

Professional Development Seminars
2019 AVCA Annual Convention – Pittsburgh, Pennsylvania

Pre-Convention Seminar: Training the Coach’s Eye – It’s Not What You Look at But What You See – presented by the United States Marine Corps (DLCC 319 – 321 and Mateflex Court 2)

Wednesday, December 18, 1 – 4 p.m.

Featured Speaker:

Jim McLaughlin, former head women’s & men’s coach; winner of national championships at USC (men) & Washington (women)

Players must learn to play with their eyes – “to see the game.” This acquired ability is the premier skill that separates elite players and is critical to a player development system. Coaches will learn how to teach players to see the right things so they will make the right choices in skill mastery and situation analysis.

To teach a player “to see the game,” coaches must learn to focus their attention as teachers. Half of our time will be in a classroom concentrating on the little, very simple things that promote player/coach understanding. The other half we will go to the courts and using the principle that ‘you hear you forget, you see you remember, you do you understand’ we will engage in interactive learning of the concepts, teaching and evaluating in real time.

It takes time for a coach to develop a well-trained eye, seeing all aspects of the game and creating the correct visual picture. We will answer these questions: How do coaches develop their coaches’ eye? What should a coach look at and what should they really see? How does what you see takes precedence over what you know? Coaches from every level will leave this presentation with a better understanding of how to “see the game” and strategies for teaching this skill to your players.

Advanced Career Education (ACE) Seminar: Competencies Needed to Keep Your College Head Job (DLCC 317 – 318)

Wednesday, December 18, 1 – 4 p.m.

- **Building Your Brand on the Recruiting Trail: How to Create a Unique and Consistent Message to Get the Recruits You Want** (*Recruiting, Talent Acquisition & Development Competency – 90 minutes*)

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies President

Assistant coaches moving into a head coaching role may think that they know everything there is to know about recruiting. They know how to recognize talent, how to interact with prospective student athletes, and how to pitch the coach and the program. However, as a head coach, you are no longer promoting someone else’s program and coaching style. You have to market yourself, your program and a new school you’re likely still learning about. You have to develop a brand with a clear and consistent message that represents who you are, what your program is going to look like, and why a prospective student-athlete should choose your school. Creating your brand can be challenging but is critical to building a successful program. In this session Dan Tudor will engage you in an interactive workshop where you will learn how to develop your brand and answer the following questions:

Who am I as a head coach?

Who are we as a program?

What makes my school/program unique?

How do I make my message and strategic advantages clear to prospective student-athletes and my staff?

You will leave this session with a better grasp on what makes your program special and how you can use that to your advantage on the recruiting trail.

- **Developing and Managing a Championship Level Staff: Strategies for Delegation and Maximizing the Skills and Talent of Your Support Staff and Coaches** (*Delegation & Staff Management Competency – 90 minutes*)

Featured Speakers:

Beth Launiere, Utah Head Women's Coach

Leo Hopf, TeamHopf CEO

In simpler times, volleyball coaches did it all. But now the time demands, size and complexity of programs have increased exponentially, and the stresses to win have intensified. Success today requires head coaches to be intentional about creating and maintaining a capable staff, maximizing their staff's talents, and being an effective delegator. Beth Launiere has been a Division I head volleyball coach for 29 years and has lived the shift from running a small team of players with limited staff to leading a large and complex volleyball program. Leo Hopf has 29 years of experience advising the world's largest and most sophisticated businesses on how to improve the efficiency and effectiveness of their organizations. In this session, Beth and Leo will lead coaches through an interactive workshop on assembling, developing and managing your staff. Coaches will learn strategies for how to hire the right candidate, mentor younger staff members, and recognize when it is time to make a staff change. Attendees will have an opportunity to evaluate their program and prioritize tasks that should be handled by the head coach and tasks that can be delegated. Coaches will leave this session with best practices in staff management drawn from the worlds of athletics and business to make your staff more productive and give your program a better chance for success.

AVCA Convention 101: What Every First-Time Attendee Needs to Know* (DLCC 319 – 321)

Wednesday, December 18, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Basic

Featured Speakers:

Chuck Rey, Winthrop University Head Women's Coach

Becca Acevedo, Winthrop University Assistant Women's Coach

Brian Swenty, Vilseck High School Head Women's Coach

Are you attending the AVCA Convention for the first-time? If so, this is the session for you! In this presentation, our speakers will share their insight on the must attend convention events and activities, discuss the various networking opportunities available throughout the week, offer tips on how to use your time most effectively and much more! In addition, there will be time at the end of the presentation to meet with other first-time attendees.

Opening Session: Semifinal Matches Preview* – presented by Hudl & Making Volleyball Matter: Coaches as Social Change Makers* – presented by The True Athlete Project (DLCC 319 – 321)

Wednesday, December 18, 6 – 7:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Jaylen Reyes, Nebraska Assistant Women's Coach

Kellen Petrone, Pittsburgh Assistant Women's Coach

Sam Parfitt, Founder/CEO, The True Athlete Project

Pam Boteler, Mentoring Program Co-Director, The True Athlete Project

Kick-off your convention week at the Opening Session by getting a glimpse at what might happen in the Thursday NCAA Semifinal Matches followed by a discussion of the important role coaches play in the growth of your players. In the first half of the session our speakers will break down the four NCAA semifinal teams and dissect how the semifinal matches might play out. Jaylen and Kellen will dig into the strengths and weaknesses of each team and explore how they match-up

with each other. In the second half of the session Sam Parfitt and Pam Boteler will help you to reflect on your “why” and challenge you to embrace and act on your potential to change the world one athlete at a time. Coaches will gain a better understanding of how to develop the “whole” athlete and will leave with practical take-away exercises to help athletes gain new perspectives as a powerful force in sport and in life.

One Drill, Five Ways – How Variations on a Theme Make You a Better Coach – presented by Gold Medal Squared (Mateflex Court 1)

Thursday, December 19, 11 a.m. – Noon

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Chris McGown, Gold Medal Squared

As Malcolm Gladwell discussed in his bestseller, “Outliers”, to become an expert in a skill it takes 10,000 hours of deliberate practice. Coaches spend countless hours running their players through drills pushing toward that 10,000 hour goal but eventually this routine becomes boring for both the players and coaches. In order to help athletes reach their maximum potential successful coaches use variations in their drills to keep their team engaged and excited about the routine of practice. In this session, Chris will share ideas about how to implement drill variations in your practices to make reaching those 10,000 hours feel more attainable to your players.

Reading the Opposing Middle: How Your Setter’s Ability to Read the Opposing Hitters Can Create Favorable Matchups for Your Offense (Mateflex Court 2)**

Thursday, December 19, 11 a.m. – Noon

Suggested Audience/Level: Men’s/Boy’s – Intermediate

Featured Speaker:

Luke Bentley, William Penn University Men’s Head Coach

When it comes to most teams, the setter determines much of a team’s offensive success. However, not every setter realizes they can make an impact just by doing one simple thing – looking through the net before they set the ball. This skill can begin as early as high school and continue through college. In an elite level match, you will often see the setters take a quick glance across the net before they set the ball to a hitter. This court session will explain why the ability to read is so vital to offensive success as well as give steps for getting your setter to that point through drills and progression.

A Primer on Beach Volleyball: Blocking, Digging, Setting and Hitting – presented by Beach Nation & JVA (Beach Court)

Thursday, December 19, 11 a.m. – Noon

Suggested Audience/Level: Beach – Advanced

Featured Speakers:

Todd Rogers, Cal Poly Head Beach Coach, Olympic Gold Medalist, Co-founder Beach Nation

Phil Dalhausser, Dalhausser Volleyball, Olympic Gold Medalist, Beach Nation Coach

Join Olympic Gold Medalists Todd Rogers and Phil Dalhausser as they kick-off a series of Beach Nation educational sessions throughout convention week. In this session, our speakers will focus on the core fundamental beach skills including: blocking, digging, setting and hitting. Coaches will leave with tips and strategies based on what has made Todd and Phil one of the most successful beach volleyball teams.

Coaches who attend 7 out of 9 Beach Nation educational sessions will receive a certificate of completion via email after the convention.

Strategies for Coaching Success Beyond X’s and O’s: Job Retention, Keeping Your Players/Parents Happy and Adjusting to the Evolving Climate of Coaching* (DLCC 403 – 405)

Thursday, December 19, 11 a.m. – Noon
Suggested Audience/Level: All – Intermediate
Featured Speaker:

Shelton Collier, Wingate University Women's Head Coach

Being a master of the X's and O's is important to being a successful coach but becoming skilled in areas off the court is equally as important. In this presentation Shelton will tackle several topics every coach must learn to deal with in the changing world of coaching. Topics discussed will include managing the current climate of scrutiny with players and administrations, getting players on board with your vision, practical strategies for keeping players happy, purposeful communication, and tips for managing the bottom third of your roster. Coaches that attend this session will leave with practical tips and strategies for how to succeed off the court.

