



Professional Development Seminars 2020 AVCA Virtual Convention

Pre-Convention Seminar: Analyzing the Game from Multiple Perspectives: A Deep Dive into Skill Training and Philosophy – presented by the United States Marine Corps (Virtual Platform Section: Main Stage)

Wednesday, December 16, 1 – 3 p.m. ET

Featured Speaker:

Luka Slabe, NC State Head Women's Coach & USA Women's National Team Assistant

Learning to coach is a journey of discovery and exploration. Luka Slabe started his career as a men's international club and National Team Head coach, then transitioned to college men at BYU, then moved to women's international at USAV, and now is a women's college coach at North Carolina State. While he has utilized the same motor learning principles throughout his career, each stop created a new opportunity to study the sport and refine and adjust methods of training and approach to the level of the athlete. Join Slabe in this session – half in a learning lab environment and half on a volleyball court – as he shares details on how he trains his team both mentally and physically. Slabe will discuss why he has settled on specific queues, techniques, drills, and systems as part of the conversation. The process of discernment and evaluation will be as valuable as the discussion of the outcomes. Coaches from every level will learn to analyze the game in a different way and will leave with new ideas for mental training and skill development that can be implemented with your team.

Advanced Career Education (ACE) Seminar: Competencies Needed to Keep Your College Head Job (Virtual Platform Section: Sessions)

Wednesday, December 16, 1 – 4 p.m. ET

- **Raising Funds: Learning the System** (*Fundraising & Making Yourself Relevant on Campus Competency – 1-2 p.m. ET*)

Featured Speakers:

Wade Garard, First Point Volleyball Foundation CEO

Pauline Thiros, Idaho State Athletic Director

Wade Garard has raised almost four million dollars in four years to support men's and boys' volleyball by deploying proven strategies and disciplined protocols. Pauline Thiros has moved from volleyball player to major gifts officer to Athletic Director at Idaho State University. Spend 60-minutes with these two experts and you will learn the words timing and tracking, i.e. the system, that will give you success with your alumni and supporters. You will leave this presentation with strategies for how to make yourself influential and your volleyball program indispensable!

- **ACE Q&A Session: Raising Funds with Wade Garard, Pauline Thiros & Brian Gimmillaro** (2 – 2:30 p.m. ET)

Featured Speakers:

Wade Garard, First Point Volleyball Foundation CEO

Pauline Thiros, Idaho St. Athletic Director

Brian Gimmillaro, Master Coaches

Join our speakers for a Q&A session after the presentation to address fund raising and other questions you have on making yourself more valuable within your athletic department.

- **Managing Up: Turning Administrators into Committed Partners** (*Working with Administrators & Creating Partnerships Competency – 2:30 – 3:30 p.m. ET*)

Featured Speakers:

Bruce Rasmussen, Creighton McCormick Endowed Athletic Director

Pauline Thiros, Idaho St. Athletic Director

Jaime Gordon, Morehead St. Athletic Director & Women's Head Women's Coach
Kirsten Bernthal Booth (Moderator), Creighton Women's Head Volleyball Coach
During this time of uncertainty in college athletics it is more important than ever to have a strong relationship and open communication with your administrators. Join our panel of athletic directors in this timely presentation as they discuss how to establish and maintain the connections with administrators that are critical to the success of any coach. Attendees will learn how to become an invaluable part of your department and someone your athletic director can count on.

- **ACE Q&A Session: Managing Up with Bruce Rasmussen, Pauline Thiros, Jaime Gordon & TJ Meagher** 3:30 – 4 p.m. ET)

Featured Speakers:

Bruce Rasmussen, Creighton Athletic Director

Pauline Thiros, Idaho St. Athletic Director

Jaime Gordon, Morehead St. Athletic Director & Women's Head Volleyball Coach

TJ Meagher, Houston Senior Associate Athletic Director

Join our speakers for a Q&A session after the presentation to answer your questions on how to build and maintain relationships with your administrators.

Club Management Track – presented by JVA & Art of Coaching Volleyball (Virtual Platform Section: Sessions)

Wednesday, December 16, 1 – 5:45 p.m. ET)

Suggested Audience/Level: Club - Advanced

- **Recruit, Manage, Retain, Repeat – How to Establish a Culture of Service & Excellence** (1-1:45 p.m. ET)

Featured Speakers:

Emily Hawthorne, The Academy Club Director

Katelyn Storms, The Academy Marketing Director

“In order to build a rewarding customer experience, you need to understand what matters most to your people.”

Recruiting and retaining players and families is a key factor to your success in the extremely competitive field of club volleyball. How do you make them feel important, valued, and satisfied? Can you create and maintain a sense of family while still growing? In this session, Emily and Katelyn will share successes and ideas on how to implement a community feel while continuing to evolve and meet new goals. From social media to customer service, this session will cover everything you need to know about how to establish a culture of excellence.

- **The Basics of HR: Hiring, Developing and Supporting a Coaching Staff** (2 - 2:45 p.m. ET)

Featured Speakers:

Kathy Kennedy, NKYVC Co-Founder (Retired)

This session will share detailed information focused on hiring and manpower development, resources to support your coaching staff, and ways to incorporate compensation and motivation into your club model.

- **Competitive Training: How Coaching and Cues can Maintain Culture & Consistency** (3 - 3:45 p.m. ET)

Featured Speakers:

Mike Lingenfelter, Munciana Club Director

Mike Lingenfelter, Club Director of Munciana Volleyball will provide a series of fast paced, scored, multi-purpose competitive drills. The focus of the event will be on creating a competitive culture

through game-like drills, with an emphasis on the coach speak/cues that allows for consistent and constant flow.

- **Club Finances: Accounting & Budgeting for Volleyball Clubs - A Common Sense Approach** (4 - 4:45 p.m. ET)

Featured Speakers:

Steve Sack, Michigan Elite Volleyball Academy Owner

To run a successful club, it's vital that you mirror your on-court successes off the court in the business world. We will discuss the need to create a solid, but simple accounting structure from which to run your business and show examples of these structures for various sized organizations. There are regulatory needs that need to be met to allow for proper income, tax and government mandated reporting, but that structure must provide easy access to the information needed to manage your business effectively.

We'll also cover the art of budgeting. Proper budgeting is important in the planning process and provides a guide for the year, but clubs shouldn't get stressed out about pinpointing every penny up front. There are various levels of budgets that we'll cover and where each is appropriate. We'll then look at how the structure of your organization and proper financial planning and management are critical parts to the success of your organization.

- **Business Operations: The Foundation of Your Club** (5 - 5:45 p.m. ET)

Featured Speakers:

Sherry Fadoo, Triangle Volleyball Club Executive Director

Sound business operations are critical to club success over the short and long term. Proper attention and detail to the "behind the scenes" protocols, processes, and supporting documents allow you to best deliver your services to your members, build trust, and enhance your ability to manage change (and the unexpected) successfully. The ongoing Coronavirus pandemic has been an unprecedented test of the fortitude of our club operations and our ability to pivot operations with an ever-changing set of standards and priorities.

In this session you will learn the numerous facets behind your organization that can help you best run an efficient and effective club program. Contracts (staff, member, and more), Employee and Member Handbooks, planning tools, and more allow you to manage the myriad of tasks associated with running a club. Beyond club management there are numerous other business operation priorities to employ should your club also operate a facility and/or manage large events. Information relating to these operations will also be highlighted.

Opening Keynote Presentation: Building a Better Learning Environment (Virtual Platform Section: Main Stage)

Wednesday, December 16, 4:15 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Trevor Ragan, The Learner Lab Founder

Our mindsets and actions have a bigger impact on the people around us than we realize. First we'll explore how our expectations can shape the development of the people we lead. We'll hear directly from one of the most prolific researchers of all-time, Robert Rosenthal. We'll show how his work connects to the bigger picture of learning and how we can put it into practice. Next we'll investigate a powerful but unexpected approach to increasing the psychological safety within a group. By the end we'll have outlined two concrete tools that anyone can use to improve the learning environment around them.

Exhibitor Showcase Session: NCSA Team Edition™: Recruiting Resources for Clubs and HS Coaches (Virtual Platform Section: Sessions)

Wednesday, December 16, 4:45 – 5:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Sue Webber, NCSA Volleyball Event Partnership Director
Aaron Johnson, NCSA Team Recruiting Solutions Manager

NCSA Team Edition™ is a trusted team-recruiting platform that lets club and high school coaches track and guide their athletes' recruitment with easy-to-use software. Best of all, NCSA Team Edition™ is FREE for coaches and their teams.

