

# ST ALPHONSUS COACHES CLINIC 2011

**Date:** Sunday, August 14<sup>th</sup>, 2011 **Time:** 12:00-3:00pm **Grades:** 5<sup>th</sup>, 6<sup>th</sup> Grade Coaches

**Date:** Sunday, August 14<sup>th</sup>, 2011 **Time:** 2:00-5:00pm **Grades:** 7<sup>th</sup> & 8<sup>th</sup> Grade Coaches

**Cost:** \$30.00

**Checks make payable to:** St Alphonsus

**Place:** St. Alphonsus Parish /School Gym

**Address:** 6000 West Loomis Road, Greendale, WI 53129

**Contact:** Kim Smazal **Phone:** 414-423-1684 **Email:** jsmazal@wi.rr.com

**Instructor:** Anne Slattery – Midwest Penguins Club Volleyball Director and Coach of 14 years, CAP I & II certified through USA Volleyball, and 3 years as Woman’s Volleyball 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 the 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.

**\*\*Please dress to participate**

Course material
Skill Instruction:
➤ Passing
➤ Setting
➤ Serving
➤ Attacking
Offense
➤ 4-2
➤ 4-2 International
➤ 6-2
Defense
➤ Transition
➤ Rotation

Course material
<b>Drills EMPHASIZED:</b>
➤ Creating drills
➤ Designing game like drills
<b>Practice:</b>
➤ Design a practice
Games:
➤ Preparation
➤ Time outs
➤ Line ups
➤ Strategy

**Please send form & check, payable to St Alphonsus to the following address:**

Kim Smazal 5601 Bentwood Lane Greendale, WI 53129

**Questions:** Please email Kim Smazal at: jsmazal@wi.rr.com or call 414-423-1684

**Your Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

(Print clearly)

**School Affiliation:** \_\_\_\_\_

**Grade:** 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup>

**Circle One:** Boys Girls