How to Use Inexpensive Technologies in Your Gym for Player Development* - presented by Hudl (DLCC 406)

Thursday, December 19, 11 a.m. – Noon
Suggested Audience/Level: All – Intermediate
Featured Speaker:

Ben Spurlock, Ohio St. Assistant Women's Coach

Join Ben in this information session as he explains how to use advancements in technology as tools to enhance player development in the practice gym. These tools can be implemented without a large budget or staff. In order for players to reach their maximum potential they must be engaged in their own development as players. Ben will discuss how to utilize technology tools to initiate that conversation as well as how to include your school as a resource for ideas. Coaches will leave this presentation with simple technology solutions to provide player feedback.

Division II Why We Win* & Open Dates Scheduling Session (DLCC 303 – 305)

Thursday, December 19, 11 a.m. – Noon
Suggested Audience/Level: Division II – Intermediate
Featured Speakers:

Christy Benner, Wheeling University Women's Head Coach

Chris Herron, Washburn University Women's Head Coach

Lorelee Smith, Lewis University Women's Head Coach

Chuck Waddington (Moderator), Angelo State University Women's Head Coach

Every day coaches must make decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. The first part of this session will be a moderated Q & A format with some of the most successful Division II coaches in our sport today. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead. The second half of this session will provide Division II coaches an opportunity to meet with other coaches seeking to fill open dates on their future competition schedule. Don't miss this session held immediately after the Division II General Meeting.

Two-Year College Why We Win* & Open Dates Scheduling Session (DLCC 315 – 316)

Thursday, December 19, 11 a.m. – Noon
Suggested Audience/Level: Two-Year College – Intermediate
Featured Speakers:

Jim Cartisser, College of Southern Idaho Women's Head Coach

Shelby Forchtner, New Mexico Military Institute Women's Head Coach

Jim Dietz, Lincoln Land Community College Women's Head Coach

Paula Wiedemann (Moderator), Missouri State University West Plains Women's Head Coach

Every day coaches must make decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. The first part of this session will be a moderated Q & A format with some of the most successful Two-Year College coaches in our sport today. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead. The second half of this session will provide Two-Year College coaches an opportunity to meet with other coaches seeking to fill open dates on their future competition schedule. Don't miss this session held immediately after the Two-Year College General Meeting.

NAIA Why We Win* & Open Dates Scheduling Session (DLCC 317 – 318)

Thursday, December 19, 11 a.m. – Noon

Suggested Audience/Level: NAIA – Intermediate

Featured Speakers:

Tina Carter, Grand View University Women's Head Coach

Stew McDole, Graceland University Women's Head Coach

Candace Moats, Indiana Wesleyan Women's Head Coach

Jim Giacomazzi (Moderator), Wayland Baptist University Women's Head Coach

Every day coaches must make decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. The first part of this session will be a moderated Q & A format with some of the most successful NAIA coaches in our sport today. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead. The second half of this session will provide NAIA coaches an opportunity to meet with other coaches seeking to fill open dates on their future competition schedule. Don't miss this session held immediately after the NAIA General Meeting.

Division III Why We Win* & Open Dates Scheduling Session (DLCC 319 – 321)

Thursday, December 19, 11 a.m. – Noon

Suggested Audience/Level: Division III – Intermediate

Featured Speakers:

Sharon Dingman, University of Chicago Women's Head Coach

Rick Swan, Colorado College Head Women's Coach

Matt Troy, Johns Hopkins University Head Women's Coach

Tammy Swearingen (Moderator), Westminster College Women's Head Coach & Assistant Director of Athletics

Every day coaches must make decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. The first part of this session will be a moderated Q & A format with some of the most successful Division III coaches in our sport today. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead. The second half of this session will provide Division III coaches an opportunity to meet with other coaches seeking to fill open dates on their future competition schedule. Don't miss this session held immediately after the Division III General Meeting.

#AboveAndBeyond Driving Team Culture Through the Five Keys to Striving for Excellence* – presented by Jostens (DLCC 303 – 305)

Thursday, December 19, 12:15 – 1:15 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Doug Walters, Palm Beach Atlantic University Head Women's Coach

Creating the team culture you want is critical to the overall success of your program. In this presentation, our speaker will highlight five key areas that will create a team culture that is thriving and give the student-athletes complete buy in and full investment in your program. Topics covered will include commitment, belief, embracing the pressure, demonstrating positive character, and enjoying the journey. Doug will then discuss these concepts in terms of recruiting, captain selection, and leadership training.

Considerations for Coaches When Purchasing Real Estate* – presented by Jostens (DLCC 315 – 316)

Thursday, December 19, 12:15 – 1:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Rick Reynolds, Former Idaho St. Women's Head Coach & Home Mortgage Consultant

The life of a volleyball coach will take you many places. Moving from city-to-city and state-to-state is the norm for many in the coaching profession. The realities of moving your life around the country include many decisions that have significant financial implications including the purchase of a house. Should I purchase a house in my new city? If I purchase a house what is the best way to finance? When should I sell the house I currently own? What are the tax implications? How do I negotiate the best deal? Should I rent? These are all decisions that must be made and in many cases seeking the assistance of a real estate professional can help. Join Rick in this informative session as he offers advice on how to best navigate the real estate buying and selling process.

Scouting: Less is More* – presented by Jostens (DLCC 319 – 321)

Thursday, December 19, 12:15 – 1:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Luka Slabe, USAV Women's National Team Assistant Coach

Coaches spend hours scouting their next opponent to make sure they prepare themselves and their team as much as possible to create the best opportunity to win. While understanding opponent team tendencies and individual player strengths/weaknesses is important, there are a few key areas to focus on in your scouting report that will tell you the majority of what you need to know. Join Luka in this informative session as he shares ideas on how to make your scouting report more efficient and save you time in preparation for your next opponent.

Using Volleyball Performance Index Metrics to Improve Your Recruiting and Training* – presented by Jostens (DLCC 303 – 305)

Thursday, December 19, 1:30 – 2:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kyle Norris, Iowa Lake Community College MS, ATC, avcaVPI™ Biomechanics & Sports Science Consultant

This session will provide information specific to using VPI benchmarks and VPI testing in your own gym to identify strengths and weaknesses in your roster and prioritize recruiting needs. Strategies to incorporate the VPI into your seasonal and long-term roster development will also be discussed. Recruiting and Training are on-going and dynamic processes and the VPI can be a useful tool in capturing a real time snapshot of both. This consistent evaluation can assist in creating a pathway to program improvement.

Running an Offense with Speed: Training the Setting and Attacking Mechanics Needed* – presented by Jostens (DLCC 315 – 316)

Thursday, December 19, 1:30 – 2:30 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Jamie Morrison, Former USAV Women's Assistant and Head Netherlands Women's Coach Unfortunately, Katie Ryan is no longer available to present at the AVCA Convention. In her place Jamie Morrison, former USA Volleyball assistant and International Head Coach, will teach coaches how to train their teams to play at a fast pace. Running a speed offense requires a specific set of skills from the setter and hitters on the team. In this session Jamie will break down these mechanics so that coaches can out run their opponents.

Getting to the CORE of Core Strengthening* – presented by Jostens (DLCC 319 – 321)

Thursday, December 19, 1:30 – 2:30 p.m.

Suggested Audience/Level: Basic – Intermediate

Featured Speaker:

Meghan Hubbell, Ohio State University Wexner Medical Center, Athletic Trainer/Physical Therapy Assistant

How often do you use the word “core” when working with your volleyball players to get them stronger? Are you confident that you know what “core ” really means? When it comes to looking at an athlete’s “core” we need a thorough understanding of what the term entails in terms of strength, stability, and neuromuscular control of the whole body. Athletes who develop their “core” before progressing through a strengthening program greatly reduce their risk of injury. Coaches will leave this session with exercises to help decrease the risk of abdominal and back injury as well as an increased knowledge of core stability and strength to help increase sports performance.

Improve Passing Technique and Win More Points – presented by MasterCoaches (Mateflex Court 1)**

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Mick Haley, MasterCoaches

Join AVCA Hall of Fame member Mick Haley as he breaks down the specifics of passing. Mick will go into detail on technique including the platform and ready position then jump into player movement and how to get to the right spot. Coaches will also learn several progression drills that improve passing skills and self-confidence.

