

Aloha Region Volleyball Coaches Clinic 2010
 Sunday, March 7th
 8:00 a.m. - 12:00 p.m.
 University of Hawaii (Gym 1 and classroom)

Essential question

How can we improve the performance of our volleyball players?

Objective

To share with interested volleyball coaches the technical skills and strategies of volleyball that the USA Women's National Team coaching staff is using.

Speakers at the clinic

Ryan Scudder, Cindy Flynn, Tommy Lake, Dave Babino, Daryl Tamashiro, Jeff Mosher (USA Volleyball)

Schedule for the clinic (on-court)

START	END	TOPIC	SPEAKER	LOCATION
7:00	7:30	Set-Up Facilities	N/A	UH gym 1 (middle court) Classroom Restrooms
7:30	8:00	Check-in	Cindy	UH gym 1
8:00	8:10	Welcome, Introduction & Clinic Overview	Cindy Ryan	UH gym 1
8:10	8:30	Player Feedback (TIVO)	Dave	UH gym 1
8:30	8:50	Offensive Concepts (attacking)	Dave Tommy	UH gym 1
8:50	9:10	Blocking systems	Ryan Dave	UH gym 1
9:10	9:30	Offensive concepts (transition)	Ryan Tommy	UH gym 1
9:30	9:50	Defense (back row)	Daryl Tommy	UH gym 1
9:50	10:10	Serving (jump float)	Tommy Daryl	UH gym 1

Schedule for the clinic (classroom)

START	END	TOPIC	SPEAKER	LOCATION
10:15	10:45	USAV and the Aloha Region	Jeff	Classroom
10:45	11:00	Experience with USAV (pipeline)	Daryl	Classroom
11:00	11:45	Sports Psychology & Nutrition	Dave Tommy	Classroom
11:45	11:55	CAP & Aloha Region High Performance	Cindy	Classroom
11:55	12:00	Closing (feedback)	Cindy Ryan	Classroom