



WPV Mentoring Programme - Elite Coaching Standards

The following outline coaching benchmarks that describe the knowledge, skills, behaviours and leadership practices utilized by coaches operating in high-performance sitting volleyball environments.

Mentees, please use the list below to select up to five focus areas for development and discussion with your mentor.

Technical & Tactical Development

1. **Player Movement & Positioning** - Effective movement strategies for different athletes, including those with various disabilities and impairments, as well as positioning options and tactical applications.
2. **Advanced Sitting Volleyball Attack Strategies** - Offensive systems, attacking techniques, attack angles, and shot selection.
3. **Block-Defensive Systems & Techniques** - Organising effective defensive systems and improving the ability to read opponents while blocking.
4. **Serving Technique & Tactics** - Developing the serve as an offensive weapon and using serving strategies to expose opponents' weaknesses.
5. **Service Reception** - Improving first-contact efficiency, exploring serve-receive rotation options, and aligning reception tactics with team blocking and defensive strategies.
6. **Transition Play & Speed of Execution** - Training teams to transition effectively and efficiently from block or defence to attack.
7. **Advanced Position-Specific Coaching** - Please select one per mentor session, if you choose two they will be discussed over two sessions:
 - 7A. Setter Techniques & Tactics
 - 7B. Libero Techniques & Tactics
 - 7C. Outside Hitter Techniques & Tactics
 - 7D. Middle Blocker Techniques & Tactics
8. **Adapting Strategies for Different Opponents** - Please select one per mentor session, if you choose two they will be discussed over two sessions:
 - 8A. Block-Defence Adaptations
 - 8B. Serving Adaptations
 - 8C. Serve Reception Adaptations
 - 8D. Transition Play & Speed Adaptations

Coaching & Team Management

9. **Developing Effective Programmes & Training Sessions** - Team periodisation and how it influences the planning and structure of training sessions for maximum impact.
10. **Utilising Technology in Training & Competition** - Effective use of tools such as video delay systems, video tagging software, radar guns, heart rate monitors, and other performance technologies.
11. **Player Development & Skill Progression** - Long-term athlete development strategies and skill progression pathways.
12. **Mental Preparation & Game Psychology** - Motivating athletes, managing pressure, and building resilience.
13. **Building a Winning Team Culture** - Leadership, communication, team values, and fostering team cohesion.
14. **Match Analysis & Data-Driven Coaching** - Using statistics, performance data, and video analysis to enhance team and athlete performance.
15. **Team Bench Impact** - Defining staff roles and responsibilities and maximising bench influence during training and competition.

Leadership, Athlete Responsibility & Coaching Behaviours

16. **Building a High-Performance Environment** - Exploring the characteristics of a high-performance sitting volleyball programme and leadership strategies that foster accountability, trust, and resilience.
17. **Encouraging Athlete Accountability** - Creating structures that help athletes take ownership of their training, performance, and mindset, particularly when training away from the team.
18. **Effective Communication & Feedback** - Delivering impactful feedback that motivates, supports, and develops athletes both on and off the court.
19. **Emotional Intelligence in Coaching** - Managing emotions, adapting to different athlete needs, and leading effectively under pressure.
20. **Developing Leadership in Athletes & the Evolving Role of the Coach** - Building leadership capacity within the team, developing future role models, and supporting an athlete-led culture.
21. **Handling Conflict & Challenging Situations** - Strategies for resolving team conflicts and managing difficult conversations effectively.
22. **Coach Self-Reflection & Growth** - Assessing and evolving coaching behaviours and practices for long-term success.
23. **Balancing Performance & Well-Being/Mental Health** - Supporting athlete well-being and mental health while maintaining high-performance standards.
24. **Athlete Welfare & Safeguarding** - Ensuring appropriate preventative measures, reporting processes, and response procedures are in place to support athlete safety and welfare.