Advanced Serving Technique: Drills to Develop Player Serving Skills – presented by MasterCoaches & Bring Your Own Parent (Mateflex Court 2)**

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Ruth Nelson, MasterCoaches & Bring Your Own Parent

Serving is the first weapon that can generate an immediate point, begin a set, end a set/match, or ignite an offense. A well-placed serve (whether to a weak passer, at the setter, at the quick attacker, or to a weak formation) that is also difficult to pass puts the opponent at a disadvantage. The focus of this session is on efficient and effective technique and striving for success. The goal is serving to score points, NOT just get the ball to a designated position in the opponent’s court. Advanced serving success will be explored and demonstrated using the following building blocks: skills and progressions, drills to reinforce skills, and tactics through game like situations. Nelson will demonstrate static and linear floater serves, topspin serves, and drills to reinforce these skills. In addition, positioning of the server, tactical serving and statistical serving will be explored.

Offensive Strategies: What to Do When & How – presented by Beach Nation & JVA (Beach Court)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: Beach – Advanced

Featured Speakers:

Kristen Rohr, Grand Canyon University Head Beach Coach

Joe Rich, Grand Canyon University Assistant Beach Coach

Identifying the right offensive strategy based on your player's skills and opponent's weaknesses is a key to success in the beach game. Teaching players to attack in a variety of ways and helping them understand approach lines and angles is part of the training process. This session will examine the when and how of attacking and identify priorities that shape the strategy and training of offensive systems.

Coaches who attend 7 out of 9 Beach Nation educational sessions will receive a certificate of completion via email after the convention.

Pivoting with a Purpose – Career Transitions and Managing Change* – presented by WeCOACH (DLCC 303 – 305)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Erin Virtue, USAV Women's National Team Assistant Coach

Ronda Shirley, USC Upstate Women's Head Coach

Lindsey Devine, Alabama Women's Head Coach

Cecile Reynaud (Moderator), WeCOACH Board President & USA Volleyball Board President

These three women panelists are long time coaches and have been highly successful in their careers. They have all made the decision to make a change by moving to a different level of coaching in volleyball. Many coaches at all levels have been offered various opportunities to move and are sometimes reluctant to take that chance. We will hear from them on the steps they took in making this type of decision and the transition process that followed.

First Point Volleyball Foundation & Growing the Men's Game: Where We are Now and Where We are Going* (DLCC 315 – 316)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speakers:

Wade Garard, First Point Volleyball Foundation CEO

John Speraw, USA Volleyball Men's National Team Head Coach & UCLA Men's Head Coach

Want to know more about First Point Volleyball Foundation? Join USA National Team Coach John Speraw (Volunteer Board Chair) and Wade Garard (CEO) for an update / info session about progress and efforts to grow Boys' and Men's Volleyball. Find out about: (1) Overview / State of the Men's Game; (2) Where First Point is Putting Philanthropic Dollars to Work and (3) How First Point is Tracking Towards Goals. The session will provide time for attendees to ask questions, to offer suggestions and to discover ways to get involved in this movement to provide more volleyball opportunities for boys and men to play in high school and college.

Understanding and Utilizing the Transfer Portal in Recruiting* (DLCC 317 – 318)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies President

The rise of the NCAA Transfer Portal among current college volleyball players is meteoric, and it's only going to continue to be more and more popular as the years go on. In this session, coaches will learn the best practices for taking advantage of the opportunity to attract transfers to your program as well as discuss how to do a better job of keeping your players from entering the

portal. Topics discussed will include understanding the psychology behind a player's decision to enter the portal and how to best communicate with players in this unique recruiting environment.

Volleyball Timeline: Skills Flows from Whistle to Whistle* (DLCC 319 – 321)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Davide Mazzanti, Italian Women's National Team Head Coach

Learn the game from an international perspective by joining Italian Women's National Team Head Coach Davide Mazzanti in this dynamic session. Davide will discuss several topics including block vs. random practice, skill development, situational flows and technical flows. He will also explore performance factors that impact the development of your players. Don't miss this opportunity to learn from one of the best coaches in the game.

Defensive Systems Pros & Cons* (DLCC 403 – 405)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Ana Todorovic, City College of New York Head Men's & Women's Coach

This session will explore various defensive formations and identify the pros and cons of each system. Ana will then explain which defensive systems are the best strategy for your team based on the skill level of your players. Coaches will leave this presentation with a fresh perspective on defense and how to implement the best system with your team.

Implicit Bias within Athletics: Understanding Our Personal Bias and Practical Steps for Reducing Bias in the Workplace* (DLCC 406)

Thursday, December 19, 3 – 4 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Jen Fry, JenFryTalks

How does our personal bias affect our interactions with not only student-athletes, but also with hiring, recruiting, working with the administration, and looking at the experiences others go through? The race, ethnicity, gender identity, immigration status, sex, age, and other characteristics influence the way we see and treat the world even when we are genuinely trying to be unbiased. What concrete steps can we take to start working on our personal bias as well as acknowledge the bias that could be within our program? To help answer these questions, this session introduces the concept of implicit bias and through a mix of short presentations, lively activities, and discussions, we will explore some harmful side effects of how our brains naturally perceive, categorize, and draw inferences about the world, including other people. We will talk about what practical steps we can all take to try to reduce or eliminate it as well as what has been shown not to work.

Static vs. Swing Blocking: How to Train and How to Choose (Mateflex Court 1)**

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Marco Paglialunga, Italian Women's National B Team Head Coach

How do you choose whether static or swing blocking is the best fit for your team? Marco will cover the pros and cons of each method and discuss the factors to consider when making this decision including age, complexity and responsibility. He will then share both individual and team blocking drills to implement in your training.

Creating a Sustainable and More Powerful Arm Swing (Mateflex Court 2)**

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Austin Einhorn, Apiros

To understand and improve the attack, we must first understand the human shoulder and its interactions with the body and the environment. Furthermore, there is available evidence steering the arm swing towards a comprehensively better way. Simply mimicking the movements and repeating them like an assembly line will not ensure the skill shows up in the heat of competition. We must also understand how humans learn and demonstrate skills in sporting environments. This session will teach coaches how to improve the attack of their players by creating a more powerful and efficient arm swing.

How to Play Defense: Strategies and Systems – presented by Beach Nation & JVA (Beach Court)

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: Beach I – Advanced

Featured Speakers:

Dain Blanton, USC Beach Head Coach

Jeff Conover, AVP Sports and Competition Senior Director

With so many variations and perspectives on how you can set up defenses, this session will focus on a few specific skill sets to strategically put your athletes in high-probability locations so they can read and recognize valuable clues and make effective plays. Topics covered will include player spacing and defensive footwork, how to dictate your opponent's actions, and creating a game plan based on your personnel and not your opponent.

Coaches who attend 7 out of 9 Beach Nation educational sessions will receive a certificate of completion via email after the convention.

How to Handle Your Idiot Head Coach: An Honest Conversation about the Relationship Between a Head and Assistant Coach* (DLCC 303 – 305)

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speakers:

Kolby O'Donnell, Texas A&M Associate Head Women's Coach

Kathy Jewell, Purdue Assistant Women's Coach

Dan Meske, Louisville Associate Head Women's Coach

Meghan Keck, Marquette Assistant Women's Coach

Ryan Theis (Moderator), Marquette Head Women's Coach

A volleyball head coach has a revolving door to their office with daily questions from staff, the strength coach, athletic trainer, managers, players, administrators, etc. Head Coaches are charged with making quick decisions or giving direction and trusting others to do their jobs. However, once those decisions are made the head coach often forgets about them. They go to the back of their mind and the head coach is left seemingly clueless or oblivious to his or her surroundings – because others are doing quality work for them. 'The Head Coach is an Idiot'. After spending 8 years as an assistant coach and now 11 years as a head coach, Ryan Theis believes there are many aspects that make being an assistant coach better than some/many head coaching jobs. The assistant coaches on this panel have had many different experiences as assistant coaches and many opportunities to be head coaches. They are choosing to be assistant coaches for one reason or another. Our speakers hope to show many of you pursuing head coaching jobs some ways to be great assistants and other things to consider before jumping into a head coaching role.

Building Your Programs' Recruiting Philosophy* (DLCC 317 – 318)

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies President

For college volleyball coaches to recruit effectively, they need to establish a list of guidelines to follow as they bring in each recruiting class. We would classify that effort as “building a recruiting philosophy”, something most programs have never done. Those that have find it's the difference between mediocre recruiting, and *great* recruiting. In this presentation, Dan will teach AVCA coaches how to develop their own, unique philosophy. Topics discussed will include the definition of a recruiting philosophy, how do you develop a recruiting philosophy, and best practices of programs and coaches who use a core recruiting philosophy to build their programs.

