

WHEN	October 2026 to April 2027	20 Trainings	90 MINS	Xmas Tournament 20/12/2026
WHO	1 st to 3 rd year of secondary school	Irish Passport Holders	Minimum 12 players/ Max 18 per court	
WHERE	DUBLIN S	CLARE	TIPPERARY	End of season tournament Date tbc
	CORK	LAOIS	KILDARE	
WHY	Develop fundamental skills (volley, pass, spike, serve) to enable players to perform at higher standards			

RDC 2026/2027

MOUNTRATH COMMUNITY SCHOOL, CO. LAOIS
Mondays 6:30pm to 8pm

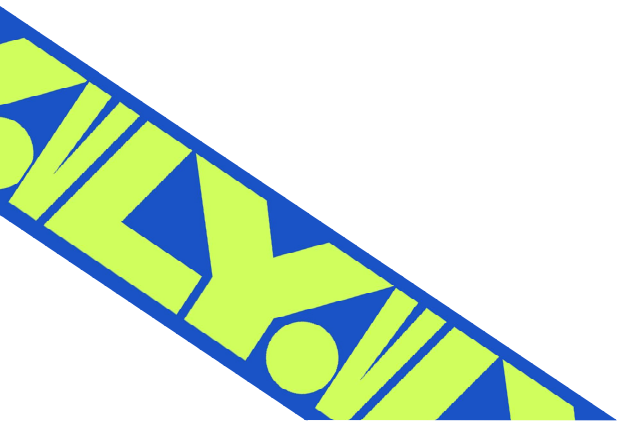
DATE	05 Oct	12 Oct	19 Oct	02 Nov	09 Nov	16 Nov	23 Nov	07 Dec	14 Dec	11 Jan
TIME	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm
TOPIC	Volley 1	Pass 1	Attack 1	Serve 1	Volley 2	Pass 2	Attack 2	Serve 2	Volley 3	Pass 3

DATE	18 Jan	25 Jan	08 Feb	22 Feb	01 Mar	08 Mar	15 Mar	05 Apr	12 Apr	19 Apr
TIME	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm	6:30pm to 8pm
TOPIC	Attack 3	Serve 3	Volley 4	Pass 4	Attack 4	Seve 4	Volley 5	Pass 5	Attack 5	Serve 5

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COLAISTE MUIRE ENNIS, CO.CLARE
Fridays 6pm to 7:30pm

DATE	09 Oct	16 Oct	23 Oct	06 Nov	13 Nov	20 Nov	04 Dec	11 Dec	08 Jan	15 Jan
TIME	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm
TOPIC	Volley 1	Pass 1	Attack 1	Serve 1	Volley 2	Pass 2	Attack 2	Serve 2	Volley 3	Pass 3

DATE	22 Jan	05 Feb	26 Feb	05 Mar	06 Mar	12 Mar	19 Mar	09 Apr	16 Apr	23 Apr
TIME	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm
TOPIC	Attack 3	Serve 3	Volley 4	Pass 4	Attack 4	Seve 4	Volley 5	Pass 5	Attack 5	Serve 5

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TUD TALLAGHT, CO.DUBLIN
Mondays 8pm to 9:30pm

DATE	05 Oct	12 Oct	19 Oct	02 Nov	09 Nov	16 Nov	23 Nov	07 Dec	14 Dec	11 Jan
TIME	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm
TOPIC	Volley 1	Pass 1	Attack 1	Serve 1	Volley 2	Pass 2	Attack 2	Serve 2	Volley 3	Pass 3