Offering access to the largest college-recruiting network in the world, NCSA Team Edition™ is all about providing exposure to athletes and teams, connecting users to NCSA's database of more than 35,000 college coaches, across 34 sports, including Men's Volleyball, Women's Volleyball and Beach Volleyball. Managing athletes' recruitment process is time-consuming and NCSA Team Edition™ offers organizations of all sizes the tools to increase exposure, save time and keep entire rosters engaged with an easy-to-use interface and an in-house CRM. NCSA Team Edition™ is here to help you support the college dreams of your student-athletes and parents.

Exhibitor Showcase Session: How LeagueApps Brings Everything Under One Roof (Virtual Platform Section: Sessions)

Wednesday, December 16, 4:45 – 5:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jeremy Goldberg, LeagueApps President
Paul Cusick, LeagueApps Sales Director

LeagueApps empowers youth sports organizers to succeed. See how North Virginia Volleyball Association CEO, Rodrigo Gomes, grew his league, streamlined his finances, and seamlessly customized administrative ops using our platform's unique features.

Exhibitor Showcase Session: Vert – Returning to Play with Confidence (Virtual Platform Section: Sessions)

Wednesday, December 16, 4:45 – 5:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

David Gil, Vert Performance Lab Director

Answering the question: am I training my athletes too much, too little, or just enough. The balance between building physical capacity and team cohesion through hard work and reps on the court is a constant work in progress. In this video we review the challenges we face in bringing athletes back to match-play level safely using the knowledge we've gained over the past 8 years of data collection and insights from some of the greatest sports science minds in the industry.

Blocking: How Mechanics and Systems Fit Together (Virtual Platform Section: Sessions)

Thursday, December 17, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jamie Morrison, Former Dutch Women's Head Coach

The blocking system you choose to employ should influence the blocking mechanics you are teaching your team. During this session, we will briefly explore how those systems should influence what you are teaching in your gym. We will then dive into the biomechanics of some of the basic blocking moves you may want to teach and how to teach them most efficiently in your gym. Visit www.imparosports.com for more from Jamie Morrison.

Reasons to Stay: How to Stay Energized and Continue to Learn & Grow at the Same School – presented by WeCOACH (Virtual Platform Section: Sessions)

Thursday, December 17, 11 – 11:45 a.m. ET
Suggested Audience/Level: College - Intermediate
Featured Speakers:

Jen Petrie, San Diego Head Women's Coach
Bobbi Petersen, Northern Iowa Head Women's Coach
Tonya Johnson, Texas Associate Head Women's Coach
Cecile Reynaud (Moderator), WeCOACH Board President

These successful women panelists are long time coaches and have been highly successful in their careers staying at the same university. They will share with us their thoughts on why they have chosen to remain at their university or why they made a move and then went back to the same school. Many coaches at all levels are offered various opportunities and should have an idea of what it would take for them to move to a different university, step into a different position or move to another part of the country. What types of things do coaches need to consider when they are approached about making a move or staying with a volleyball program they have been a part of for years?

“Through My Lens” Panel Discussion – presented by the Diversity Development Team (Virtual Platform Section: Sessions)

Thursday, December 17, 11 – 11:45 a.m. ET
Suggested Audience/Level: All - Intermediate
Featured Speakers:

Shaun Kupferberg, Howard Head Women's Coach
Sam Shweisky, Princeton Head Men's Coach
Matt Ulmer, Oregon Head Women's Coach
Sharon Clark, Butler Women's Head Coach & AVCA President - Moderator

In June, AVCA President Sharon Clark penned a blog title “Through My Lens” where she detailed her experiences as an African American woman navigating her career as a volleyball coach. In this session she is joined by a panel of coaches who share their experiences dealing with issues of diversity and race in their lives and careers and how their perspectives have changed over the course of 2020.

Control the Chaos: Using Defensive Skills and Ball Control to Help Create Time for your Offense (Virtual Platform Section: Sessions)

Thursday, December 17, 11 – 11:45 a.m. ET
Suggested Audience/Level: All - Intermediate
Featured Speaker:

Jen Flynn Oldenburg, Ohio State Head Women's Coach

In this session, you will hear from Jen Flynn Oldenburg and her staff about ways to train your backcourt the concept of “creating time” to give your attackers the opportunity to take quality swings out of system. By minimalizing the chaos that is the game of volleyball, players can effectively slow down the game and show their teammates with each contact that they have control over the ball in any situation.

With so much of the game being out of system, regardless of the level of play, you can watch skill work and learn drills that teach and reinforce this concept in Ohio State's gym.

How Your Player's Mentality and Mental Training Can Advance Your Program (Virtual Platform Section: Sessions)

Thursday, December 17, 11 – 11:45 a.m. ET
Suggested Audience/Level: All - Intermediate
Featured Speaker:

Kirsten Bernthal Booth, Creighton Head Women's Coach

This session will discuss why Creighton volleyball got interested in mental training, steps they took in adding mental training to their program, and specific things they currently implement that Coach Booth and staff have found particularly helpful in advancing their program.

VolleyBro's: Growing Your Boys Club Program Through Junior Coaching and Mini Volley (Developing Players Ages 7-10) (Virtual Platform Section: Sessions)

Thursday, December 17, 11-11:45 a.m. ET

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

Featured Speaker:

Rob Holley, Jacksonville Juniors Boys Program Director

The session will show how to develop young athletes through Peer/Jr Coach mentoring and the positive effect on developing young men through Volleyball.

In this Together: Drills from Around the World – presented by IBVCA (Virtual Platform Section: Sessions)

Thursday, December 17, 11-11:45 a.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speaker:

Angie Akers, International Beach Coach – USA (April Ross & Alix Klineman)

Scott Davenport, National Team Head Coach - Canada (Sarah Pavan & Melissa Humana-Paredes)

Lucas Motta Palermo, Assistant Coach & Sports Performance Analyst - Brazil (Agatha Bednarczuk & Eduarda 'Duda' Lisboa, Tainá Silva Bigi & Victoria Lopes Pereira Tosta)

Fabian Tobias, International Beach Coach – Germany

You just won a trip around the world, and there is no packing needed! We know the pandemic has limited competitions and networking at events, but, we are in this together. Sit back and enjoy hitting the sand without bringing any home, for once! We travel the globe sharing inspiration from international coaches on their favorite drills.

Technical and Tactical Considerations for First Contact (Virtual Platform Section: Sessions)

Thursday December 17, 12-12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Hugh McCutcheon, Minnesota Head Women's Coach

It's often said (and it's been quantitatively verified) that 'winning' the serve/serve receive battle drastically improves your chances of winning matches. We will discuss serving and passing technique as well as look at tactics that can augment your chances of competitive success.

Collecting, Viewing and Using Richer Data with Excel – presented by USA Volleyball (Virtual Platform Section: Sessions)

Thursday December 17, 12-12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Nate Ngo, USA Men's Volleyball Technical Coordinator

The ability to inform your decisions with data is only as good as the data available to you. For example, tracking an opponent's setter distribution can be instrumental in deciding where you want to direct your blockers' focus. But looking at total attempts for an opponent's hitters may be misleading – how many of a player's attempts were in system vs. out of system? What about in serve receive or transition? Is one player favored when running a certain attack pattern? Quite a bit of context can be lost if certain factors are not accounted for. The ability to filter data meaningfully lies in your ability to record data well, and this session aims to demystify this process, especially for those who do not have access to data accumulation tools beyond pen and paper. In summary, the goals of this session are to:

1. Provide an example of how different conclusions might be reached when looking at filtered vs. unfiltered data
2. Introduce the concept of "tidy data" and recording data in that format

3. Provide a simple, step-by-step guide of how to view and subsequently use that data to better inform your decision-making

Note: the example Excel file used in the session will be available for download.

Practice Planning & Execution – presented by Art of Coaching Volleyball (Virtual Platform Section: Sessions)

Thursday December 17, 12-12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Terry Liskevych, The Art of Coaching Volleyball CEO/President

One of the most important tasks for a coach at any level is planning, preparing and executing training and practice for their team. This is a compendium of guidelines to help plan your practices, along with some important keys to help execute well organized and productive sessions.

In Game Coaching: What Happens in the Box and How to Maximize Your Time with Multiple Pairs (Virtual Platform Section: Sessions)

Thursday December 17, 12-12:45 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speakers:

Jeff Alzina, Santa Clara Associate Head Coach

Anna Collier, Former USC Head Beach Volleyball Coach

Delaney Mewhirter, Pepperdine Assistant Beach Coach

Wayne Holly, Beach Prospects CEO & Former DI Head Coach

Megan Burgdorf, Beach Volleyball Consulting Co-founder (Moderator)

Ever wanted to be a fly on the wall and hear what other coaches say in the box to their athletes? Or how they decide who and when to coach when they have multiple pairs. Take time out to sit in on this panel discussion and see what these coaches have to say. Anna has coached at the Olympics and at the NCAA National Championships. She will share what is most important in the box and how to manage your coaching staff to get the best from your athletes at precisely the right moment. Wayne will share his insight on providing feedback relevant in the moment, including what issues to address and when in order positively to impact in-game performance. Jeff will highlight what is essential in the pro box and how that transitions to the collegiate level. Delaney will give you a unique perspective from the athletes' point of view for the collegiate and pro game and how she harnesses that as a coach.

