

(January 17-18, 2008) EASTSIDE VBC - CAP MODULE 2-Day CLINIC SCHEDULE

<u>DAY 1 COURT/CLASSROOM A</u>	<u>DAY 1 COURT/CLASSROOM B</u>
8:00 – 8:30 AM Participant Check in (SITE TBD) (Host)	8:00 – 8:30 AM Participant Check in (SITE TBD) (Host)
8:30 – 9:00 AM (30 min) Welcome and Introductions (SITE TBD) (Host & ANDY?)	8:30 – 9:00 AM (30 min) Welcome and Introductions (SITE TBD) (Host & ANDY?)
9:00 – 10:00 AM (60 min) SESSION #1A (Cadre #1) QUIT RUNNING IN CIRCLES! GAMES TO PLAY TO WARM UP (G)	9:00 – 10:00 AM (60min) SESSION #1B (Cadre #2) SCOUTING YOUR OPPONENT & STATISTICS (C)
10:00 – 10:05 AM ~ (5 Min) ~ BREAK/Transition to Classroom/Gym~	10:00 – 10:05 AM ~ (5 Min) ~ BREAK/Transition to Classroom/Gym~
10:05 AM – 11:05 AM (60 min) SESSION #2A (Cadre #3) PERIODIZATION: PLANNING YOUR PRE-SEASON	10:05 AM – 11:05 AM (60 min) SESSION #2B (Cadre #1) INTRO TO SETTER TECHNIQUES (G)
11:05 – 11:10 AM (5 Min) ~ BREAK/Transition to Classroom/Gym~	11:05 – 11:10 AM (5 Min) ~ BREAK/Transition to Classroom/Gym~
11:10 – 12:10 PM (60 min) SESSION #3A (Cadre #2) ADVANCED SETTER TRAINING	11:10 – 12:10 PM (60 min) SESSION #3B (Cadre #3) INTO TO MIDDLE ATTACKING TECHNIQUES
12:10 – 1:20 PM (70 min) LUNCH (OR 45 MIN IF IN-HOUSE?)	12:10 – 1:20 PM (70 min) LUNCH (OR 45 MIN IF IN-HOUSE?)
1:20 – 2:20 PM (60 min) SESSION #4A (Cadre #1) INTRO TO OFFENSE & SERVE RECEPTION SYSTEM ORGANIZATION (C/G)	1:20 – 2:20 PM (60 min) SESSION #4B (Cadre #2) COLLEGE RECRUITING ISSUES (C)
2:20 – 2:25 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~	2:20 – 2:25 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~
2:25 – 3:25 PM (60 Min) SESSION #5A (Cadre #3) TRAINING YOUR JUMP SERVERS	2:25 – 3:25 PM (60 Min) SESSION #5B (Cadre #1) SPORT PSYCHOLOGY FOR COACHES AND ATHLETES (C)
3:25 – 3:30 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~	3:25 – 3:30 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~
3:30 – 4:30 PM (60 min) SESSION #6A (Cadre #2) INTRO TO DIGGING AND INDIVIDUAL FLOOR DEFENSE TECHNIQUES (G)	3:30 – 4:30 PM (60 min) SESSION #6B (Cadre #3) DEFENDING AGAINST THE SLIDE
4:30 – 4:35 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~	4:30 – 4:35 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~
4:35 – 5:35 PM (60 min) SESSION #7A (Cadre #1) INTRO TO DEFENSE SYSTEM ORGANIZATION (C/G)	4:35 – 5:35 PM (60 min) SESSION #7A (Cadre #2) (G) COORDINATING TEAM DEFENSE: BLOCKING & FLOOR DEFENSE
5:35 – 5:40 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~	5:35 – 5:40 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~
5:40 – 7:00 PM (75 min) SESSION #8 A & B (INSTRUCTORS TBD) PANEL GROUP? TEAM BUILDING: CREATING COHESION, COMMUNICATION & TRUST (C/or G) ? OR PREPARING & IMPLEMENTING EFFECTIVE PRACTICES (C/or G)	5:40 – 7:00 PM (75 min) FINAL DAY 1 SESSION FOR ALL ATTENDEES (Gym) PANEL GROUP? TEAM BUILDING: CREATING COHESION, COMMUNICATION & TRUST (C/or G) ? OR PREPARING & IMPLEMENTING EFFECTIVE PRACTICES (C/or G)
7:30 – 9:00 PM Coaches Dinner Out – optional evening of informal discussion over dinner with Cadre?	
<u>DAY 2 COURT/CLASSROOM A</u>	<u>DAY 2 COURT/CLASSROOM B</u>
9:00 – 10:00 AM (60 min) SESSION #9A (Cadre #1) TBD	9:00 – 10:00 AM (60min) SESSION #9B (Cadre #2) TBD (C)
10:00 – 10:05 AM ~ (5 Min) ~ BREAK/Transition to Classroom/Gym~	10:00 – 10:05 AM ~ (5 Min) ~ BREAK/Transition to Classroom/Gym~
10:05 AM – 11:05 AM (60 min) SESSION #10A (Cadre #3) TBD	10:05 AM – 11:05 AM (60 min) SESSION #10B (Cadre #1) TBD (G)
11:05 – 11:10 AM (5 Min) ~ BREAK/Transition to Classroom/Gym~	10:10 – 10:20 AM (5 Min) ~ BREAK/Transition to Classroom/Gym~
11:10 – 12:10 PM (60 min) SESSION #11A (Cadre #2) TBD	11:10 – 12:10 PM (60 min) SESSION #11B (Cadre #3) TBD
12:10 – 1:20 PM (65 min) LUNCH	12:10 – 1:20 PM (65 min) LUNCH
1:20 – 2:20 PM (60 min) SESSION #12A (Cadre #1) TBD	1:20 – 2:20 PM (60 min) SESSION #12B (Cadre #2) TBD
2:20 – 2:25 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~	2:20 – 2:25 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~
2:25 – 3:25 PM (60 Min) SESSION #13A (Cadre #3) TBD	2:25 – 3:25 PM (60 Min) SESSION #13B (Cadre #1) TBD
3:25 – 3:30 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~	3:25 – 3:30 PM (5 Min) ~ BREAK/Transition to Classroom/Gym~
3:30 – 4:30 PM (60 min) SESSION #14A (Cadre #2) INTRO TO TBD	3:30 – 4:30 PM (60 min) SESSION #14B (Cadre #3) TBD
4:40 – 6:00 PM (80 min) SESSION #15 A & B (INSTRUCTORS TBD) PANEL GROUP? TOPIC TBD	4:40 – 6:00 PM (80 min) FINAL DAY 2 SESSION FOR ALL ATTENDEES (Gym) PANEL GROUP? TOPIC TBD

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