Rethinking Feedback: Creating More Effective and Efficient Training Environments* – presented by USA Volleyball (DLCC 319 – 321)

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

John Speraw, USA Volleyball Men's National Team Head Coach & UCLA Men's Head Coach
Harjiv Singh, Ph.D Student in Motor Learning and Control at UNLV

Join John Speraw in this informative session as he discusses his work with sports psychologist, Dr. Andrea Becker, and motor learning Ph.D. student, Harjiv Singh, regarding deficiencies in our standard methods for providing feedback to our athletes in practice situations. John and Harjiv will explain what they found and how we can improve this critical aspect of our role as coaches.

What I'm Just Learning after 30 Years as a Head Coach* (DLCC 403 – 405)

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Beth Launiere, Utah Head Women's Coach
Leo Hopf, TeamHopf CEO

All her career, Beth Launiere has dreaded becoming the old coach who looks back and talks about how things were so much better in the old days. To avoid falling into this trap, Beth has reached beyond the traditional boundaries of coaching to bring in tools and approaches from other disciplines. She has worked with Leo Hopf to identify those concepts from outside the coaching world that she can adapt and apply to provide advantages for Utah's volleyball program. In this presentation, Beth and Leo will look at the future to describe what there is to learn after already having a long and distinguished coaching career. Some of the topics discussed will include understanding how the world is changing around volleyball coaching, identifying how you can be prepared for the future as well as where you are stuck in the past. Beth and Leo will also teach coaches how to prioritize the innovations you need to adopt to win in the future and clarify how to tailor your approach to meet the distinct needs of each of your teams.

In the Zone: Mindfulness for Athletes (Part 1 of 3) – The Introduction* – presented by The True Athlete Project (DLCC 406)

Thursday, December 19, 4:15 – 5:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Sam Parfitt, Founder/CEO, The True Athlete Project

This practical session is designed to increase coaches' knowledge and understanding (of the often misunderstood concept) of 'mindfulness' and its ability to improve athletic performance and nurture mental wellbeing. You will challenge your thinking, enjoy some experiential practice, and consider how cultivating a mindful sporting environment can be of benefit to not only your athletes, but also to you. Attendees will realize an increased awareness and understanding of the benefits of mindfulness for athletes and coaches, gain first-hand experience of introductory mindfulness practices within a sporting context, and learn strategies to implement a nurturing, person-centered environment with your team.

Super Session: Why We Win & Semifinal Match Analysis*– presented by United States Marine Corps (DLCC Exhibit Hall E)

Friday, December 20, 8:30 – 10:15 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Todd Dagenais, University of Central Florida Head Women's Coach

Nicki Holmes, George Washington University Associate Head Women's Coach

Heather Olmstead, BYU Head Women's Coach

Ryan McGuyre, Baylor Head Women's Coach

Craig Skinner, Kentucky Head Women's Coach

Marie Zidek – Moderator, DePaul Head Women's Coach

Semifinal Match Analysis: Who is going to win the NCAA championship match? How did they get there? This portion of the Super Session will provide an analysis of the two semifinal matches including a review of the strengths and weaknesses of the four semifinal teams as well as a discussion on what to look for when scouting. Based on this analysis, our speakers will then make a prediction of which team will win the championship.

Why We Win: Every day coaches have to make many decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. This Why We Win session will be a moderated Q & A format with some of the most successful coaches in our sport today: Heather Olmstead, Kelly Sheffield and Ryan McGuyre. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead.

Growth Opportunities for Men's and Boys' Volleyball* (DLCC 315 - 316)

Friday, December 20, 9:30 – 10:15 a.m.

Suggested Audience/Level: Men's/Boys' - Intermediate

Featured Speaker:

Matt Mihelic, University of Mount Union Head Men's Coach

This presentation and interactive dialogue will highlight the necessary steps that it takes to begin a men's or boys' program at all levels. Attendees will learn how to help start a boys' program in their city or town, club coaches will find out how lucrative the growth of a boys' program can be with minimal investment and college programs will learn how to boost enrollment and endowment with little expense upfront.

Diving Deeper into Data*– presented by Hudl (DLCC 303 - 305)

Friday, December 20, 10:30 – 11:30 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Nate Ngo, USA Volleyball Men's National Team Technical Coordinator

As technology in sports evolves and data flows more easily into the hands of the coaching staff, many organizations are trying to leverage the latest technologies while developing their custom

(and often more subjective) approach at analyzing the data they have available. During this session, Nate will provide an outlook on the latest technologies both seen and used in volleyball. He'll breakdown an advanced analysis that analysts can produce starting from raw data.

“Retirement by Design” – Defining Financial Goals and Savings Plans for the Coaching Profession* (DLCC 315 - 316)

Friday, December 20, 10:30 – 11:30 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Rob Patrick, Edward Jones Investments & Former Tennessee Head Women's Coach

Coaches are responsible for thinking about everything involved with their program day in and day out, but what happens after your final game? Are you prepared for your financial future after coaching? In this session, former Division I Head Coach, Rob Patrick, will teach coaches how to achieve the retirement they envision by looking at their current situation, defining goals and planning how to stay on track.

Measuring and Utilizing Performance Data to Develop Beach Volleyball Athletes* (DLCC 317 - 318)

Friday, December 20, 10:30 – 11:30 a.m.

Suggested Audience/Level: Beach – Intermediate

Featured Speaker:

Wayne Holly, Georgia State Assistant Beach Coach

This presentation will educate coaches in how to maximize effectiveness of beach volleyball practices through design based on measured performance and season long statistical tracking in both practice and competition. Wayne Holly has collected 3 years' worth of data on the Division I Beach volleyball game including serve receive offense, transition offense and serving. Coaches attending this session will learn the events that most closely correlate with winning in beach volleyball and how they can use that information to customize training and scout opponents.

In the Zone: Mindfulness for Athletes – Part 2/3 Building Dynamism into your Mindfulness Practice* - presented by The True Athlete Project (DLCC 319 - 321)

Friday, December 20, 10:30 – 11:30 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Sam Parfitt, The True Athlete Project Founder/CEO

This practical session is designed to increase coaches' knowledge and understanding (of the often-misunderstood concept) of 'mindfulness' and its ability to improve athletic performance and nurture mental wellbeing. You will custom build your own dynamic, mental warm-up game – a fun exercise that you can take back to your athletes to immediately liven your sessions and help your athletes to be present and focused from the very start of practice / competition.

Your facilitator will be Sam Parfitt, the founder of The True Athlete Project – a nonprofit which recently won the World Olympians' Association Partnership Award for its innovative approach to holistic athlete development.

Lessons Learned: Advice for Being Successful as a DOVO* - presented by Acanela (DLCC 406)

Friday, December 20, 10:30 – 11:30 a.m.

Suggested Audience/Level: DOVO – Intermediate

Featured Speaker:

Damaris Linker, University of Mississippi Women's Director of Volleyball Operations

Being the behind-the-scenes, go-to person is an extremely important role when you are competing for championships at the highest level. The job of a Director of Operations is to take care of all the details and day to day operations of the program, so that the coaches are able to focus on coaching and recruiting. There are countless people involved in making a program run smoothly and it is the job of the Director of Operations to make sure communication is smooth and consistent with everyone involved. Whether you are at home or on the road for a match, keeping everyone up to date is extremely important. The goal of this presentation is to give insight and tips on what it takes to be a successful DOVO at the highest level.

Wisdom from Some of the World's Best Coaches* (DLCC 303 - 305)

Friday, December 20, 11:45 a.m. – 12:45 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

John Forman, Charleston Academy Technical Director

Through the Volleyball Coaching Wizards project, John Forman and Mark Lebedew (Australian Men's National Team Coach) have to-date interviewed more than 40 top coaches from all over the world and all levels of play. In the book, *Volleyball Coaching Wizards – Wizard Wisdom*, they share a number of insights from those interviews. This presentation will feature excerpts from the Wizards interviews and additional related insights in the areas of you the coach; creating and developing the team; practice and training; and match day.

When Passion Becomes Your Enemy: How My Work Ethic Got in the Way of Building Strong Relationships and What I Did to Fix it* (DLCC 315 - 316)

Friday, December 20, 11:45 a.m. – 12:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Mia Fruge, Smith College Head Women's Coach

Let me tell you a story. One that can happen to you, or maybe it already has. What if it didn't matter how much you loved the game? What if no one cared how much energy and time you spent working? What if who you thought you were (your strengths, identity, passion) were questioned? What if they started working against you? What then? What do you do?

