



WPV Mentoring Programme - Elite Coaching Standards

Mentees are to complete self-analysis using this list and choose up to five focus areas for development.

Technical & Tactical Development

1. Player Movement & Positioning - Various effective movement approaches for different players and options of positioning.
2. Advanced Sitting Volleyball Specific Attacking Strategies – Offensive systems, attacking techniques, angles and shot selection.
3. Block-Defensive Systems & Techniques – Organising an effective defence and improving reading of opponents when blocking.
4. Serving Technique & Tactics - How to develop the serve as an attacking weapon and strategies to expose opponents weaknesses.
5. Service Reception - Improving first contact receive efficiency and tactics related to team receive/blocking strategies.
6. Transition Play & Speed of Execution – Training teams to transition effectively from defence to attack quickly and efficiently.
7. Adapting Strategies for Different Opponents – Analysing opposition teams and game plan/tactics creation.
8. Advanced Position Specific Coaching:
 - A. Setter Techniques and Tactics
 - B. Libero Techniques and Tactics
 - C. Outside Techniques and Tactics
 - D. Middle Techniques and Tactics

Coaching & Team Management

9. Developing Effective Programmes and Training Sessions – Team Periodisation and how this connects to structuring practices for maximum impact.
10. Utilizing Technology in the Training and Competition Environment - Video Delay, Video Tagging Programs, Radar Guns, Heart Rate Monitors and more .
11. Player Development & Skill Progression – Long-term athlete development strategies.
12. Mental Preparation & Game Psychology – Motivating athletes, handling pressure, and building resilience.
13. Building a Winning Team Culture – Leadership skills, communication, and fostering team values and cohesion.
14. Match Analysis & Data-Driven Coaching – Using statistics and video analysis to improve performance.
15. Team Bench Game Impact - Establishing roles and responsibilities in team staff and leveraging match impact.

Leadership, Athlete Responsibility & Coaching Behaviours

16. The Evolving Role of the Coach – Shifting from directive coaching to athlete-led learning and empowerment.
17. Building a High-Performance Environment – Leadership strategies to foster accountability, trust, and resilience.
18. Encouraging Athlete Responsibility – Helping players take ownership of their training, performance, and mindset.
19. Effective Communication & Feedback – How to deliver impactful feedback that motivates and develops athletes.
20. Emotional Intelligence in Coaching – Managing emotions, adapting to different athletes, and leading under pressure.
21. Developing Leadership in Athletes – Cultivating leadership skills within the team to create future role models.
22. Creating a Learning Environment – Encouraging curiosity, self-reflection, and continuous improvement in athletes.
23. Handling Conflict & Challenging Situations – Strategies for resolving team conflicts and managing difficult conversations.
24. Coach Self-Reflection & Growth – How to assess and evolve your own coaching behaviours for long-term success.
25. Balancing Performance & Well-Being – Supporting athlete mental health while maintaining high-performance expectations.
26. Athlete Welfare and Safeguarding - Ensuring adequate proactive measures are in place and reporting/responses are fit for purpose.
27. Self Reflection Leading to Continuing Professional Development - Ensuring ongoing personal development and benchmarking.