



# 2023 WEVZA INTERNATIONAL SEMINAR

## “VOLLEYBALL COACHING”

### DATES

- 2, 3, 4 June 2023.

### VENUE AND CITY

- Sports Complex "Río Esgueva" (Sport Hall)  
Rector Hipólito Durán, s/n VALLADOLID (Spain)

### ORGANIZER

- Royal Spanish Volleyball Federation.

### RECOGNITIONS

- Federation Internationale de Volleyball (FIVB)
- European Volleyball Confederation (CEV)
- Western European Volleyball Zonal Association (WEVZA)

### CONTRIBUTORS

- National Sport Council - Spain
- Olympic Committee - Spain
- Directorate of Sport - Castilla y León Government
- Volleyball Federation of Castilla y León

### AIMS

- To strength the working coaching abilities.
- To develop new concepts and models for Volleyball training.
- To profit the gaining experience of successful professional coaches.

### LECTURERS

- ✓ **Angelo Lorenzetti (ITA)** *Men Volleyball* *Italian Superleague Coach*
- ✓ **Giulio Cesare Bregoli (ITA)** *Women Volleyball* *Italian Superleague Coach*
- ✓ **Tapio Kangasniemi (FIN)** *Women Volleyball* *FIN National Team Coach*
- ✓ **Miguel Rivera (ESP)** *Men Volleyball* *ESP National Team Coach*

### PRESENTATIONS' STYLE

- Practical on court, with team demonstrators.

### TIMETABLE

#### FRIDAY JUNE 2, afternoon – First session

16:10 Accreditation

17:00 Opening

17:30 "Drills to training individual serving skills"

Presenter: **Angelo Lorenzetti (ITA)**

18:30 Pause

19:00 "Reception individual skill: progression exercises from basic to high level"

Presenter: **Julio C. Bregoli (ITA)**



20:00 Round table: "How to deal with the emotions on stress situations".  
Participants: **Angelo Lorenzetti (ITA)**, **Guilio Bregoli (ITA)**, **Tapio Kangasniemi (FIN)**.  
20:30 End first session.

#### **SATURDAY JUNE 3, morning – Second session**

09:30 Reading of scientific papers  
10:30 "The Libero: key points of the individual habilities"  
Presenter: **Tapio Kangasniemi (FIN)**.  
11:30 Pause  
12:00 "Defensive working to strength the Break-point"  
Presenter: **Julio C. Bregoli (ITA)**  
13:00 End second session.

#### **SATURDAY JUNE 3, afternoon – Third session**

16:30 "Training of collective organization: learning to win, thematic games and games with complexity".  
Presenter: **Miguel Rivera (ESP)**.  
17:30 "The Central Blocker: life at the net centre"  
Presenter: **Angelo Lorenzetti (ITA)**  
18:30 Pause  
19:00 Round Table: "Ego's management in team sports"  
Participants: **Angelo Lorenzetti (ITA)**, **Guilio Bregoli (ITA)**, **Miguel Rivera (ESP)**.  
20:00 End of the third session.

#### **SUNDAY JUNE 4, morning – Fourth session**

09:30 Reading of scientific papers.  
10:00 "The best strategy to get attack points".  
Presenter: **Tapio Kangasniemi (FIN)**.  
11:00 "Development of individual and collective blocking to optimizing the break-point phase".  
Presenter: **Julio C. Bregoli (ITA)**  
12:00 Pause  
12:30 "Is the setter born or made? Methodological development of the setter's passing technique".  
Presenter: **Angelo Lorenzetti (ITA)**  
13:30 Seminar closure

### **WEVZA SPECIAL PARTICIPATION CONDITIONS**

- WEVZA offer **one vacancy to a representative Coach designate from each National Federation by special conditions**. The designated Coaches enjoy:
  - ✓ Free entry registration,
  - ✓ Accommodation full board on 4 start hotel (2 days)
  - ✓ Invitation to Gala Dinner (Saturday night).
  - ✓ Complete on site Seminar translation to English
  - ✓ Later received the presentations on video.
- Designated Coaches must bear their transportation to/from own country-Valladolid.

**The National Federations can get most information and register their representatives on:**

- WEVZA Secretariat: [wevza.secretariat@gmail.com](mailto:wevza.secretariat@gmail.com)
- Spanish Federation: [formacion@rfevb.com](mailto:formacion@rfevb.com) (Jorge Rodríguez)