I came to Smith College in the spring of 2017 to rebuild a program that was in shambles. What was, and still is, seen as an impossible task to most, said I would be the perfect person because of my relentless **work ethic** and **passion**.

The reality check of it all is what I was always told were my biggest strengths quickly turned on me to become detrimental weaknesses. I learned that where you played, how much knowledge you have, how many hours you put in, and even your intention doesn't mean a thing if you don't build an authentic relationship with each athlete. These relationships will not build as a result of the time and energy you put into your program. A coach needs to be vulnerable, uncomfortable, and find a way to connect with all personalities. Sounds easy enough, right?

“Trust the Process” is a fast pass to disappointment if you do not build trust first. Success is a byproduct of your culture. The relationships you create will determine the success you have.

In my presentation, I will tell you my story, and show you what I did to turn my passion and work ethic back into strengths.

In the Zone: Mindfulness for Athletes – Part 3/3 Integrating Mindfulness into your Team's Routines* - presented by The True Athlete Project (DLCC 319 - 321)

Friday, December 20, 11:45 a.m. – 12:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Sam Parfitt, The True Athlete Project Founder/CEO

This practical session is designed to increase coaches' knowledge and understanding (of the often misunderstood concept) of 'mindfulness' and its ability to improve athletic performance and nurture mental wellbeing. You will develop ways to integrate mindfulness into your team's training and competition routines. We will discuss the concept of "the second arrow" and how mindfulness can aid your athletes in becoming more resilient.

Your facilitator will be Sam Parfitt, the founder of The True Athlete Project – a nonprofit which recently won the World Olympians' Association Partnership Award for its innovative approach to holistic athlete development.

Taking Control of Your Story – Social Media Strategies for DOVOs* - presented by Acanela (DLCC 406)

Friday, December 20, 11:45 a.m. – 12:45 p.m.

Suggested Audience/Level: DOVO – Intermediate

Featured Speaker:

Andy Wenstrand, University of Illinois Director of Volleyball Operations

Social Media has become a main component of a college team's marketing strategy and knowing how to frame your message is key. In the session coaches will learn how to create strategies to maximize their program's branding on social media. Andy Wenstrand will explain how to identify the 'why' of different types of posts and platforms, while giving best practices to create structures and calendars for content creation and effective distribution.

The Evolution of More Effective Drills – presented by USA Volleyball – CAP (Mateflex Court 1)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

John Kessel, USA Volleyball Director of Sport Development

There are so many skills that coaches need to train their teams to execute but only so much practice time in a day. Join John Kessel for this court session where he will take a look at some of our sport's classic drills and the changes that can be made to make them more effective and efficient. These will include drills for serving, serve reception, setting and spiking. Coaches will leave this session with a plan to make the most of their practice time.

Platform Technique and Training for Club Level Athletes (Mateflex Court 2)**

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speakers:

Anne Kordes, KIVA Associate Club Director

Courtney Robison, KIVA Youth Director

Melissa Starck-Bean, KIVA Recruiting Coordinator

Passing is a skill that can be broken down into separate parts and then put back together. Through controlled repetitions focusing on fundamentals of the physical aspects of a correct platform we have found to be important to us, we have seen improvement and consistency. It is evident some players have natural "touch" with their platform, but we have found that with consistent repetition and the understanding of specific concepts players without natural touch can improve. Coaches will learn about creating angles and using eye work to help train athletes' platforms.

Set for Success – presented by Beach Nation & JVA (Beach Court)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: Beach – Intermediate

Featured Speaker:

Beth Van Fleet, Georgia State Head Beach Coach

In the beach game, setting may be the most over-looked and under-rated contact. As the game continues to evolve, setting is beginning to gain the attention it deserves. In this session, we will review basic setting principles, as well as techniques for platform and hand setting from in-system and out-of-system passes.

Coaches who attend 7 out of 9 Beach Nation educational sessions will receive a certificate of completion via email after the convention.

Insights from the Coaching Journey* – presented by Art of Coaching Volleyball (DLCC Exhibit Hall E)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Russ Rose, Penn State Head Women's Coach

Terry Liskevych, Art of Coaching Volleyball

Two AVCA Hall of Famers discuss their “coaching journey “- what they have learned in their combined 120+ years of coaching and how to apply this to your coaching journey. In addition, a discussion on the state of the game - where we are & where we are going. Followed by a Q & A.

The New School: Building Your Brand and Vision* (DLCC 303 - 305)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Steve Aird, Indiana Head Women's Coach

Gaining excitement around your program is critical to success on and off the court. Putting fans in the stands can give your team that extra energy they need to win the big games and recruits want to play for programs with name recognition and excitement. In this session Steve Aird will dive into the keys needed to build a brand around your team and your school. Coaches will learn about multi-level marketing, understanding your market, the need to take risks and more in this high energy session.

Helping your Administrators Understand and Invest in Your Program* (DLCC 315 - 316)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Matt Ginipro, Appalachian State Head Women's Coach

Every year, many coaches express frustration in their administrations and their lack of support, or understanding, of their volleyball programs. However, those same coaches may not have had the necessary conversations with their administrators which could be educational. While those conversations can be difficult, they can also be extremely productive if done the right way.

During this presentation, I will give examples of the conversations that I have had with my administration here at App State. I haven't gotten everything I've asked for but, because of these conversations, there is a better understanding by my administration of the volleyball landscape and where AppVB fits compared to programs across the country.

Coaching Longevity: Managing your Stress* (DLCC 317 - 318)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Ken Murczek, San Diego State Assistant Women's Coach

Coaching as a career is a demanding job that comes with a great deal of pressure. This pressure and constant requirement of time and thought can lead to high levels of stress and even burnout. In the session Dr. Murczek's will present a brief overview of his dissertation findings on stress and burnout in collegiate volleyball coaches. In addition, interviews and research findings will be discussed on what causes stress in coaches and how they best manage their stress over time.

The Art and Science of Coaching the Mental Game: Evolving Beyond a "Play to Win" Perspective by Cultivating a "Play to Play Great" Culture* (DLCC 319 – 321)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Bernie Holliday, Ph.D., CMPC, CSCS, Director of Mental Strength, Pittsburgh Pirates Baseball Club

The presenter will share "mental game" best practices and lessons learned (a) during his ten years working in MLB as a full-time director of a mental skills program for a major league baseball team, and (b) during his six years working as a peak performance instructor at the United States Military Academy at West Point and with the United States Army. These best practices and lessons learned will be extended to volleyball performance and volleyball coaching. Specifically, a "Play to Play Great" motivational orientation will be outlined as well as its advantages over more commonly held "Play to Win" and "Play Not to Lose" motives. An overview of the five mental skills (confidence, concentration, composure, motivation, and resilience) will be provided as well as coaching applications to strengthen each mental skill. Mental training tools (self-talk, imagery, energy management, and goal setting) will be explained, and coaches will be provided techniques for utilizing these tools to strengthen their players' mindsets. Coaches who attend this seminar will gain a better understanding of peak performance principles that apply in all settings as well as hands-on techniques for coaching the mental game and teaching these principles to their athletes.

Hands on Data Volley Training: Mastering this Fundamental DOVO Skill Part 1* - presented by Aanela (DLCC 406)

Friday, December 20, 1:15 – 2:15 p.m.

Suggested Audience/Level: DOVO – Intermediate

Featured Speakers:

James Wilroy, Genius Sports

Kyle Homeyer, Genius Sports

During this 1-hour session, attendees will have access to the Premier Statistical breakdown program to gain hands-on experience via DataVolley 4 (Statistical/Video Breakdown, aka DV4) software instead of just a theoretical approach.

By attending this seminar, the attendee will be able to walk-away knowing how to successfully set-up a season in DV4 and bring a new skill set for DOVO's and future Technical Coordinators back to their programs from a practice or in-match perspective. This is a basic course that we encourage anyone wanting to familiarize themselves with the program, use it for the first time, or even learn a few new tricks they may not have known. The range of topics will include opening the program, navigating the different menu's, setting up a season including teams, and the beginning stages of entering data into the program.

Participants should download the program by visiting www.dataproject.com prior to coming to the session. If they do not have DV4 already, or DV07, they can download the free trial.

Drills and Strategies for Training the Opposite – presented by USA Volleyball (Mateflex Court 1)**

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Karch Kiraly, USAV Women's National Team Head Coach

The opposite is becoming a key position in the sport of volleyball and US Women's National Team Coach Karch Kiraly knows how to train it. USAWNT member Annie Drews was named the MVP of the 2019 FIVB Volleyball National League and was chosen as the best Opposite in the 2019 FIVB World Cup. Come enjoy this high-level session and learn how to get the most out of your opposite.

