



Missouri State™

V O L L E Y B A L L

VOLLEYBALL COACHING CLINICS
FUNDAMENTAL CLINIC: MARCH 5, 2010
ADVANCED CLINIC: APRIL 9, 2010
SPONSORED BY: MOLTON

The clinics will feature the following presenters from Missouri State University
MELISSA STOKES - HEAD VB COACH, Jeni Jones - Assoc. Head VB Coach, Leah Johnson - Asst VB Coach and the MSU VB Team

The clinic includes on-court sessions with the Bears, drills, coaching material handouts, lunch and a gift package from the clinic sponsor, Molten.

FUNDAMENTAL COACHING CLINIC SCHEDULE

Friday, March 5, 2010

- 9:00am Check-in and final registration at Hammons Student Center
- 9:15am Opening remarks and introduction of staff
- 9:30am Passing: A recipe for success
- 10:30am Serving: The first opportunity to score a point
- 11:30am Lunch Break - lunch provided by Missouri State
- 12:00pm Training the setter: Court awareness, footwork, posture, hands, location and tempo
- 1:15pm Attacking: Developing proper footwork and arm swing mechanics
- 2:15pm Blocking: The first line of defense
- 3:00pm Training Individual Defense: Floor Defensive Techniques
- 4:00pm Libero Logistics - Everything you need to know about using the libero
- 4:45pm Clinic ends - (We are here for you - an opportunity to have us demonstrate to meet your needs.)

***For lodging @ \$69/night + tax and includes hot and cold breakfast buffet
University Plaza Hotel and Convention Center
(Contact: 417-864-7333 by March 1, 2010)**

ADVANCED COACHING CLINIC SCHEDULE

Friday, March 19, 2010

- 9:00am Check-in and final registration at Hammons Student Center
- 9:15am Opening remarks and introduction of staff
- 9:30am Designing an offensive system to fit your team personnel
- 11:00am Diamond of Success with Holly Hesse - Women's Coaches Academy
- 12:00pm New millennium recruiting - Getting you players marketable for college volleyball
- 12:30pm Lunch Break - lunch provided by Missouri State
- 1:00pm Defensive Schemes & Strategies - Individual & team success
- 2:30pm Creating an opportunity to score - Intentional play with 2nd or 3rd contact
- 3:45pm Drill Specific - Training & understanding your team's strengths and weaknesses
- 5:00pm Clinic ends - (We are here for you - an opportunity to have us demonstrate to meet your needs.)

***For lodging @ \$69/night + tax and includes hot and cold breakfast buffet
University Plaza Hotel and Convention Center
(Contact: 417-864-7333 by April 5, 2010)**

REGISTRATION FORMS FOR BOTH CLINICS ARE LOCATED ON THE BACK OF THIS SHEET



MISSOURI STATE VOLLEYBALL COACHING CLINIC REGISTRATION FORM

FUNDAMENTAL CLINIC - MARCH 5, 2010

PLEASE PRINT NEATLY IN ALL CAPS

Name _____

School: _____

School Address: _____

City: _____ State: _____ Zip: _____

Work Phone: _____ Cell Phone: _____

Email: _____

College Coach HS Coach Club Coach Jr. High Coach **I cannot attend, send materials**

Make payable to MSU Volleyball Camps

If you cannot attend the clinic but would like a video taped copy of all the materials presented, send the registration fee and mark the box provided.

- \$100.00 Check Enclosed to attend clinic**
- \$120.00 If you register on site**
- \$150.00 fee for mailing the DVD & materials**

Mail to:

Missouri State Volleyball
901 S National Ave.
3095

Clinic Information:

Call: 417-836-

MISSOURI STATE VOLLEYBALL COACHING CLINIC REGISTRATION FORM

ADVANCED CLINIC - MARCH 19, 2010

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