3 Run at least 1 Level 1 coaching course in each county by 1997.	SWVA County Associations	
	5.1.4 Run 3 Level II coaching courses (1 in Cornwall by September 1997), 1 in the East and 1 in the North by the end of the plan period.	SWVA £300	Course will need to be subsidised due to lack of suitable candidates in area.
	5.1.5 Identify suitable candidates for training as CSLA tutors/staff tutors by February 1995.	SWVA/EVA/County Associations	
	5.1.6 Increase number of CSLA tutors in region by 3 through a bursary scheme by March 1996 (at least 1 should be female).	SWVA £400	
	5.1.7 Increase number of staff tutors in South West by 2 through a bursary scheme by 1997 (at least 1 should be female).	SWVA £400	
	5.1.8 Identify and train 2 Level III coaches by July 1997 (at least 1 should be female).	£400	
	5.1.9 Pilot model training programme for primary school teachers, parents and other interested adults in 1 county by December 1995.		(see Foundation)
	5.1.10 Run a disability awareness and coaching seminar by September 1997.	NCF BSAD SWVA UKSAMH	Letter from SWVA offering help.

5. COACH AND OFFICIAL EDUCATION *cont*

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
	5.1.11 Encourage all teacher training establishments to include volleyball coaching courses on their curriculum - by end of plan period.		
	5.1.12 Identify suitable Head Coaches for Champion Coaching Scheme (ongoing).		
Referees.			
5.2 To increase the number and quality of referees in the regin.	5.2.1 Develop the referees seminar and hold second meeting by September 1995.	£400	
	5.2.2 Increase the number of registered referees in South West by 10 by January 1997.		
	5.2.3 Increase number of qualified referees in South West by running a course in each county by February 1998.		
	5.2.4 Identify suitable candidates for training as Grade II referees, 2 of which should be female, and offer financial assistance via a bursary scheme to gain qualification by September 1998	£400	
	5.2.5 Develop a junior referees award and run first course by September 1995.	£500	To be prepared by a SWVA Working Group.
	5.2.6 Run 2 sitting volleyball referees courses during the plan period.	£500	

6. SUPPORT SERVICES

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
6.1 To encourage a wider understanding and utilisation of support services.	6.1.1 Hold a seminar/workshop in each county on "what is sports science and how can it be used in volleyball" by January 1997.	Support Services network NCF £1,400	Collaborate with other governing bodies.
	6.1.2 Organise a series of workshops for coaches which will focus on a particular sports science issues (eg fitness testing) by March 1997	Support Services network NCF £1,000	Squad coaches to be subsidised.
	6.1.3 Hold awareness sessions on sports specific research being undertaken nationally by March 1998. Support Services network	Sports Council Support services network £500	
	6.1.4 Organise a support science programme for the regional squads providing physiological testing, fitness programme prescription and psychological counselling programme in place by March 1997.	Support Services network £1,000 per annum	
	6.1.5 Each club should receive a copy of the Sports Council's regional directory on sports science and sports medicine in the South West by September 1995.	To be sent out with South West newsletter mailings.	
	6.1.6 South West Committee to disseminate Sports Council information on BASES accredited laboratories and individuals in the South West by March 1996		

6. SUPPORT SERVICES *cont*

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
	6.1.7 Organise a seminar for coaches focusing on the prevention of a particular injury by March 1998.	NCF Orthopaedic Surgeon £150	
	6.1.8 Encourage coaches to become First Aid qualified by sending information to clubs on where they find out about courses by September 1996.	Time-Out mailing	
	6.1.9 Organise a pilot sports science programme in one club by March 1997.		

7. FACILITIES

<i>AIM</i>	<i>ACTION/TIMESCALE</i>	<i>RESOURCE</i>	<i>COMMENT</i>
7.1 To increase access to training and competitions venues in South West.	7.1.1 Identify venues where volleyball could be introduced or played at a higher level and support the provision of equipment in at least 4 locations by September 1997.	National Lottery FSA Sports Council Local Authorities £6000	Associations to identify suitable venues
7.2 To provide specialist facilities for volleyball in South West.	7.2.1 Support applications to National Lottery for funding by local authorities/schools/clubs/associations which wish to build volleyball specific facilities. Identify three such schemes by end of plan period.	National Lottery	All plans must be considered strategically for the South West region.
	7.2.2 Prepare a statement to be submitted to local authorities arguing the case for partnership projects for volleyball. Complete by September 1995.		
7.3 To increase pool of equipment in South West.	7.3.1 Purchase a pool of equipment to be made available to the business leagues/clubs/squads etc by September 1995.	Sports Council SWVA £3,000	Equipment to include volleyballs, training nets, outdoor posts etc.

The Sports Council

Ashlands House

Ashlands

Crewkerne

Somerset

TA18 7LQ

Tel: (01460) 73491

English Volleyball Association

27 South Road

West Bridgford

Nottingham

NG2 7AG

Tel: (0115) 816324

South West Volleyball Association

Ron Richards

3 Woodside Grove

Henbury

Bristol

BS10 7RF

Tel: (0117) 506965

Designed and produced by Robson Design Associates Limited

Printed by Bigwood and Staple Limited





(2)

Digging
drill

(3)

(1)

net



▲ Fig. 7 Group drill for the smash