Teaching Attack Fundamentals to Young Players - presented by MasterCoaches & Bring Your Own Parent (Mateflex Court 2)**

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: All – Basic

Featured Speaker:

Ruth Nelson, MasterCoaches & Bring Your Own Parent

There are several attack decisions that have to be made. An attacker should be able to hit the following: standing and hitting down balls as well as progressing to hitting high sets, two sets, sets off the net, off-speed shots, tipping, and back-court attacking options.

Providing a great deal of practice and repetition of each phase will depend on the age and ability of the athletes. Ensure the fundamental technique of hitting is effective and efficient so that it can be performed during training and competition.

Warm Up Games: Setting the Tone for Practice, Fun Yet Focused – presented by Beach Nation & JVA (Beach Court)

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speakers:

Kristen Rohr, Grand Canyon Beach Head Coach

Joe Rich, Grand Canyon Beach Assistant Coach

This seminar will dive into the importance of setting the tone for practice from the beginning until the end of season and how to efficiently and effectively practice plan in order to set the tone. It will also discuss the reason that having a daily practice plan is so important. We will go over some drills and discussions we use to help set the tone and demonstrate a practice plan that will achieve those goals.

Coaches who attend 7 out of 9 Beach Nation educational sessions will receive a certificate of completion via email after the convention.

Rebuild it and They will Come: Advice for Rebuilding your Volleyball Program* (DLCC 303 - 305)

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Kirsten Bernthal Booth, Creighton Head Women's Coach

Sean Burdette, Memphis Head Women's Coach

Derek 'Dex' Schroeder, Mercer Head Women's Coach

Jeannette Waldo, Tennessee Tech Head Women's Coach (Moderator)

Coaching jobs open up for one of two reasons; a coach has either done a phenomenal job and has been cherry picked by another program, or a coach has been deemed underwhelming by the administration. Either way, every university wants their programs to be bigger and better than all of the rest, leading to the opportunity for the coaching staff to rebuild and redirect the program in their own way. How do we do that? How do we begin? What are the most important aspects of rebuilding? Find out what our panelists think about this hot topic.

Men's Why We Win* (DLCC 315 - 316)

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: Men's/Boys' – Intermediate

Featured Speakers:

Charlie Sullivan, Springfield College Head Men's Coach

Dan Friend, Lewis Head Men's Coach

Mark Pavlik, Penn State Head Men's Coach

Ray Lewis, Benedictine Mesa Head Men's Coach

Ryan Perrotte (Moderator), Purdue Fort Wayne Head Men's Coach

Every day coaches must make decisions that determine gym and program culture, office environment, recruiting, fan and alumni relations, match management, and ultimately wins and losses. The first part of this session will be a moderated Q & A format with some of the most successful Men's coaches in our sport today. The discussion will focus on how and why decisions are made in their practice gym and during matches. Attendees will leave with valuable insight into how these coaches train, communicate, and lead.

Training in the 21st Century: How Utilizing Technology can Improve your Program* - presented by Hudl (DLCC 317 - 318)

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Caitlin Singletary, Hudl Product Consultant

Technology in volleyball has come a long way, enabling programs to learn about their athletes and train more effectively. In this session coaches will learn about different types of sports technologies that they can utilize in their gyms to increase productivity in practice and help athletes succeed.

Bridging the Recruiting Gap: Addressing the Opportunities, Expectations and Recruiting Rules from the Club and College Perspective* – Presented by JVA (DLCC 319 - 321)

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speakers:

Anders Nelson, Kentucky Associate Head Women's Coach

Brianna Jones, Emory Assistant Women's Coach

Melissa Starck-Bean, KIVA Recruiting Coordinator

Glenna Bianchin, Carolina Union Volleyball Club National Team Director of Recruiting

This session is presented by experienced club coaches, club recruiting coordinators and collegiate coaches who will discuss the volleyball recruiting timeline and realistic expectations for athletes to compete at the college level. Attendees will learn about current legislation at each level, and how they can best prepare their athletes and parents for the recruiting process.

Hands on Data Volley Training: Mastering this Fundamental DOVO Skill Part 2* - presented by Acanela (DLCC 406)

Friday, December 20, 2:30 – 3:30 p.m.

Suggested Audience/Level: DOVO – Intermediate

Featured Speakers:

James Wilroy, Genius Sports
Kyle Homeyer, Genius Sports

During this 1-hour session, attendees will have access to the Premier Statistical breakdown program to gain hands-on experience via DataVolley 4 (Statistical/Video Breakdown, aka DV4) software continuing what was learned in part 1.

The attendee will be able to leave knowing how to successfully implement DataVolley 4 into many facets of their program such as DataVolley 4 player app, expounding on the web client, incorporating a video delay in practice, advanced scouting input, statistics retrieval, montaging/synthesis, DataVolley Reader, Best Practices, and a Q&A session with Worksheets being covered briefly.

Participants should download the program by visiting www.dataproject.com prior to coming to the session. If they do not have DV4 already, or DV07, they can download the free trial.

Training the Timing and Mechanics Required to Hit High Sets When You're Out of System – presented by Coaching Central (Mateflex Court 1)**

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Daive Mazzanti, Italian Women's National Team Head Coach

Even teams with great ball control end up out of system every now and then. Training your team to be able to put an aggressive ball over the net even when things aren't going to plan can set your team apart. In this session Davide Mazzanti will explain how hitters can read the flow of the play, prepare to make a good approach and get to that out of system ball and make an aggressive play. Coaches will learn how to train their hitters and setters to make the most of their out of system situations.

Serving Tactics in the Men's Game (Mateflex Court 2)**

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: Men's/Boys' – Intermediate

Featured Speaker:

Bob Bertucci, Sacred Heart Head Men's Coach

There is a lot of conversation around serving strategies in the men's game: Go for it or Get it In? In this session Bob Bertucci, head men's coach at Sacred Heart will discuss how he balances serving tough and reducing errors to score points. Bob will break down how he trains his athletes to be threats from the service line.

How to Adapt Indoor Drills and Modify Fundamental Beach Drills for your Team – presented by Beach Nation (Beach Court)

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: Beach – Intermediate

Featured Speakers:

Mark Fishman, Founder Beach Nation, US National Team Coach

Beth Van Fleet, Georgia State Head Beach Coach

In this beach court session we will present beach specific modifications for various indoor drills. Additionally, we will be presenting modifications of well-known, fundamental beach drills. Most importantly, you will leave this session with a general strategy for adjusting drills for the specific needs and development of your unique beach team.

Developing your Own Coaching Philosophy* - Presented by Art of Coaching Volleyball (DLCC 303 - 305)

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Terry Liskevych, Art of Coaching Volleyball Founder

A “how to” guideline that will help you develop and create your own coaching philosophy. A time-tested formula that will take you through the steps that will produce a final product. Your “*coaching philosophy*” can be given to your team, your staff, your athletes’ parents, your supervisor/administrator, and utilized during a job interview.

Representation of Coaches: Protecting Yourself and Your Career* - presented by Coaches Inc. (DLCC 315 - 316)

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: College – Intermediate

Featured Speaker:

Garry Rosenfield, Coaches Inc.

When you make coaching your career there are many things outside of X’s and O’s that you must know in order to put yourself in the best position to succeed. In this session Garry will give attendees a better understanding of several legal issues coaches should consider. Topics discussed will include contracts, job opportunities/movement, working with administrators, Title IX issues and more.

Telling a Better Story with Your Stats* - presented by USA Volleyball (DLCC 319 - 321)

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Jeff Liu, USA Volleyball Women’s National Team Technical Coordinator

Nate Ngo, USA Volleyball Men’s National Team Technical Coordinator

Jessica Aschenbrenner, University of Denver Assistant Women’s Coach

As volleyball coaches continue to use stats to help in decision making, it is important to learn how to avoid drowning in endless numbers. In this session, we will take a look at some examples of simplifying your data presentation by utilizing various data visualization tools and statistical software such as DataVolley 4, Microsoft Excel, and R.

From DOVO to Coach: A Guide to Mastering your Current Role to Take you Where you Want to Go* (DLCC 406)

Friday, December 20, 3:45 – 4:45 p.m.

Suggested Audience/Level: DOVO – Intermediate

Featured Speaker:

Katie Hinrichs, Gonzaga Assistant Women’s Coach

It’s not a secret anymore, the position of Director of Volleyball Operations has proven to be a vital asset to coaching staffs across the country amongst all levels. The position is providing a skillset organization’s need and head coaches are looking to hire. Is your current role preparing you for the next step? This presentation is suitable for DOVO’s wanting to get into coaching; and current assistant coaches with heavy administrative roles looking to increase their coaching responsibilities.