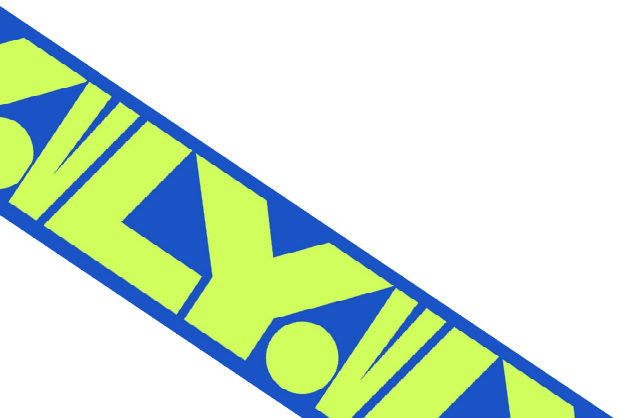
DATE	18 Jan	25 Jan	08 Feb	22 Feb	01 Mar	08 Mar	15 Mar	05 Apr	12 Apr	19 Apr
TIME	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm	8pm to 9:30pm
TOPIC	Attack 3	Serve 3	Volley 4	Pass 4	Attack 4	Seve 4	Volley 5	Pass 5	Attack 5	Serve 5

Venue to be confirmed for dates in red

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MOYLE ROVERS GAA, CLONMEL
Thursdays 6pm to 7:30pm

DATE	08 Oct	15 Oct	22 Oct	05 Nov	12 Nov	19 Jan	03 Dec	10 Dec	17 Dec	07 Jan
TIME	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm
TOPIC	Volley 1	Pass 1	Attack 1	Serve 1	Volley 2	Pass 2	Attack 2	Serve 2	Volley 3	Pass 3

DATE	14 Jan	21 Jan	04 Feb	25 Feb	04 Mar	11 Mar	18 Mar	08 Apr	15 Apr	22 Apr
TIME	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm	6pm to 7:30pm
TOPIC	Attack 3	Serve 3	Volley 4	Pass 4	Attack 4	Seve 4	Volley 5	Pass 5	Attack 5	Serve 5

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CHRIST KING GIRLS' SECONDARY SCHOOL, CO. CORK
Mondays 5:30pm to 7pm

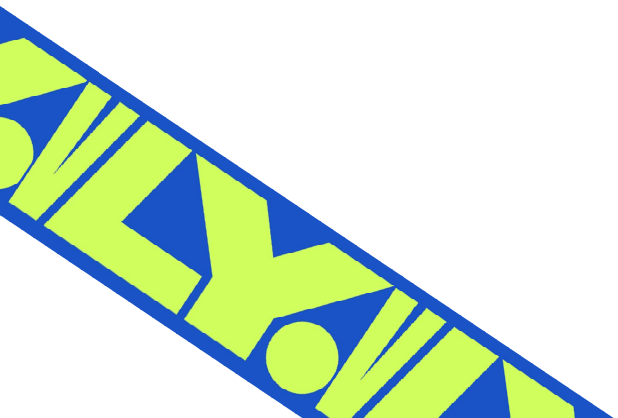
DATE	12 Oct	19 Oct	26 Oct	02 Nov	09 Nov	16 Nov	23 Nov	14 Dec	04 Jan	11 Jan
TIME	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm
TOPIC	Volley 1	Pass 1	Attack 1	Serve 1	Volley 2	Pass 2	Attack 2	Serve 2	Volley 3	Pass 3

DATE	18 Jan	25 Jan	15 Feb	22 Feb	01 Mar	08 Mar	15 Mar	22 Mar	05 Apr	12 Apr
TIME	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm	5:30pm to 7pm
TOPIC	Attack 3	Serve 3	Volley 4	Pass 4	Attack 4	Seve 4	Volley 5	Pass 5	Attack 5	Serve 5

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MAYNOOTH UNIVERSITY SPORT CENTRE, CO.KILDARE
Saturdays 10am to 1pm

DATE	10 Oct	17 Oct	07 Nov	28 Nov	12 Dec
TIME	10am to 1pm	10am to 1pm	10am to 1pm	10am to 1pm	10am to 1pm
TOPIC	Volley 1 - Pass 1	Attack 1 - Serve 1	Volley 2 - Pass 2	Attack 2 - Serve 2	Volley 3 - Pass 3

DATE	30 Jan	13 Feb	27 Feb	13 Mar	13 Apr
TIME	10am to 1pm	10am to 1pm	10am to 1pm	10am to 1pm	10am to 1pm
TOPIC	Attack 3 - Serve 3	Volley 4 - Pass 4	Attack 4 - Seve 4	Volley 5 - Pass 5	Attack 5 - Serve 5

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