Keys and Tools for Managing a Program Designed to Win (Virtual Platform Section: Sessions)

Thursday December 17, 12-12:45 p.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speakers:

Beth Launiere, Utah Head Women's Coach

Leo Hopf, TeamHopf CEO

The question Beth gets asked about more than any other is "How do I manage my staff?" For the past five years Leo and Beth have worked together to bring the best ideas for managing programs from athletics and business to Beth's program at the University of Utah. The full story of what it takes to be designed to win is described in our new book "Stop Competing and Start Winning: The Business of Coaching." In this session we will present selected keys and tools from our book that provide the overview of what it takes to move from simply competing hard to designing your program to win.

Let's Have Lunch: Running a Successful Program Course by Course (Virtual Platform Section: Sessions)

Thursday December 17, 12 – 12:45 p.m. ET

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

Featured Speaker:

Karl France, NYU Assistant Men's Coach

In this session, Karl France, will take attendees through an interactive discussion on Running a Program. He'll move course by course through "lunch" discussing the entrée of drills and variations and the side dish of athlete expectations. No mean is complete without a glass of sweet tea, so Karly will talk about the importance of words and how language used has changed over the years. Lunch will wrap up with dessert with time for Q&A.

Keynote Presentation: Coaching Lessons, from High School to the Olympics (Virtual Platform Section: Main Stage)

Thursday December 17, 2 – 2:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Karch Kiraly, USA Women's Head Coach

Karch Kiraly has been around the game of volleyball for many years as an athlete and a coach. He is regarded as one of the best coaches in the game and in this keynote session he will share with coaches the lesson he thinks all coaches need to hear: Challenge Assumptions.

Freeing Up Offensive Options with the Backrow Attack (Virtual Platform Section: Session)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Molly Alvey, Cincinnati Head Women's Coach

The objective of this seminar is to present tactical offensive options when considering implementing the backrow attack into your team's offense. Specifically, the seminar will review ways to create opportunities for your dominant pinpoint-scorer to be more open offensively. Determining if the backrow attack is best for your team and the offensive weapons you have on roster is part of the decision-making process.

Offensive Systems with an Emphasis on the Option Attack Offense (Virtual Platform Section: Session)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: Beach – Intermediate

Featured Speaker:

Jordan Cheng, Pro Beach Coach (Kelly Claes & Sarah Sponcil)

Looking at the FIVB World Tour, what kind of offensive systems are the best teams in the world running? What are the benefits and downsides of each? Are there certain types of teams running a specific offense?

In this session, we will take a dive into different types of offenses (specifically the option attack offense which is starting to become more and more popular) and why you would want to train them. We will be challenging the concept of "this is how things have always been done" and start looking at who is having the most success on the world tour and what are they doing offensively.

The hope is that you leave the session with an understanding of the personnel you have on your team and how that can give you clarity/direction on what kind of offensive system will bring out the best in your players. One size does not fit all!

Offensive Systems we may review / watch film on:

- NOR (Mol / Sorum)
- ITA (Carambula / Rossi)
- POL (Kantor / Losiak)
- BRA (Agatha / Duda)

- USA (Claes / Sponcil)
- AUS (Clancy / Artacho Del Solar)

Addressing Race – Action Steps and Resources – presented by the Diversity Development Team

(Virtual Platform Section: Sessions)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Dr. Nicole Linen, Denver Broncos Behavior Health Specialist

2020 has challenged coaches to change the way they coach in many ways. In this session Dr. Nicole Linen will break down the need for coaches to make talking to their teams about race a priority. She will provide tangible action steps and resources that they can use to get started having these conversations.

Competitive Training: How Coaching and Cues can Maintain Culture & Consistency – presented by JVA

(Virtual Platform Section: Sessions)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: High School/ Club - Intermediate

Featured Speaker:

Mike Lingenfelter, Munciana Club Director

Mike Lingenfelter, Club Director of Munciana Volleyball will provide a series of fast paced, scored, multi-purpose competitive drills. The focus of the session will be on creating a competitive culture through game-like drills, with an emphasis on the coach speak/cues that allows for consistent and constant flow. This session will enhance a coach's ability to provide verbal and non-verbal feedback to their athletes during training, as well as tournament play. This is a session you don't want to miss!

Teaching Tension: Unlocking Improvements by Locking the Body – presented by USA Volleyball

(Virtual Platform Section: Sessions)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jimmy Stitz, USA Women's Athletic Performance Coach

This session will dive into the science and practice of creating and utilizing tension in the body to aid in your performance goals. Often, tension is looked at in the body as something to get rid of. In reality, our bodies are designed to create and maintain tension for all sorts of activities. This session will dive into where you'd like to create tension, how you can go about doing it, and what benefits you can hope to gain by utilizing these techniques.

Developing Men's Collegiate Beach (Virtual Platform Section: Sessions)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: Beach - Beginner

Featured Speakers:

Megan Burgdorf, Beach Volleyball Consulting Co-founder

Anna Collier, Former DI Head Beach Coach

Chris Vu, Westcliff Men's Beach Coach

Danko Iordanov, Saint Katherine Head Men's Coach

Yeah, that's a hot topic! How do you manage developing men's collegiate beach, especially in a pandemic? Despite the challenges, there are some silver linings and even new programs getting started. And... there are scholarships! If you are interested in learning more about starting a program, the benefits of having one and how to join the next wave of growth this session is it. Plus, it comes with an establish network of support to access. And for those clubs exploring boys, it's time to hop on board and see what the carrot at the end of the stick is.

Practice Planning - What, When, Who, and How Much? - presented by Gold Medal Squared (Virtual Platform Section: Sessions)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Chris McGown, Gold Medal Squared Co-Founder

Bobby Knight, the famed Indiana basketball coach said, "The single most important aspect of coaching is running effective practices." So how do you make sure that you've made plans to practice the right things, with the right personnel, for the right amount of time? We'll cover the principles that help you answer questions such as:

- Do things change as the season goes on?
- What's the right amount of time to spend in a drill?
- How much of my practice should be 6v6?
- What tools can help me speed up the process?

We outline a step-by-step process that will help you run the most efficient and effective practices for your team.

Recruiting Coordinator: How to Organize and Manage (Virtual Platform Section: Sessions)

Thursday December 17, 4 – 4:45 p.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Shannon Wells, Florida Women's Associate Head Coach

With over 16 years of experience as a recruiting coordinator I have done a lot of things right and a lot of things wrong. Because of this I have adjusted my systems and learned how to be efficient and effective. During this presentation I will share how I organize my database, how I prepare for a large tournament, how I prepare after the tournament, and how I manage our staff to make sure we are all on the same page regarding recruiting.

Offensive Concepts to Create Opportunities for Your Attackers to Score (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

Suggested Audience/Level: All - Advanced

Featured Speaker:

Mark Rosen, Michigan Women's Head Coach

Mark looks forward to presenting some specific offense concepts that have helped his program compete at a high level. Looking at different tempos, set options and decisions will allow setters to build an offense that puts hitters in a positive situation to score. There will be video and graphics to highlight the points being discussed. This is intended to be an advanced level look at building a volleyball offensive system.

Teaching Serve Reception Technique to Improve First Ball Pass – presented by Master Coaches (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Mick Haley, Master Coaches

Ruth Nelson, Master Coaches & BYOP

The purpose of this presentation is to provide instruction in teaching a non-linear passing technique that almost anyone can learn to do following the proper steps of this progression. It also will attempt to suggest a system that could be used for team passing. Live clips will be used to allow the participants to visually observe players passing with correctional tips emphasized.

The Evolution of HP: Elements of USA Volleyball's National Team Development Program – presented by USA Volleyball (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Peter Vint, USA Volleyball Chief of Sport

Erin Virtue, USA Women's Assistant Coach

In an effort to achieve sustained competitive excellence at the highest levels of the international game, USA Volleyball is working to improve the quality and effectiveness of its youth development programs (formerly known as USAV High Performance or "HP").