Mental Health First Aid: Identifying Warning Signs and Strategies for How to Help (DLCC 317 - 318)

Friday, December 20, 3:45 – 5:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Julie Edwards, The University of Chicago Director of Health Promotion and Wellness

This 90-minute presentation will provide an introduction to Mental Health First Aid, highlighting warning signs and symptoms of mental health concerns and covering strategies for how to help students. Julie will share University of Chicago and national data on student mental health, how MHFA was implemented on the University of Chicago campus, and key outcomes achieved to date.

Maximizing Your Offensive Options when You're Out of System (Mateflex Court 1)**

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Lindsey Devine, University of Alabama Head Women's Coach

Volleyball is often played out of system, so players/teams must learn to adjust their offense for these imperfect scenarios. Teams must find their competitive advantage in hitting the ball in the court with range and power even when the set isn't exactly where it's supposed to be. Coaches will learn how to train athletes to make a quality approach no matter the set using teaching progressions that are practiced at the University of Alabama.

How to Win Parents and Influence Athletes – presented by USA Volleyball – CAP (Mateflex Court 2)

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Doug Blystone, USA Volleyball CAP Cadre Member

One of the most challenging things we as coaches do, is finding ways to influence our athletes to accomplish more for themselves. This on-court session will talk about effective ways to engage parents during training as well as positively influence athletes to help them achieve their desired results. No matter the drill, game or training that is desired, these techniques can help your athletes want to improve every day.

Building a Solid Foundation: How to Teach Littles - presented by Beach Nation & JVA (Beach Court)

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: Beach – Basic

Featured Speaker:

Patty Dodd, Founder of MBSand & Co-founder of Beach Nation

Beach volleyball is a fast-paced and prominent sport that can be played by players of all skill levels. It is important to learn the basics before stepping right into the game. MBSand Club Director Patty Dodd runs Dodd Volleyball School in Manhattan Beach. This is a feeder program for MBSand Club where 7-11-year olds learn fundamentals correctly from day one. In this session coaches will learn how to keep young athletes engaged with playful keys, high reps, short demonstrations and lots of 2v2 play.

Coaches who attend 7 out of 9 Beach Nation educational sessions will receive a certificate of completion via email after the convention.

The Building Blocks of a Winning Culture: The Tools You Need and How to Use Them* (DLCC 303 – 305)

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Brian Swenty, Vilseck High School Head Women's Coach

Paige Ayotte M.S., Mental Performance Coach

Do you find that your team falls apart when it matters most? Do your athletes (and you) struggle to find motivation throughout your season? Do you have athletes who are good, but need that extra “something” to take their game to the “next level”? As a coach have you struggled to have “all the answers”? Have you experienced toxic team cultures? If you answered “Yes” to any of the above, we will present strategies that we employed over two seasons to find effective answers to these questions, and how you can find tangible ways to implement these strategies for your team(s).

Maximizing Your Court Space: How to Effectively Train Multiple Teams on One Court* - presented by JVA (DLCC 315 – 316)

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speakers:

Travis Fuller, The Academy Volleyball Club – Director of Player and Coach Development

Brennan Dean, Wave Volleyball Club Director

Meredith Rice, Academy Volleyball Cleveland Recruiting Coordinator

Briana Schunzel, JVA Director of Marketing, Education & Partner Relations (Moderator)

This panel session will share ideas, concepts and examples of how coaches can train multiple teams on one court, while keeping the number of ball touches, practice efficiency, and quality of training at a high level.

Developing Raw Athletes into Consistent Attackers and Blockers* (DLCC 317 – 318)

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: Men’s/Boys’ – Intermediate

Featured Speaker:

Bob Bertucci, Sacred Heart University Head Men’s Coach

As men’s volleyball grows the opportunities increase for male athletes. As a coach, if you are able to identify raw athletes and train them to be consistent threats at the net you will increase your chances of winning at the men’s game. In this session Bob Bertucci will dive into the keys and drills to train the raw athletes in your program to be skilled attackers and blockers.

How to Train and Run an Offense* - presented by USA Volleyball (DLCC 319 – 321)

Saturday, December 21, 9 – 10 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Erin Virtue, USAV Women’s National Team Assistant Coach

Having a clear offensive system is necessary for success in volleyball, but coaches must also know how to train their athletes to run the offense. In this session Erin Virtue will dive into the techniques and tactics used by the USA Volleyball staff that she thinks are key to training and running and offense.

Identifying Common Technical and Tactical Errors and How to Correct Them - presented by JVA (Mateflex Court 1)**

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Lloy Ball, Team Pineapple VBC Club Director

Watching your team make the same errors over-and-over is one of the most frustrating parts of coaching. In order to correct these errors coaches must be able to identify the cause and then teach the players how to overcome them. This presentation will help you identify the cause of common errors and suggest drill ideas for how to correct those mistakes.

Drills and Skill Training for the Advanced Setter (Mateflex Court 2)**

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Jerome Fraisse, University of Michigan Assistant Women's Coach

The game of volleyball runs through the setter. For a team to succeed it is imperative that coaches spend time training their setter to be effective in running the offense. In this session Jerome Fraisse will discuss the keys that the University of Michigan uses to train setting and the drills they use to create a game-like atmosphere to enforce the skills.

To Pull or Not to Pull, That is the Question - presented by Beach Nation & JVA (Beach Court)

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

Beth Van Fleet, Georgia State University Head Beach Coach

Patty Dodd, Founder of MBSand & Co-founder of Beach Nation

In this session, Patty and Beth will present pulling techniques and strategies for beginners, as well as experienced athletes. From footwork to vision, we will explore the how, when and why for both line and angle pulls, and offer modifications for younger athletes.

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Incorporating Mental Training into Your Season* - presented by USA Volleyball – CAP (DLCC 303 – 305)

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Dan Mickle, York College of Pennsylvania Head Women's Coach

Mental training for athletes is one of the most important aspects of sports, yet it is the most undertrained area. We will explore common methods and techniques to incorporate into your season and practice planning to help provide a mental edge to your teams on the court. This is an introductory session that will allow you to create a custom program for your individual teams.

Marine Corps Coaching Workshop: Motivating Generation Z: Inspiring Youth to Win* (DLCC 315 – 316)

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speakers:

Jim Dietz, Lincoln Land Community College Head Women's Coach

Laurie Lokash, Slippery Rock University Head Women's Coach

Lenika Vazquez, Canisius College Head Women's Coach

Captain Ryan Doehrmann, US Marine Corps

Captain Caroline Locksmith, US Marine Corps

Join a panel of Marines and AVCA coaches who've participated in a USMC Coaches Workshop for a discussion around motivating and coaching the next generation of youth toward becoming determined and committed citizens. This discussion is based on a three-day coaches immersion hosted by Marine Corps Recruiting Command in Quantico, Virginia. There, coaches learn how the Marines recruit, screen, and build the Marine Corps Officers who will lead the fight to win our Nation's battles. Left inspired, these coaches take the invaluable lessons they've learned back to

their schools, programs, staff, and student athletes, and are honored to share their experiences with you.

Developing a Successful High School Program* (DLCC 317 – 318)

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Nancy Dorsey, St. James Academy Head Women's Coach

Every coach desires a program with athletes that have the ability to focus, overcome adversity, and make a positive contribution to the team. Developing a thriving volleyball program is more than just having the knowledge and competence that's expected. The St. James high school program has played in 12 straight state title matches, winning 9 of the 12. Join Coach Dorsey, as she talks about the pillars of the program and approach that has led to consistent success!

Keys to Elite Serve Reception* - presented by USA Volleyball (DLCC 319 – 321)

Saturday, December 21, 10:15 – 11:15 a.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Tama Miyashiro, USAV Women's National Team Assistant Coach

The importance of the serve receive is critical to team success. In this session, Tama Miyashiro will talk about passing keys, systems and philosophy used by the USA Women's National Team. We will view passing videos of current athletes competing for USA WNT and hear insights from their journeys in becoming masters of their craft.

Building a Defender and the Art of Spin ** (Mateflex Court 1)

Saturday, December 21, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All – Advanced

Featured Speaker:

Jesse Ortiz, Michigan State University Assistant Women's Coach

In this session Jesse Ortiz will provide coaches with a perspective on body mechanics and platform awareness used to maximize performance. Topics including balance, utilizing the hips, running/retreating, body preparation for intercepting attacks, and ideas about platform to ball interaction will be discussed. When training your defender, accounting for body mechanics and the inherent behavior of the ball, can be useful tools to increase defender range. Incorporating posture and balance to expand range can increase defensive execution and promote platform prowess.

