

ST ALPHONSUS COACHES CLINIC 2009

Date: Saturday August 22nd, 2009

Time: 9am-12:30pm **Grades:** 5th thru 8th Grade Coaches

Cost: \$30.00

Checks make payable to: St Alphonsus

Place: St Alphonsus's - Gym

Address: 6000 West Loomis Rd, Greendale, WI

Contact: Anne Slattery **Phone:** 414-456-9450 **Email:** penguin@midwestpenguins.com

Contact: Laura Fons **Phone:** 414-412-2812 **Email:** tlfons@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 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.

Course material
Volleyball Rules
Coaching behavior/philosophy
Current Teaching Strategies
Skill Instruction:
➤ Passing
➤ Setting
➤ Serving
➤ Attacking
Offense
➤ 4-2
➤ 4-2 International
➤ 6-2

Course material
Defense
➤ Transition
➤ Rotation
Drills EMPHASIZED:
➤ Creating drills
➤ Designing game like drills
Practice:
➤ Design a practice
Games:
➤ Preparation
➤ Time outs
➤ Line ups
➤ Strategy

Please send form & check, payable to St Alphonsus's to: Laura Fons
OR EMAIL YOUR NAME AND PAY AT THE DOOR FOR PROPER AMOUNT OF MATERIALS BEING AVAILABLE.

Questions: Please email Laura Fons at tlfons@wi.rr.com or call 414-412-2812

Your Name: _____

Phone: _____ **Email:** _____

(Print clearly)

School Affiliation: _____

Grade: 5th 6th 7th 8th

Circle One: Boys Girls