

**(December 6, 2008) EASTSIDE VBC - CAP MODULE CLINIC SCHEDULE**

<b>COURT/CLASSROOM A</b>	<b>COURT/CLASSROOM B</b>
<b>7:30-8:00 AM</b> Participant Check in (SITE TBD) (Host)	<b>7:30-8:00 AM</b> Participant Check in (SITE TBD) (Host)
<b>8:00 – 8:30 AM</b> (30 min) Welcome and Introductions (SITE TBD) (Host & ANDY?)	<b>8:00 – 8:30 AM</b> (30 min) Welcome and Introductions (SITE TBD) (Host & ANDY?)
<b>8:30 – 9:30 AM</b> (60 min) <b>SESSION #1A</b> (Cadre #1) <b>QUIT RUNNING IN CIRCLES! GAMES TO PLAY TO WARM UP (G)</b>	<b>8:30 – 9:30 AM</b> (60min) <b>SESSION #1B</b> (Cadre #2) <b>SCOUTING YOUR OPPONENT &amp; STATISTICS (C)</b>
<b>9:00 – 9:10 AM</b> ~ (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>	<b>9:00 – 9:10 AM</b> ~ (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>
<b>9:10 AM – 10:10 AM</b> (60 min) <b>SESSION #2A</b> (Cadre #3) <b>PERIODIZATION: PLANNING YOUR PRE-SEASON</b>	<b>9:10 AM – 10:10 AM</b> (60 min) <b>SESSION #2B</b> (Cadre #1) <b>INTRO TO SETTER TECHNIQUES (G)</b>
<b>10:10 – 10:20 AM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>	<b>10:10 – 10:20 AM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>
<b>10:20 – 11:20 AM</b> (60 min) <b>SESSION #3A</b> (Cadre #2) <b>ADVANCED SETTER TRAINING</b>	<b>10:20 – 11:20 AM</b> (60 min) <b>SESSION #3B</b> (Cadre #3) <b>INTO TO MIDDLE ATTACKING TECHNIQUES</b>
<b>11:20 – 11:25 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>	<b>11:20 – 11:25 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>
<b>11:25–12:25 PM</b> (60 min) <b>SESSION #4A</b> (Cadre #1) <b>INTRO TO OFFENSE &amp; SERVE RECEPTION SYSTEM ORGANIZATION (C/G)</b>	<b>11:25–12:25 PM</b> (60 min) <b>SESSION #4B</b> (Cadre #2) <b>COLLEGE RECRUITING ISSUES (C)</b>
<b>12:25–1:30 PM</b> (65 min) <b>LUNCH (OR 45 MIN IF IN-HOUSE?)</b>	<b>12:25–1:30 PM</b> (65 min) <b>LUNCH (OR 45 MIN IF IN-HOUSE?)</b>
<b>1:30 - 2:30 PM</b> (60 Min) <b>SESSION #5A</b> (Cadre #3) <b>TRAINING YOUR JUMP SERVERS</b>	<b>1:30 - 2:30 PM</b> (60 Min) <b>SESSION #5B</b> (Cadre #1) <b>SPORT PSYCHOLOGY FOR COACHES AND ATHLETES (C)</b>
<b>2:30 – 2:35 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>	<b>2:30 – 2:35 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>
<b>2:35 – 3:35 PM</b> (60 min) <b>SESSION #6A</b> (Cadre #2) <b>INTRO TO DIGGING AND INDIVIDUAL FLOOR DEFENSE TECHNIQUES (G)</b>	<b>2:35 – 3:35 PM</b> (60 min) <b>SESSION #6B</b> (Cadre #3) <b>DEFENDING AGAINST THE SLIDE</b>
<b>3:35 – 3:40 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>	<b>3:35 – 3:40 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>
<b>3:40 - 4:40 PM</b> (60 min) <b>SESSION #7A</b> (Cadre #1) <b>INTRO TO DEFENSE SYSTEM ORGANIZATION (C/G)</b>	<b>3:40 - 4:40 PM</b> (60 min) <b>SESSION #7A</b> (Cadre #2) (G) <b>COORDINATING TEAM DEFENSE: BLOCKING &amp; FLOOR DEFENSE</b>
<b>4:40 – 4:45 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>	<b>4:40 – 4:45 PM</b> (5 Min) ~ <b>BREAK/Transition to Classroom/Gym~</b>

<p><b>4:45 - 6:00 PM</b> (75 min) <b>SESSION #8</b> (INSTRUCTORs TBD) <b>FINAL SESSION FOR ALL ATTENDEES</b> (Gym)</p> <p>(Cadre #1, #2 or #3 <b>Single Topic?</b>) or  <b>PANEL GROUP? TEAM BUILDING: CREATING COHESION, COMMUNICATION &amp; TRUST (C/or G) ? OR PREPARING &amp; IMPLEMENTING EFFECTIVE PRACTICES (C/or G)</b></p>
---

--	--