Key tenets of the National Team Development Program will be discussed:

- Elimination of HP tryouts in favor of a national scouting and recruitment network.
- Multiple, open-ended, and continuous evaluation pathways to recognize different development rates and reduce negative consequences of athlete deselection.
- More frequent and higher quality programs including quarterly National Team Development Program training camps and localized accelerator programs.
- Improved collaboration, cooperation, and communication with Regions, Club Directors, Athletes, and Parents/Caregivers
- High potential athlete support through individual development plans, monitoring, and regular educational programming through USA Volleyball Development Academy (online education platform)
- More frequent exposure to higher levels of international competition.

An Introspective Discussion with 4 Members of Team USA: A Glimpse into the Athlete's Point of View – presented by Beach Nation, JVA, and AVP (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speakers:

Tri Bourne, AVP Athlete

Sarah Hughes, AVP Athlete

Emily Stockman, AVP Athlete

Crissy Jones, AVP Athlete

Mark Fishman, Beach Nation CEO (Moderator)

A series of questions and answers from the athletes on what advice they would share with themselves if they could go back to "then". Also, their views on what changes, hints and tips they would share with junior's and college coaches that, in retrospect, would have helped them more as developing athletes from both an individual and team perspective. This panel is specifically designed to ask serious questions and hear introspective advice that many coaches can use as a catalyst to make improvements. These thoughts are from some of Team USA's rising stars and are meant to be a thought-provoking discussion with some live questions from the AVCA conventioners to help coaches to hear, reflect and grow from this discussion.

How to Effectively Train and Implement Proper Eye Sequencing for Blockers (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

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

Featured Speaker:

Ray Lewis, Central State Head Men's & Women's Coach

We are going to discuss the phases of eye sequencing and look into peripheral versus focal (central) vision. We aim to give coaches simple points to discuss and blockers information to look for during each phase of their eye sequence progression. By identifying keys and important pieces of information to focus on, we prepare our blockers to be successful at the speed of the game.

Max Out Your Mind: The Power of High-Performance Mental Skills and the Development of an Elite Mindset – presented by Performance Mountain (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

Suggested Audience/Level:

Featured Speakers:

Larry Widman, Performance Mountain Co-Founder

Jack Riggins, Performance Mountain Co-Founder

From high school volleyball to the Olympic and professional levels, one of the key separators in performance is the development an elite mindset amongst members of the team. In this seminar, the focus will be on preparing the mind for battle, the four high performance mental skills and mindfulness, which are the building blocks of an elite mindset. From our experience, we will teach how to use these building blocks to develop an elite mindset to be in the best position to max out when it matters the most. Because we always say, "if you can't do it when it matters, what's the point?"

Ball Handling & Defensive Drills (Virtual Platform Section: Sessions)

Thursday December 17, 5 – 5:45 p.m. ET

Suggested Audience/Level: High School/ Club - Intermediate

Featured Speaker:

Nancy Dorsey, St. James Academy Head Coach

AVCA High School-Interscholastic Board Representative Nancy Dorsey has led her St James Academy High School team to multiple state championships. One of the key components of her training has always been ball control. In this session Nancy will share drills that she uses in her gym to train her athletes ball handling skills. Coaches will leave this session with a great set of resources that they can use at their next practice.

Keynote Presentation: The Case for Moving Women's College Volleyball to the Spring Permanently (Virtual Platform Section: Main Stage)

Thursday December 17, 6 – 6:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

John Cook, Nebraska Women's Head Coach

With the COVID-19 pandemic forcing a spring volleyball season, now is the perfect time to review all the reasons why Volleyball should permanently move to the spring. I originally presented a plan to move Volleyball to the spring at the AVCA convention 15 years ago. Many coaches agreed then, and the timing has never been better to make the permanent move to the spring.

A permanent spring volleyball season offers many positives and the opportunity to grow College Volleyball, both men's and women's. Coaches will be presented with a plan outlining the reasons why a move to the spring could be great for the sport of Volleyball, including considerations about the possible negative impact of such a move.

One you hear the case for moving College Volleyball to the spring, you will see a silver lining amid the COVID challenges. This can be an opportunity for growth if we approach it as such. The time is now for leaders to emerge, dare to be Great, and take Volleyball to the next level.

Zoom Recruiting for College Volleyball Coaches (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies President

With the limitations on in-person recruiting, and newfound reliance on video communication in the recruiting process, effective college volleyball coaches can't just know 'how to use' a tool like Zoom, they need to master it. Zoom, and other tech tools like it, offer recruiters the chance to connect effectively through video, but it also presents some inherent challenges. With Zoom, you're 'on television' - and you need to understand the performance element of that when you're talking with recruits. In this session, Dan Tudor will go over the essential elements of effective Zoom communication, based on prospect focus group feedback and his training as a former television sportscaster.

Things I Wish I Knew: Navigating Volleyball at all Levels as a Black Woman – presented by the Diversity Development Team (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Darian Mack, Southern Mississippi Assistant Women's Coach

This session will explore Darian Mack's journey and perspective as a black woman navigating volleyball at all levels. Including Highschool, college - at the University of Kentucky, playing professional overseas in Finland, and then making the transition to my current position as a full-time coach at the University of Southern Mississippi.

Defense: Keep it Simple – presented by USA Volleyball (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Tama Miyashiro, USA Women's Assistant Coach

What does "simple" mean? Training our eyes to help read the game and process the information we receive. Better reads = better spots on defense. This session will take a closer look at back row defense and the conversations we have around becoming better defenders.

Developing Practice Routines to Promote Mental Strength (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

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

Featured Speakers:

Shawn Olmstead, BYU Head Men's Coach

Dr. Craig Manning, Human Performance Consultant with the Fearless Mind

Zach Eschenberg, BYU Men's Volleyball Athlete

The BYU men's team has been working with Dr. Craig Manning for a handful of years on mental training and have seen some wonderful things come from that. In this session coaches will learn about the pre-practice and post-practice routine that BYU athletes go through as it relates to mental strength.

Setting your Team Up for Success: A Deep Dive into the Setter Position (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Dani Busboom Kelly, Louisville Women's Head Coach

The idea of setter training can seem daunting and often involves so much more than just skill level. Dani Busboom Kelly will dive deeper into how Louisville volleyball trains their setters to "set their team up for success." From basic skills and drills, to leadership training, to decision making, a great setter trains in all areas of the game on and off the court.

Building a Cohesive Coaching Team Both on and Off the Court (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speakers:

Mike Placek, Wave Volleyball Beach Recruiting Coordinator

Kristen Rohr, Grand Canyon Beach Head Coach

Joe Rich, Grand Canyon Assistant Beach Volleyball Coach

Matt Olson, Wave Volleyball Beach Program Director

Michelle Meyer, Beach Volleyball Consulting Co-founder (Moderator)

Beach coaching is generally focused on developing athletes and pairs. However, at the club and collegiate level, coaches are responsible for multiple pairs and potentially juggling dozens of athletes. In this session, top coaching teams will discuss how they split up responsibilities at training sessions, in competitions, and their differing “off the court” roles. They will share some insider tips of what they’ve learned over the years of coaching together and how their roles have evolved.

Managing a Small Staff (Virtual Platform Section: Sessions)

Friday December 18, 11 – 11:45 a.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Ashley Harris, Berea College Women’s Head Coach

In this presentation, I will share my knowledge, experiences, and insight, on how to most effectively and efficiently, manage a small staff. I have been a coach at the high school, club, NAIA, and D3 levels, and never had a full-time assistant. I will help coaches find ways to succeed with limited resources and learn how to handle all the tasks that come with being a head coach, when they are either all by themselves coaching a team, or have 1-2 part time assistants/GA's. I will focus on helping them learn how to become a jack of all trades, how to be as efficient as possible with their time management, and the importance of putting their ego aside, and doing what is best for their team.

An Analysis of AVP Professionals from Actual Game Film: The Keys and Analysis of Blocking, Defense, Attacking and Serving – presented by Beach Nation, JVA & AVP (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speakers:

Kristen Rohr, Beach Nation Coach & Grand Canyon Beach Head Coach

Beth Van Fleet, Beach Nation Coach & Georgia State Beach Head Coach

Joe Rich, Beach Nation Coach & Grand Canyon Assistant Beach Coach

Todd Rogers, Beach Nation Founder & Cal Poly Beach Head Coach

Beach Nation Coaches will break down the film in 4 parts:

- Blocking: channeling, pulling and attacking tight sets with Kristen Rohr
- Serving Strategies and Tactics: using the back line to create different angles for passers, different serves and why and using the wind to your advantage with
- Defense: positioning, what to watch, how to move, differing techniques for outdoor v indoor with Joe Rich
- Pass to Attack: left and right sides, from in or out of system with Todd Rogers

This analysis will use actual game films with high level analysis of skills, movements and commentary to better explain and demonstrate highly developed technique. This session will help explain the how and why of play at the highest level in real time and using more than heat maps to help you see and evaluate players. This should be a highly useful tool set for coaches to further develop video analysis, see and show players positional and technique improvements or deficiencies.

