

2016 St. Alphonsus Coaching Clinic

Date: Sunday, August 21st, 2016 Time: 6–9pm, Grades: 5th thru 8th Grade Coaches

Cost: \$30.00

Checks make payable to: St Alphonsus

Place: St. Alphonsus Parish School Gym

Address: 7776 S. Cambridge Court, Franklin, WI 53132

Contact: Chris Arnold

Phone: 414-529-3465

Email: carnold@wi.rr.com

Instructor: Anne Slattery - Midwest Penguins Club Volleyball Director and Coach of 19 years, CAP I & II certified through USA Volleyball, and 4 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. An Archdiocese certificate of attendance will be issued.

****Please dress to participate**

Course material

Skill Instruction:

- Passing
- Setting
- Serving
- Attacking

Offense

- 4-2
- 4-2International
- 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:

Chris Arnold, 7776 S. Cambridge Court, Franklin, WI, 53132

Questions: Please email Chris Arnold at www.carnold@wi.rr.com or call 414-529-3465.

Name: _____

Phone: _____ **Email:** _____

(Print clearly)

School Affiliation: _____

Grade: 5th 6th 7th 8th

Circle One: Boys Girls