



ELEMENTARY/MIDDLE SCHOOL VOLLEYBALL COACHING CLINIC

Sunday, August 15, 2010 8:45 am-1:30 pm

BRUSH UP ON TECHNIQUES, SHARPEN COACHING SKILLS, LEARN NEW DRILLS, SHARE WITH AND LEARN FROM OTHER COACHES AT A "HANDS-ON" CLINIC ENVIRONMENT DESIGNED FOR YOUTH COACHES

Classroom session will include a short lecture on drill design principles for maximum skill transfer followed by group workshop session. Each coach will be asked to bring copies of his or her favorite drill and then groups will work together to revise drills for maximum skill transfer.

Gym session will include run-through of key technique cues, common player technique errors and live demonstration of instruction and drills for passing, serving, setting and hitting. Coaches are invited to join drills as players. So bring a notebook and wear your gym clothes and court shoes!

Participants will receive handouts and a booklet of all the revised drills shared by coaches.

Clinic will be taught by Chris Tigno, Head Volleyball Coach at San Mateo High School and other experienced coaches.

TENTATIVE CLINIC SCHEDULE

8:45 – 9:00 AM	REGISTRATION (CLASSROOM)
9:00 - 9:15 AM	WELCOME AND INTRODUCTIONS (CLASSROOM)
9:15 - 11:00 AM	DRILLS WORKSHOP (CLASSROOM)
11:00 – 11:30 PM	PASSING TECHNIQUE AND DRILLS (GYM)
11:30 – 12:00 PM	SERVING TECHNIQUE AND DRILLS (GYM)
12:00 – 12:30 PM	SETTING TECHNIQUE AND DRILLS (GYM)
12:30 - 1:00 PM	HITTING TECHNIQUE AND DRILLS (GYM)
1:00 – 1:30 PM	Q & A SESSION (GYM)

Please register by **August 11th** by returning the below form with a check for \$50.00. Once we have received your registrations you will receive confirmation from us and clinic material.

QUESTIONS? Please contact Susie Morasci at susie@burlingamesc.com or call BSC directly at 650-692-PLAY.

Please return and enclose a check or include credit card information for \$50 made payable to Burlingame Sports Center.

Name: _____

School: _____ Email: _____

Phone Number: _____ Name of Credit Card: _____

Credit Card Number: _____ Expirations Date: _____

Zip Code: _____

Mail to: Burlingame Sports Center 1524 Rollins Rd., Burlingame, CA 94010
Attention: Susie Morasci