This session is for coaches wanting to see efficient movement, technique and to help improve volleyball IQs for themselves and their players.

Volume Training & Skill Development at the Juniors Level – presented by JVA (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

Suggested Audience/Level: High School/ Club - Intermediate

Featured Speakers:

Meredith Rice, Academy Volleyball Cleveland Coach and Recruiting Director

Jeff Reaser, Academy Volleyball Cleveland Coach and Director of Player Development

This session will explore how to efficiently train larger numbers while maintaining the quantity and quality of reps in an environment that feels intense and challenging. With the need to teach so many skills with what seems like not enough time, we will be going over how to maximize our effectiveness in practice.

Athlete Well-Being: Take Care of the Person and You'll Take Care of the Player – presented by USA Volleyball (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Aaron Brock, USA Women's Director of Sports Medicine & Performance

Athlete well-being and performance don't have to be at odds with each other. Many of the efforts to ensure welfare also enhance performance while creating a more cohesive and trusting culture. In addition to my experience as Director of Sports Medicine and Performance for USAV, I interviewed several indoor and beach National Team athletes and coaches to learn more about what "athlete well-being" means to them.

Organizing, Giving Feedback and Making the Most of Your Staff (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Christy Johnson-Lynch, Iowa State Head Women's Coach

Organizing and developing your coaching staff is one of the most important, challenging, and rewarding responsibilities as a head coach. In this session, Christy Johnson – Lynch will outline how she assigns roles for each staff member and how to leverage each person's unique talents. She will also discuss how head coaches can give feedback to staff in both informal and formal ways throughout the year. Finally, she will review examples of how head coaches can empower their staff and prepare them to advance their own career.

Two Gold Medalists Discuss the Evolution of Volleyball at the Highest Levels and What it Means for the Future (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

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

Featured Speakers:

Doug Beal, Gold Medal Coach, Former USAV CEO

Marc Dunphy, Gold Medal & NCAA Championship Coach, Pepperdine Emeritus Coach

John Kessel, Worldwide Volleyball Ambassador

These two-gold medal winning coaches have seen the sport at the highest level for over 50 years and their observations could give us some insights into what's next. In this session coaches will hear a candid conversation from some of the most influential names in volleyball.

Humility – A Journey Towards Coaching Mastery (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Keylor Chan, Samford Head Women's Coach

As coaches we constantly bounce global ideas of development, culture, learning, mastery, teaching, and the nature of competition. Through my 20+ years as a division 1 head coach nothing has transformed me for the better than working with and through the lens of humility. My lecture will

1. describe my journey towards humility
2. give examples how humility opened my eyes to better tactics, systems, and an overall coaching philosophy
3. why humility can transform your program.

The Complete Athlete: Helping Your Team Balance Mental & Physical Wellness (Virtual Platform Section: Sessions)

Friday December 18, 12 – 12:45 p.m. ET

Suggested Audience/Level: Beach – Intermediate

Featured Speakers:

Branden Clemens, AVP Athlete

Kamila Tan, Mental Health Advocate and AVP Athlete

Katie Spieler, East Beach Volleyball Academy Co-Founder & AVP Athlete

Building a healthy beach volleyball team culture goes far beyond ensuring that your athletes are physically fit and able to compete. The pressure to perform and “fit in” with teammates and friends may become an added pressure for young, developing athletes that can impact their mental health. Kamila, Katie, and Branden will share their experiences with mental health, either personally or how they helped loved ones. Kamila will discuss how to have an open and non-judgmental dialogue with your athletes, how-to guide them to the proper resources for treating mental illness, and how to address stigma in your team culture. Kamila will also give a brief overview of the importance of nutrition for an athlete and how to cultivate a healthy dialogue among your athletes around the subject of food and exercise.

Keynote Presentation: Favoring Process Over Progress - presented by the Diversity Development Team (Virtual Platform Section: Main Stage)

Friday December 18, 2 – 2:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

China Jude Ed.D., Wyoming Senior Associate AD/SWA & Minority Opportunities Athletics Association President

We have heard that familiar saying, “Trust the Process.” Did you know that the term was used in many rehabilitation books, but it popularized in the sports industry when a team hit a rough patch meaning, “things may look bad now, but we have a plan in place to make it better.”

What happens when those around you do not embrace the “process” or it moves at snail’s pace? Join Minority Opportunities Athletics Association President and University of Wyoming’s Senior Woman Administrator, Dr. China Jude, on learning about how her life’s work in diversity, equity, and inclusion is progressing. Learn why you, your staff and your student athletes should cease this moment to mobilize, move the process aggressively, and hold others accountable.

The Nuances of Training a Six Rotation Outside Hitter – presented by USA Volleyball (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Advanced

Featured Speaker:

Karch Kiraly, USA Head Women's Coach

In this session Karch Kiraly, USA Volleyball Women's National Team Coach, will break down why they train the way they train at the National Team level. He'll dive into the actual activities they use to train and

teach players to improve their technical skills of the game - specifically training the outside hitter to be able to play the entire game.

Max Out Your Team: The Power of Positive Teams, Coaches and Leadership – presented by Performance Mountain (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Larry Widman, Performance Mountain Co-Founder

Jack Riggins, Performance Mountain Co-Founder

The goal for most teams is to maximize potential and to have no regrets at the end of the season. In this seminar, I will share my insights-often through the lens of volleyball- about the key ingredients of championship teams and the key characteristics of elite leaders/coaches as well. My goal for every team is to help them get to "Ultimate Trust." In my experience, "UltimateTrust" gives a team the best opportunity to put themselves in a position to max out when it matters the most.

What I Wish I Knew in my First Head Coaching Role – Part 1 – presented by the Diversity Development Team (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Taylor Littleton, Hesston College Head Women's Coach

Alicia Wood, Illinois College Head Women's Coach

Leslie Flores-Cloud, Eastern Washington Head Women's Coach

Maggie Couture, Jacksonville Head Women's Coach

Cheneta Robinson, Spalding Head Women's Coach

Sarah Graves, Macalester College Head Women's Coach - Moderator

In this session former Diversity Awards recipients gather together to discuss their journeys in the coaching profession and all the things that they wish they would have known going into their first head coaching role.

Effective Blocking Technique – Drills and Progressions – presented by Master Coaches (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Bob Bertucci, Master Coaches

Ruth Nelson, Master Coaches & BYOP

This presentation will take you through a teaching progression emphasizing the key words to teach effective blocking. You will experience drill progressions building toward game action drills. These drills can be used or modified for any age or as a point of emphasis or warm-up for more advanced players. The presentation will finish with some game situations illustrating the key words and in some cases suggestions for improvements.

Training the Setter - From Youth Development to 18s (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: High School/ Club - Intermediate

Featured Speaker:

Jing Hou, A5 Volleyball Club Coach

In this presentation I will cover the teaching progression A5 employs to train and develop our setters from an early age up until they are 18's. This includes a thoughtful range of when various aspects of setter development should or could be introduced. Areas discussed and demoed relative to different age groups

will include footwork, transition, front setting, jump setting, location, quick attack, eye sequencing, court management, and other aspects of helping setters achieve the goal of becoming a fully realized setter.

Training Progressions from Junior Athlete Skill Development to AVP Professionals – presented by Beach Nation, JVA & AVP (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

Patty Dodd, MB Sand Owner & Beach Nation Founder

In this session Patty Dodd, a Founding Partner at Beach Nation and owner of MBSand Volleyball club will be working 9th grade juniors and then AVP professionals in the same skill sessions to compare and contrast how drills are run, what the "keys" for success are to learn and repeat a skill and how sessions evolve to develop the technique, angles and necessary vision, from an early age and the implementation by professional players at the highest level of our game.

This teaching session provides an educational and highly informative demonstration where 9th grade juniors lead the professionals in a series of skills and progressions for teaching skills vs running drills and introducing the keys for successful skill development and evolution. Our goal for this session is to provide coaches organized, articulated, and well demonstrated volleyball learning to aid coaches to improve coaching across the spectrum of juniors to professional volleyball players.

Patty Dodd has coached junior players, winning several National Championships, and is the USAV U17 Head coach. Her programs have a strong history of helping develop highly recruited college players and has worked with many AVP/FIVB professional teams.

