ST ALPHONSUS COACHES CLINIC 2011

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

Date: Sunday, August 14th, 2011 **Time:** 2:00-5:00pm **Grades:** 7th & 8th 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

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 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: 5th 6th 7th 8th **Circle One:** Boys Girls