

# (July 30 – August 1, 2010) Sarah Lawrence College - CAP I COURSE WEEKEND SCHEDULE

## CAP Level I Schedule - DAY 1

**7:30-8:00 AM**

Participant Check in (classroom #1) (SLC Staff)

**8:00 – 8:30 AM** (30 min)

Welcome and Introductions (classroom) (SLC Staff & Cadre)

**8:30 – 10:30 PM** (120 min) (Don) -SERVING, (Tom)-PASSING, (Don) - SETTING, (Tom) - ATTACKING)

FUNDAMENTALS of 4 BASIC CAP LEVEL I SKILLS (Gym)

**10:35 AM – 11:45 AM** (70 min) (Tom)

MOTOR SKILL LEARNING THEORY (Classroom)

**11:45—12:45 PM** (60 min) LUNCH

**12:45 – 2:15 PM** (90 min) (Don & Tom)

TEACHING THE SKILLS and CADRE OBSERVATIONS, EVAL. and FEEDBACK (Classroom/then Gym)

**2:15 – 2:20 PM** ~ BREAK/Transition to Classroom~

**2:20—3:35 PM** (75 min) (Don) (Classroom)

COACHING PHILOSOPHY, ETHICS and LEGAL DUTIES

**3:35 – 3:40 PM** ~ BREAK~

**3:40 - 4:55 PM** (75 Min) (Tom) (Classroom/Gym)

DRILL DESIGN: THEORY and IMPLEMENTATION

Drill Packets will be distributed here.

**4:55 – 5:15 PM** ~ BREAK/Transition to Classroom~

**5:15 – 6:30 PM** (75 min) (Don)

PRACTICE PREPARATION and EXECUTION (Classroom)

**6:30 PM** Day 1 ends - DINNER ON OWN

### SATURDAY - 6:45-8:30 pm – DINNER & DISCUSSION SESSION with CADRE:

First 10 coaches to register for a FULL CAP I Course will receive a seat FREE! Informal dinner to be served on-site following the last session on Saturday evening. This is your chance to pick the brains of the CAP Cadre & ask all those unasked questions from the day!

## CAP Level I Schedule - DAY 2 (MODULES)

NOTES: Gym (G) and Classroom (C) sessions are indicated on the schedule. On Saturday evening before leaving the course site, participants will choose either the A or B topic for each of the first 3 Module time slots on Sunday. If pre-purchasing any additional fee Modules for Sunday afternoon, please communicate those choices as well.

**USA V-CAP reserves the right to cancel any on-court Module sessions with fewer than 6 pre-registered participants. If this occurs, then attendees will be notified and re-assigned to the remaining available Module Topic for that time block.**

**8:00 - 9:10 AM** (70 min) DRILL SHARING & CRITIQUE (Gym) (Tom & Don)

**9:15 – 10:25 AM** Included Module #1

OR Session A: Intro to Middle Attack Techniques (G) (Don)  
Session B: Intro to Serve Rec. Sys. Organization (G) (Tom)

**10:30- 11:40 AM** Included Module #2

OR Session A: Intro to Blocking Techniques (G) (Tom)  
Session B: Intro to Dig and Ind. Floor Defense Tech. (G) (Don)

**11:45– 12:55 PM** Included Module #3

OR Session A: Intro to Offense Sys. Organization (C/G) (Don)  
Session B: Running a Practice on the Court (C then G) (Tom)

**1:00 PM—1:30 PM** (or alternate schedule from 2:15-2:45 pm)  
General Wrap Up Meeting for ALL CAP I, regarding paperwork & accreditation requirements (HOST & CADRE)

Those who purchased 1 additional CAP Level I Module will choose ONE TOPIC from the 1:15 PM sessions.

**1:30 - 2:30 PM~ LUNCH ON OWN** (or alternate schedule @ 2:45 pm)

**2:30-3:45 PM** Additional Module #1 (Add'l Fee)  
(or alternate schedule from 1:00-2:15 pm)

OR Session A: Intro to Match Management & Stats (C) (Don)  
Session B: Intro to Defense Sys. Organization (C/G) (Tom)

**NOTE - Alternate Schedule: Participants will be polled on Saturday evening as to whether or not they want a true lunch break on Sunday or prefer to work thru it & get done earlier. If they choose to work thru, the following amended schedule will be used:**

**1:00—1:30 PM**  
General Wrap Up Meeting for ALL CAP I students NOT staying for the last Additional Module - regarding paper-work & accreditation requirements. (HOST)

**1:00 -2:15 PM**  
Additional Module #1 (Add'l Fee)

**2:15—2:45 PM**  
General Wrap Up Meeting for ALL remaining CAP I students regarding paper-work & accreditation requirements. (HOST & CADRE)