The DISC: How to Utilize it to Bring out the Best in your Players, Communicate Better with Staff & Administrators, and Using it to Assist with Recruiting (Virtual Platform Section: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Kelly Sheffield, Wisconsin Women's Head Coach

Coaches will leave this session with more tools to help communicate with players, staff, administrators and recruits. You will gain insight on how to help your athletes communicate with each other in high stress situations. Kelly Sheffield has been using the DISC with his teams for more than 15 years. In this session you will see how he breaks it down with his players.

Stats for High School and Club Programs – What Should I be Tracking, and How Can I Best Use the Information? – presented by Gold Medal Squared (Virtual Platform Sections: Sessions)

Friday December 18, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: High School/ Club - Intermediate

Featured Speakers:

Chris McGown, Gold Medal Squared Co-Founder

Joe Trinsey, Gold Medal Squared

In a time when volleyball data is becoming increasingly more available and complex, what's the best way for a Junior-level coach to simplify the process of gathering and analyzing statistics? What measurements matter the most, and how can I best use the information to help my players and my coaching staff get better? Having been involved with statistics at the most complex levels, Joe Trinsey and Chris McGown look at how much you can accomplish with some very simple solutions.

Revisiting Feedback: Creating More Effective and Efficient Training Environments – presented by USA Volleyball (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

John Speraw, USA Men's Head Coach & UCLA Head Men's Coach
Harjiv Singh, UNLV Ph.D. Student

As coaches, we are often tasked with providing information to our players about their performance. However, the challenge we face is figuring out what information is beneficial and subsequently,

- How much should be said?
- How often should we give feedback?
- What should be said? when should I say it?
- How can I design my practice environment better?
- What are ways to improve this process?

In this seminar, John and Harjiv will briefly discuss the motor learning literature followed by practical ways in which coaches can better their feedback to optimize motor skill learning and performance.

Serving the Underserved – presented by JVA (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: High School/Club - Intermediate

Featured Speakers:

Lucy Jones, Starlings VB Executive Director
John Kessel, Worldwide Volleyball Ambassador
Kim Oden, Starlings Co-founder
LaKeshia Tinsley, Starlings Nashville Director

Far more than a youth program, Starlings is a home-base for struggling girls to find empowerment, direction and love within a setting of quality volleyball training and competition. Today, Starlings is the nation's largest junior volleyball club with teams in more than 50 cities and Native American reservations throughout the U.S. Approximately 3,000 girls currently participate in the Starlings program annually.

In this session, Starlings leaders will teach coaches how they can use volleyball to support the underserved youth in their community. Listen in for action items and ideas to get started!

Breaking Down Advanced Defensive Systems (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: Beach - Intermediate

Featured Speaker:

Marcio Sicoli, Pepperdine Head Beach Coach

Are you evolving your defense systems based on the game changes? When Kerri and Misty won the last Gold Medal to USA, they were able to clearly identify the block line and blocking angle. When we brought the Bronze medal on 2016 Rio Olympic Games, scouting defensive systems was already a complex challenge.

Fast forwarding almost 10 years from London, defensive systems become more complex, there are more combinations and more movement from both players on defense. The idea of this seminar will be to break down some defensive systems and help coaches determine what system is appropriate for your team. Furthermore, it will make sure coaches are capable to build their own defensive systems based upon on their athletes' skills.

Winning with Walk-Ons: How to Create a Vision and Utilize Non-Scholarship Athletes to Enhance & Maintain Healthy Culture While Strengthening the Competitive Drive and Mental Fortitude of the Overall Team (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Ryan McGuyre, Baylor Head Women's Coach

For many programs across the country, walk-ons, or non-scholarship athletes make up over 30% of roster. The intentional use and selection of walk-ons should be near the top of the list for coaches who are taking over new programs or those who want and need a culture shift within their gym. Coach McGuyre will talk about how the right walk-on athletes create “competitive joy”, provide servant-leadership, and can teach others the necessity of dreaming big. Coach McGuyre will discuss what to look for in walk-ons and how to have the right conversations from beginning to end and what pitfalls to avoid. He will provide drills for larger rosters that don’t take away from what needs to get done in the gym while keeping everyone active and engaged. Coaches will leave the presentation with a new perspective on how to utilize more effectively the often-under-utilized position of the walk-on.

How to Run a Middle School Practice (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: Youth - Beginner

Featured Speaker:

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

Coach Dorsey will go through appropriate drills to help your middle school athletes develop the skills they need to have a successful season. Dorsey will go through ball control drills, serving and pass drills, defensive drills, as well as offensive drills.

Strategies on Developing Your Athletes’ Mental Skills to Enhance Their Focus (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speakers:

Amanda Dowdy, AVP Athlete

Avery Drost, AVP Athlete

Ryan Foose, Strong Mind Mental Performance Consultant

“Just Focus” is a common phrase coaches say to their athletes when they’re distracted. Although the phrase is common, it’s an ineffective strategy that can hurt an athlete’s performance because of the lack of direction and purpose. Ryan will use his experience and knowledge in Sport and Performance Psychology to teach coaches the skills to help athletes better control their focus. The session will be complemented by professional beach athletes Avery Drost and Amanda Dowdy Lawson who will share their personal experiences in developing their focus and ability to be in the moment.

Attacking with Range: Developing Mechanics & a Tool Kit to be Indefensible (Virtual Platform Section: Sessions)

Friday December 18, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: All - Advanced

Featured Speaker:

Jamie Morrison, Former Dutch Women’s Head Coach

We will explore what shots makes attackers – outsiders, opposites and middle blockers - elite and indefensible, the mechanics needed to hit every shot and how to do it deceptively. Once we have an understanding of what to teach, we will explore how to teach and encourage your athletes to reach outside of their comfort zone, try new shots and expand their tool kit. Visit www.imparosports.com for more from Jamie Morrison.

Keynote Presentation: Identity, Autonomy, Freedom and the Link to Athlete Personal Development and Performance (Virtual Platform Section: Main Stage)

Friday December 18, 4:30 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker

Kevin Hambly

Kevin will discuss how to create a culture and environment where athletes are encouraged to figure out who they are as people and players. Other topics will include how to use autonomy and storytelling as motivators for these athletes as well as developing a culture where athletes can truly have a growth mindset and the freedom to make mistakes. Essentially, how do we as coaches make sure that we are providing a safe and healthy environment for our athletes to develop.

Blocking and its Relation to Defense: Teaching Athletes to Learn to Read and React (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level:

Featured Speaker:

Laurent Tillie, French Men's National Team Coach & Panasonic Panthers Head Coach (Japan)

In this session Laurent Tillie will take coaches through a blocking practice with his team. He will highlight how he trains blocking at the men's professional level and how he structures his training time to get the most out of his athletes.

An Introspective Discussion with America's Premier Coaches: Utilizing their Experiences, Coaches can Learn & Improve from the Challenges they've had to Overcome– presented by Beach Nation, JVA & AVP (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level: Beach - Intermediate

Featured Speakers:

Beth Launiere, Utah Head Women's Coach

Hugh McCutcheon, Minnesota Head Women's Coach

Todd Rogers, Cal Poly Head Beach Coach

John Speraw, USAV & UCLA Head Men's Coach

Mark Fishman, Beach Nation CEO (Moderator)

This session with some of the greatest coaches in volleyball today is a series of questions posed to Hugh, Todd, Beth and John. These questions promote thought-provoking introspective insights on what they have learned, changes they have made as coaches over time, and how they have evolved as coaches. The framework includes some live questions and answers from the conventioners. The opportunity to hear, ask and learn from this panel about teaching and growing as a coach should allow most of us to see some of ourselves in them, and to hear how to raise your bar as a teacher and coach. Then we will hear what they saw, learned and how they adjusted to better themselves and to be able to constructively grow their players and teams as becoming better coaches.

"Identifying & Developing the Fighting Spirit" - Becoming a Marine Corps Influencer – presented by the United States Marine Corps (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Mika Robinson, Rollins College Head Women's Coach

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

Chuck Waddington, Angelo State Head Women's Coach & Assistant Athletic Director for Marketing and Camps

Captain Caroline Locksmith, United States Marine Corps (Moderator)

As coaches, mentors and individuals concerned with the advancement of your student-athletes, you understand the importance of providing your young men and women with the knowledge they need to succeed, the discipline to apply what they have learned and the desire to achieve more.

Just as you make every effort to help your student-athletes succeed, the Marine Corps strives to help every Marine reach his or her potential. In the United States Marine Corps partnership history with AVCA, several coaches have been able to engage with the Marines

The USMC will host a panel of coaches in a discussion around the qualities and characteristics of the Fighting Spirit and developing them in your student-athletes.

