

St. Alphonsus Coaches Clinic 2010

Date: Saturday, August 21st, 2010

Cost: \$30.00

Time: 8 a.m. to 1:00 p.m.

Checks make payable to: St.

Alphonsus

Grades: 5th thru 8th Grade Coaches

Place: Milwaukee County Sports Complex

6000 W. Ryan Rd. Franklin

Contact: Anne Slattery Phone: 414-456-9450

Email:

penguin@midwestpenguins.com

Contact: Kim Smazal Phone: 414-423-1684

Email:

jsmazal@wi.rr.com

Instructor: Anne Slattery-Midwest Penguins club Volleyball Director and Coach of 12 years. CAP I & II certified through USA Volleyball, and 3 years as Woman's Head Coach at Carroll College, Waukesha. In addition, Anne has volunteered time at St. Dominic's, St. Mary's and Christ King parishes.

Purpose of Coaches Clinic: Educate coaches and/ or parents about: volleyball rules, coaching behavior and philosophies, and current teaching strategies. This course will assist you in knowledge and design of your practices, team management offensive and defensive, and provide you with useful game like drills to improve your athletes. You will experience both on and off court activities, and receive a volleyball manual.

Course Material

- Skill Instruction-passing, setting, serving, attacking
 - Offense- 4-2, 4-2 International, 6-2
 - Defense- transition and rotation
 - Drills Emphasized-creating drills, designing game like drills
 - Practice-design a practice
 - Games: preparation, time outs, line ups and strategy
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Please send form & check, payable to St. Alphonsus, Mail to: Kim Smazal

5601 Bentwood Lane

Greendale, WI 53129

Questions: Please e-mail Kim Smazal at: jsmazal@wi.rr.com

Name:

Phone:

Email:

School Affiliation:

Grade: 5th 6th 7th 8th

Circle one: Boys

Girls