Novice and Young Athletes: Keeping the Volley in Volleyball - presented by JVA (Mateflex Court 2)**

Saturday, December 21, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All – Basic

Featured Speaker:

Laura Zewe, Executive Director of Pittsburgh Elite

Working with first-time volleyball players brings the joy of their first service ace, surprise rallies, and exciting team growth, but beginner volleyball doesn't always look like volleyball. Walking through how to teach foundational skills to youth athletes, we'll examine how practice designs drive game day successes as we share drills and techniques for overcoming common hurdles faced by young and beginning athletes.

Serving in the Sand: A Point Scoring Opportunity - presented by Beach Nation & JVA (Beach Court)

Saturday, December 21, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: Beach – Advanced

Featured Speaker:

Beth Van Fleet, Georgia State University Head Beach Coach

Each server has several important decisions to make prior to putting the ball in play, such as where to stand, what to target and how to send the ball across the net. In this session, we will review basic serving principles and provide ideas for teaching various types of serves. Additionally, we will explore the where, when and why decisions that each server should consider.

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Building an Effective and Profitable Beach Program* - presented by Beach Nation & JVA (DLCC 315 – 316)

Saturday, December 21, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: Beach – Intermediate

Featured Speaker:

Phil Dalhausser, Dalhausser Volleyball, Olympic Gold Medalist, Beach Nation Coach

Jenny Hahn, JVA Executive Director

Colleen Craig, Co-founder of Rally Volleyball of Atlanta

Patty Dodd, Founder of MBSand & Co-founder of Beach Nation

Mark Fishman (Moderator), Founder Beach Nation, US National Team Coach

Beach volleyball is increasing in popularity across the nation and rapid growth creates a need for new beach programs to be developed. Whether looking to add a beach program to your existing program or building a standalone program, learn how your club can provide the best possible training in an economically advantaged way.

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Making a Match: How Colleges and Clubs can Work Together to Get the Right Kids at the Right Schools* (DLCC 317 – 318)

Saturday, December 21, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Brennan Dean, WAVE Volleyball Club Director

This seminar will focus on the collaborative and complementary roles of colleges and clubs in finding the best college "homes" for club athletes. The collegiate coaching staff and club directors and coaches are encouraged to attend to gain valuable insight into both sides of the recruitment process. We will explore how colleges can work with clubs to get the best-fitting kids recruited to their schools. We will also discuss how athletes, families, and clubs perceive current college recruiting methods - and help colleges get a sense of what works and what doesn't from the perspective of recruits and their families. Clubs can benefit by learning how to guide their athletes to find the best fit for them, to minimize (hopefully) future transfer turnover and help their graduating athletes reach their collegiate goals.

The Competitive Cauldron: The Power and Perils of Measuring Player Practice Performance* - presented by Gold Medal Squared (DLCC 319 – 321)

Saturday, December 21, 11:30 a.m. – 12:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Chris McGown, Owner of Gold Medal Squared

Coaches have to make decisions regarding playing time every day to put their team in the best position to succeed. In this session Chris McGown will cover the mechanics of creating, planning, and running a player value measurement system. He will look at the application of the resulting data, and teach coaches how to evaluate the results, how to share those results with the athletes, and how to manage some of the shortcomings and common challenges coaches face when implementing the system.

Exhibitor Showcase Session: Finding Your Athletes' Optimal Training Zone; Vert Introduces the New Stats Center* – presented by VERT (DLCC 315 – 316)

Saturday, December 21, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speaker:

David Gil, VERT Performance Lab Director

A detailed walkthrough of the game-changing VERT Team System that any program focused on player health and performance optimization should attend. In this presentation we'll review everything from best practices for set-up, to training load monitoring, athlete testing, motivation and future developments. This will be an interactive presentation where answers regarding various use-cases will be discussed so that all teams are not just collecting data...they're using it.

Exhibitor Showcase Session: Uniforms and Spirit Wear - Learn How to Make it Simple... and Profitable* – presented by Smack Sportswear (DLCC 317 – 318)

Saturday, December 21, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speaker:

Bill Sigler, Smack Sportswear President

Have you had difficulty with the uniform process ... choosing the right vendor, getting proper fitting samples, sizing kids, recording and compiling the sizing data then having to submit the data to your vendor? Have you dealt with replacements, backorders, delays, incorrect product when it arrives? By using a high tech, automated system, we will show you how to make this entire process super simple. And not only that, but this innovative approach incorporates Spirit Wear, which can add thousands of \$\$\$ to your bank account, as well as get your parents and kids club logo'd gear in about 2 weeks! Also attending this session will be club directors who've used the system that will be available for questions.

Exhibitor Showcase Session: Using SoloStats Video, Rotate 123, Benchmarks, and SoloStats Coach to Win More Matches* – presented by Rotate 123 / SoloStats 123 (DLCC 319 - 321)

Saturday, December 21, 12:45 – 1:45 p.m.

Suggested Audience/Level: All – All

Featured Speaker:

Kyle Mashima, Co-Founder of Rotate 123 / SoloStats 123

Learn how to utilize all of our tools to help you win more matches. From the fast, easy collection of stats to real-time, in-match analysis and choices to detailed practice planning, Rotate123 has the most complete set of modern volleyball coaching tools. **To help you get started, we are giving away 6 tablets during the seminar.**

Arm Swing and the Jump Float* (DLCC Exhibit Hall E)

Saturday, December 21, 2 – 3 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Jamie Morrison, International Coach

This session will start by diving into the mechanics of the arm swing. We will discuss how to get the bigger muscles in our body to generate force on the volleyball in order to hit it harder. Once we have an understanding of these concepts, we will combine our knowledge of the arm swing with footwork and toss mechanics to optimize your jump float as a weapon.

Transparent Depth Charts and Open Dialogue* (DLCC 317 – 318)

Saturday, December 21, 2 – 3 p.m.

Suggested Audience/Level: High School/Club – Intermediate

Featured Speaker:

Jenny Richardson, Georgetown High School Varsity Head Coach

In this session Jenny Richardson will discuss how to manage a transparent depth chart with the full team and specific positions with the help of physical testing, positional work and specific program intangibles. She will discuss the importance of having an open dialog with players and parents in this process. Coaches will learn how to tell players and parents where kids are on depth charts with the hows and whys to stay or improve.

20 Concepts to Improve Team Defensive Systems* – presented by USA Volleyball – CAP (DLCC 319 – 321)

Saturday, December 21, 2 – 3 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Cecile Reynaud, USA Volleyball Board of Directors President

Defense prevents the other team from siding-out and transition scoring. It is a reaction to offense and the tactical area that will determine what team will win. This session will cover 20 concepts to help coaches and athletes understand building a team defense and positioning on the court. It will include all the basic defensive systems and positioning for players on the court.

Simplified Stats, Quick Recipes for Better Performance* – presented by Art of Coaching Volleyball and Rotate123 / SoloStats 123 (DLCC Exhibit Hall E)

Saturday, December 21, 3:15 – 4:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Terry Liskevych, Art of Coaching Volleyball Founder

Kyle Mashima, Co-Founder of Rotate123 / SoloStats 123

Learn the key stats that matter so that you don't get overwhelmed by too many numbers. Learn how each key stat can correlate to winning and losing and then prioritize them into skill training for your team. Set benchmarks for each skill and make incremental improvements to get your team to a winning standard.

Developing and Planning a Practice* (DLCC 317 – 318)

Saturday, December 21, 3:15 – 4:15 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Gary Bynon, Burnt Hills-Ballston Lake High School Head Coach

"Practice makes perfect" and in this session, we will talk about the different orders that a practice can be run and how we can get the most out of our athletes. We will view practice and game video to discuss the progressions of practice and what we want to improve on.

Next Level Communication with You Team* (DLCC 319 – 321)

Saturday, December 21, 3:15 – 4:15 p.m.

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Hernando Planells, Be Contagious Leadership International Coach

Communication and leadership go hand in hand. Authentic cultures are built on next level communication.. Communicating at a high level takes vulnerability, trust, persuasion and empathy. In this session coaches will learn different ways of teaching communication while also going through real improv activities that Hernando has used while working with actors and athletes.

Closing Session: Unleashing Your Inner Champion* (DLCC 319 – 321)

Saturday, December 21, 4:30 – 5:30 p.m.

Suggested Audience/Level: All – Intermediate

Featured Speaker:

Hernando Planells, Be Contagious Leadership International Coach

Championships are won on the court but it all starts with how your athletes prepare mentally. In this session Coach H goes through exercises and methods on how to strengthen your players' minds to truly unleash the champion in each one of your players.