Volleyball Recruiting Without Campus Visits (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Dan Tudor, Tudor Collegiate Strategies President

No campus visits allowed at your college? No problem! Even though most coaches rightly view an in-person college visit as vital to the process when it comes to getting to see a prospect with your team and experiencing your school, you can still be effective remotely during times when personal visits may not be allowed. You just need to understand what your prospects are really looking for, and how to give it to them. In this session, Dan Tudor will explain how to intelligently replace the components of the campus visit with a remote experience that is working for coaches around the country.

Scouting from A-Z: Reviewing Film and Presenting to Athletes (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Todd Dagenais, Central Florida Head Women's Coach

Nicki Holmes, Rhode Island Head Women's Coach

Preparing for an opponent can sometimes become overwhelming. Not only does a coach have to watch film and create a game plan they also have to share that game plan with their athletes in a way that doesn't overload them with too much information. In this session, Todd and Nicki will share how they analyze game film, track tendencies and communicate with their athletes to put them in the best position to win.

When Leadership Fails: How to Stay Sane and Safe in a Pandemic (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Mary Wise, Florida Women's Head Coach

A hallmark of this pandemic has been conflicting and insufficient information about transmission, contagion, health impacts and return-to-play protocols. Saying the situation is unprecedented doesn't relieve volleyball coaches of our responsibilities to provide answers for staff and players AND keep them safe. The SEC spent a portion of the fall competing, i.e. hosting visiting teams and traveling to away matches. Listen to what we learned that will help you succeed this spring.

Adding Variability to Practice: The Outside Hitter Tournament and Toolbox Development (Virtual Platform Section: Sessions)

Saturday December 19, 11 – 11:45 a.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Sanja Tomasevic, Arizona State Women's Head Coach

Carlos Moreno, Arizona State Women's Associate Head Coach

When you are watching some of the best hitters in the world it's clear that they are all different. Their technique, style, and physiology is not the same. They are also smooth and almost effortless. Of course, there are some variations in size and styles but they are simple and effective with their mechanics.

When you establish the fundamentals and the principles of hitting, you build a strong foundation. The stronger the foundation is the more players can respond to the variabilities of the game and make adjustments to situations effectively.

To develop our offensive package, we try to create different scenarios in practice and put them in game-like pressure situations. One of the drills we use the most is the OUTSIDE HITTER TOURNAMENT. This drill is great to develop your outside hitter's toolbox and problem-solving skills. It will give you a great idea of who your best outside hitters are, who your starting setter should be, and what system you are most effective with.

June 15th: A Series of (Un)Fortunate Events – What Worked and What Didn't (Virtual Platform Section: Sessions)

Saturday December 19, 12 – 12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Charita Stubbs, Arizona Assistant Women's Coach

Gabe Aramian, A5 Volleyball Club Recruiting Coordinator, Director & Coach

Kevin Hodge, Wave Volleyball Club Recruiting Coordinator and Coach

Terri Span, Arizona Storm Recruiting Coordinator, Director, Coach

Shannon Wells, Florida Associate Head Women's Coach

Jill Wilson, Ohio State Associate Head Women's Coach

Tina Reading, Elon Associate Head Women's Coach - Moderator

Hear from all angles, when a panel of top college coaches and top club recruiting coordinators share the many different ways they navigated the inaugural June 15th recruiting rush:

- Would you like to see the June 15th date moved for 2021? Why or why not?
- How will college programs manage the second June 15th for 2023s while simultaneously navigating National Tournaments and camps?
- What can clubs do to make the process better for their players and easier for college programs?
- What do college coaches need to know about this new process from the recruit's viewpoint?
- How did clubs advise their players to handle "day of" offers and quick deadlines?
- How did colleges decide what deadlines to give their recruits?
- What strategies worked well to create that player-program match?
- Did clubs encourage their athletes to commit without official visits or even site-unseen?
- Did colleges offer/deadline players who had never visited?
- How did clubs manage athletes who found June 15th to be a huge let-down?
- How did college programs utilize legal communications prior to June 15th to help narrow down their list of athletes?
- What will colleges/clubs plan to do differently next year with their recruits/athletes?
- ...and MANY MORE ANSWERS AND DISCUSSIONS FOR QUESTIONS THAT WE ARE ALL ASKING!

We need to get better at this "new" process for the sake of the recruits, the families, the clubs, and the college programs. Together, we can learn how to do just that

"Friends can make you feel that the world is smaller and less sneaky than it really is, because you know people who have similar experiences." — Lemony Snicket, *The Austere Academy*.

Running & Training the Medium System Offense (Virtual Platform Section: Sessions)

Saturday December 19, 12 – 12:45 p.m. ET

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

Featured Speaker:

Alan Knipe, Long Beach State Head Men's Coach

Coaches often talk about offenses being run "in-system" and "out-of-system" depending on how well the passers get the ball to target. In the men's and international game, a third option has developed called "medium system offense" in which the ball is passed further off the net but the setter and attackers have a trained method of taking advantage. Learn from NCAA National Champion and former Men's National Team Head Coach, Alan Knipe, as he outlines medium system offense and how he trains his attackers and defenders to operate in it.

Navigating the Career Change Process: Seeking & Landing the Best Job for You (Virtual Platform Section: Sessions)

Saturday December 19, 12 – 12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Jona Braden, Emory Assistant Women's Coach

WARNING: Approaching a job search can be daunting; it can seem to be an exercise of 'Ghosting 101'; it can be never-ending; it can be disappointing; it can appear to be lined with 'smoke & mirrors'; it can be a roller coaster of 'thanks but no thanks'; it can feel as if you are non-entity in an 'off-the-record already filled vacancy'; it can give reason to approach the process with our dukes up, our defensive mindset leading the way, our emotional commitment to be 'one-foot-in and one-foot-out' to soften the blow and so and so on and so on.

STOP!!! LET'S DO THIS: We will spend this time discussing the need to eliminate all of the ABOVE and dive into the process with a fresh readiness that catapults our mind, body and soul to higher ground in preparation for the exciting opportunity no matter what the circumstances are prior to the search. Mapping out how critical it is to identify the need to hone, develop and sharpen interview skills. To embrace how integral, it is to practice/develop/own interview strategies so they can be used seamlessly in the attempt to leave a lasting a meaningful impression. This conversation will give reason to rethink, discover, acknowledge, proclaim, and enlighten so that the steps taken give clarity, provide conciseness and offer encouragement along the way. Let's do this TOGETHER! WONGA!!!

The Importance of Non-Scored, Non-Competitive Repetitions in Training (Virtual Platform Section: Sessions)

Saturday December 19, 12 – 12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Giovanni Guidetti, Turkish Women's National Team Coach & Vakifbank Head Coach

Volleyball coaches are experts in statistical analysis and how to use scoring systems to develop drills and incentivize specific actions. There is a second, just as fundamental, part of training. I call it the 'learning time' or 'long warm up.' it is a time when there should be no scoring and players only focus is improving the small details of their skills and technique. We need to spend time on this segment also in our training, it allows our players to try new things without worrying about the score or making mistakes.

Training your Setter's Brain and Building the Connection to Their Hitters — presented by Art of Coaching Volleyball (Virtual Platform Section: Sessions)

Saturday December 19, 12 – 12:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

John Dunning, Retired Stanford Coach

A Discussion centered on developing the setter's general volleyball IQ and their setting IQ. In this session we will focus on raising the bar for what a setter needs to know about the game. Coaches will learn how to develop methods for setter training which will focus on what to see, what to think, what to decide, and

how to design practice activities to help setters incorporate what they know and apply the skills they will use.

Running a Pro Training Session: Differences from the Collegiate Game (Virtual Platform Section: Sessions)

Saturday December 19, 12 – 12:45 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speaker:

Mike Campbell, Long Beach State Head Beach Coach

Jason Lochhead, Florida State Assistant Beach Coach & Pro Beach Coach (Phil Dalhausser & Nick Lucena)

John Mayer, Loyola Marymount Head Beach Coach & Pro Beach Coach (Stafford Slick & Billy Allen)

Kristen Rohr, Grand Canyon Head Beach Coach (Moderator)

Join us for a discussion about how Jason, Mike, and John prepare their college and professional teams. The discussion will cover what sort of practice transfers to a high level of competition in matches. They will dive into some differences between preparing a full roster of college players vs. a professional team of just two players.

Keynote Presentation: A Reflection: My Best Coached Seasons All Had One Common Theme

(Virtual Platform Section: Main Stage)

Saturday December 19, 2 – 2:25 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

John Speraw, USAV & UCLA Head Men's Coach

As coaches, I think we all look back on particular seasons as notable for the good jobs we did. Some years are just better than others. Why? In considering that question and looking back at my own past, I recognized a common theme to my most successful campaigns. Now the question is, can that be repeated intentionally?

