

## USA VOLLEYBALL, ALAMO & VIPER VOLLEYBALL CLUBS SITTING VOLLEYBALL CLINIC AGENDA



<b>Title:</b>	Sitting Volleyball Clinic
<b>Location:</b>	J. Brought Fitness Center, Ft. Sam Houston, San Antonio TX
<b>Date:</b>	June 1, 2009 9:00 a.m. to 11:00 a.m.

Start	End	Time	Item	Contact
9:00 AM	9:10 AM	:10	Introductions, facility overview, discuss clinic objectives	MWR Rep, John Kessel
9:10 AM	9:15 AM	:05	Sitting Volleyball history, handout, USA Volleyball role	John Kessel
9:15 AM	9:30 AM	:15	Sitting Volleyball Rules and Guidelines; court set up	John Kessel
9:30 AM	9:40 AM	:10	Developing a sitting volleyball program	John Kessel
9:40 AM	9:55 AM	:15	Training coaches "How to teach the game"	John Kessel
9:55 AM	10:00 AM	:05	Break if needed	John Kessel
10:00 AM	10:10 AM	:10	Player selection; young/old, able/disabled body players	John Kessel
10:10 AM	10:40 AM	:30	Teaching/learning sitting volleyball drills	John Kessel
10:40 AM	10:55 AM	:15	Play	Players & coaches
10:55 AM	11:00 AM	:05	Clinic overview, closing remarks	John Kessel
<b>Total</b>		<b>2:00</b>		

**Equipment Requirements: Court will be set up prior to the start of the clinic**

Court with sit vball arrangements	
Video project	Handouts (cadre discretion)
Video Screen	- Guide to Disabled volleyball
Volleyballs 25-30 with two carts	- Developing a Sitting Volleyball Program
Power cords	- Sitting Volleyball Drills
Bleachers to seat 100 attendees	

**Last update: 4/2/2009**