Analytics to Action: Setting Up Your Setter for Success— presented by USA Volleyball (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Erin Virtue, USAV Women's Assistant Coach

In this session, Erin will cover the key elements in training and preparing your setter to be successful. Through research, analysis, and study of the U.S. Women's National Team setters throughout the Tokyo Quadrennial, Erin will share what she has learned and how the WNT staff has implemented information into training.

What Olympians Have Learned about Starting and Stopping Training Blocks (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speaker:

Angie Akers, International Beach Coach (April Ross & Alix Klineman)

Jason Lochhead, Florida State Assistant Beach Coach & Pro Beach Coach (Phil Dalhausser & Nick Lucena)

Rich Lambourne, Pro Beach Coach (Taylor Crabb & Jake Gibb)

Jose Loiola, Pro Beach Coach (Tri Bourne & Trevor Crabb)

Kristen Rohr, Grand Canyon Head Beach Coach (Moderator)

Learn from current Olympic Coaches about the ins and outs of training blocks. Each coach will talk about their experiences in working with their respective teams, what their plans were and how those plans may have changed. Topics that will be covered include:

- Having a plan for the physical build up and how it relates to injury prevention
- How the pandemic has affected planning and goal setting
- How different prep is based on age
- Focus on the weight room
- Using the schedule to organize and plan training

Blocking... What Matters other Than Vertical? (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Travis Hudson, Western Kentucky Head Women's Coach

Obviously being physical above the net is a big factor in terms of blocking success, however, this session will explore many other factors that can lead to blocking success as well. There are many different areas, both tactically and technically, that can contribute to becoming a quality blocker. Our staff will demonstrate drills and techniques used in our gym to attack some of the other aspects of becoming a quality blocker as well as show some of the tools we use to develop very specific parts of blocking technique.

What I Wish I Knew in my First Head Coaching Role – Part 2 - presented by the Diversity Development Team (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level:

Featured Speakers:

Frank Craig III, Oral Roberts Head Women's Coach

Brandon Bader, Anoka-Ramsey Community College Head Women's Coach

Eddie Pennington, Tusculum Head Men's Coach

Sarah Graves, Macalester College Head Women's Coach - Moderator

In this session former Diversity Awards recipients gather together to discuss their journeys in the coaching profession and all the things that they wish they would have known going into their first head coaching role.

Raising the Bar: How to Use the Old-School Beach Paradigm to Raise Standards and Create a Culture of Competitiveness – presented by Art of Coaching Volleyball (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: High School/Club - Intermediate

Featured Speaker:

Tod Mattox, The Bishop's School Head Women's Coach

In the last 10 years, there has been a big push to teach competitiveness by creating more competitive practice cultures. This session will track our program's evolution, as we moved through several stages in drill design to reinforce this critical concept. In the final stage, we look at the framework that produced our two greatest players, Misty May and Karch Kiraly. Can we identify the training variables that helped make these legends so great? Can we then find ways to employ those same concepts to develop more competitive drills in our gym?

Match Preparation: Getting the Most out of the Last Practice (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Mark Lebedew, Australian Men's National Team Former Head Coach

The last practice before the match is not the time for 'cramming', or endless repetitions of every small thing. It is the time for a quick review of the week's activities with a focus on being ready for tomorrow. To fit in everything need not take a long time. How you set up the last practice can refresh players mentally and physically while still touching on all the technical and tactical elements that are required for performance. The presentation will also discuss general training principles including Constraints Led Learning, Optimal Theory of Motor Learning and Complex Systems Principles.

Effective Defensive Technique – presented by Master Coaches (Virtual Platform Section: Sessions)

Saturday December 19, 2:30 – 3:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speakers:

Brian Gimmillaro, Master Coaches

Ruth Nelson, Master Coaches & BYOP

This presentation will take you through a teaching progression emphasizing the key words to teach effective defensive technique. Volleyball is unique in that it is the only sport that does not allow us to stop the ball or use a racquet to change the direction of the ball for a positive outcome. This session will be devoted to teaching how to use your body as an Instrument to manipulate the ball.

Drill Scoring Variations: How to Get the Most Out of a Drill by Modifying the Scoring System – presented by Gold Medal Squared (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Chris McGown, Gold Medal Squared Co-Founder

Often as a coach, we'd like to run a drill that focuses on a specific aspect of the game, or that promotes a certain set of behaviors in our athletes. Rather than try a dozen different drills, we can use the same, familiar, tried and tested drills that our players already know, but change the scoring system to accommodate a different emphasis. Some of the best coaches in the country take you through their favorite drills and how the scoring system changes to meet their needs, inspire their players, and to make the most of their practice time.

Coaching Generation Z (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Penny Lucas-White, Alabama State Head Women's Coach

Every generation of student-athletes bring changes that coaches must consider and adapt to in stride. Today's athletes belong to a group known as Generation Z. This group is born after 2000 and have been impacted by significant events during their young lives. There have been many social cultural and economic events that has shaped their perspective on life. While they are one of the best educated generations in history, they have also been identified as a generation with the shortest attention span with need for positive feedback.

We will explore Gen. Z's characteristics, strength and needs as well as best practices to get the best out of them during their time in your program. We will explore strategies to communicate effectively with Gen. Z, such as, setting clear expectations for practice, behavior, and engagement. We will implement how to ask open-ended questions to facilitate feedback that will give your athletes a voice. During this presentation we will create a laboratory to teach skills needed to deal with adversity, like losses and setbacks. This session will assist and equip coaches with tools to create a win-win for all involved.

Transition Offense: Teaching Our Athletes to Move Well, See Well & Communicate Well (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Keegan Cook, Washington Head Women's Coach

The essential challenge of coaching is the ability to communicate and ultimately share a vision of the game with our athletes. In this session, Coach Keegan Cook will tackle one of the most complex phases of the game, transition offense. Step inside the Washington gym for an inside look at individual tutor sessions, small groups games, and six on six transition offense games. Afterwards, a select number of attendees will have the option to join Coach Cook for a deeper dive in the live learning lab.

Blocking Technique, Training & Feedback (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: High School/Club - Advanced

Featured Speaker:

Renee Saunders, Skutt Catholic High School Head Women's Coach

Join Skutt Catholic Coach Renee Saunders as she takes you through the SkyHawks pre-practice for blockers. Utilizing an entire practice, from start to finish, is vital to creating confident and successful athletes. The ability to position train as part of your practice plays a part in this. Positional building blocks are laid early in practice so that the SkyHawks can focus on putting their individual skills to use in team play. Learn how the SkyHawks train their blockers to be technically sound and disciplined at the net in this session.

Talent Identification in the Recruiting Process – presented by USA Volleyball (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: College - Intermediate

Featured Speaker:

Peter Vint, USAV Chief of Sport

Screaming talents are easy to see. Beyond these, however, talent identification is messy, time consuming, and imprecise, at best. What you see may not be what you get. This seminar addresses the inextricable link between talent identification and athlete development and issues that contribute to the success or failure of these programs. Consequences of relative age effects, cognitive biases, and development histories will be discussed in the context of the recruitment process and the competitive aspirations of your program.

Developing Drills to Address Training Priorities (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: Beach - Advanced

Featured Speaker:

Angie Akers, International Beach Coach (April Ross & Alix Klineman)

This session will touch on the importance of using current team data, key performance indicators (KPIs), goal setting and established team priorities as building blocks for developing relevant drills. We will approach the question of "how can we develop drills for our teams that will take us to the next level and continue our process of improvement?" through the lens of how top international teams approach this goal and make it their own. Join Angie for a dive into the thoughtful and creative process of developing drills to address your team's training priorities.

Serving: Training and Tactics to Get your Opponents Out of System (Virtual Platform Section: Sessions)

Saturday December 19, 3:30 – 4:15 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Tom Black, Georgia Head Women's Coach

Aaron Benning, Georgia Assistant Women's Coach & Recruiting Coordinator

Getting your opponents out of system with tough serving is very valuable in the sport of volleyball. In this session Tom & Aaron will dive into how they train serving technique in their gym and what strategy they employ in matches to gain and edge over their opponent.

What we have Learned about Ourselves and our Sport and Where it will Take Us in 2021 and Beyond (Virtual Platform Section: Main Stage)

Saturday December 19, 4:30 – 4:45 p.m. ET

Suggested Audience/Level: All - Intermediate

Featured Speaker:

Kathy DeBoer, AVCA Executive Director

It would be naïve to say we have not lost a lot in the last nine months – championships, jobs, training opportunities & leaders – yet crisis always presents opportunities. Hear how volleyball and volleyball coaches will recover and reinvent our sport and our craft.