

SAMPLE - CAP COURSE WEEKEND SCHEDULE- DRAFT

CAP Level I Schedule - DAY 1

7:30-8:00 AM

Participant Check in (classroom #1) (Host)

8:00 – 8:30 AM (30 min)

Welcome and Introductions (classroom) (Host & Cadre)
COMBINED WITH LEVEL II's

8:30 – 10:30 PM (120 min) () – SERVING PASSING,
- SETTING ATTACKING)
FUNDAMENTALS of 4 BASIC CAP LEVEL I SKILLS (Gym)

10:35 AM – 11:45 AM (70 min) ()

MOTOR SKILL LEARNING THEORY (Classroom)

11:45—12:45 PM (60 min) LUNCH

12:45 – 2:15 PM (90 min) ()

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) () (Classroom)

COACHING PHILOSOPHY, ETHICS and LEGAL DUTIES

3:35 – 3:40 PM ~ BREAK~

3:40 - 4:55 PM (75 Min) () (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) ()

PRACTICE PREPARATION and EXECUTION (Classroom)

6:30 – 6:35 PM (5 Min) ~ BREAK/Transition to Gym~

6:35 - 7:45 PM (70 min) DRILL SHARING & CRITIQUE (Gym)

()

7:45 PM Day 1 ends - DINNER ON OWN

CAP Level II Schedule - DAY 1

7:30-8:00 AM

Participant Check in (classroom #2) (Host)

8:00 – 8:30 AM (30 min)

Welcome and Introductions (classroom) (Host & Cadre)
COMBINED WITH LEVEL I's

8:30 – 9:35 AM (65 min) ()

DEVELOPING GUIDING PRINCIPLES (Classroom)

9:35 AM – 10:35 AM (60 min) ()

DEVELOPING TEAM SYSTEMS OF PLAY (Classroom)

10:35 AM – 10:40 AM (5 Min) BREAK / Transition to Gym

10:40 AM – 11:45 AM (65 min) ()

BUILDING THE SERVE RECEIVE OFFENSE (Gym)

11:45—12:45 PM (60 min) LUNCH

12:45 PM- 2:15 PM (90 Min) ()

BUILDING TEAM DEFENSE: BLOCKING and FLOOR DEF. (Gym)

2:15 – 2:20 PM (5 Min) ~ BREAK ~

2:20—3:35 PM (75 min)

OUT-OF-SYSTEM SYSTEMS (Gym) ()

3:35 – 3:40 PM ~ BREAK/Transition to Classroom~

3:40-4:55 PM (75 Min) TEAM BUILDING-- COHESION,

COMMUNICATION and TRUST (Classroom) ()

4:55 – 5:15 PM (5 Min) ~ BREAK/Transition to Gym~

5:15 – 6:30 PM (75 min) ()

TEAM DRILLS- TEACHING THE SYSTEMS (Gym)

Drill Packets will be distributed here.

6:30 – 6:35 PM ~ BREAK/Transition to Classroom~

6:35 – 7:45 PM Included Module #1

OR Session A: Charting (Your Team) & Stats (C) ()

Session B: College Recruiting Issues (C) ()

7:45 PM Day 1 ends - DINNER ON OWN

Sunday, DAY 2: CAP Level I MODULES

NOTES: Gym (G) and Classroom (C) sessions are indicated on the schedule. Participants must choose either the A or B topic for each of the Saturday night and first 2 Module time slots on Sunday and forward their choices to the CAP office. If pre-purchasing any additional fee Modules, forward those choices as well.

USAV-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 Included Module #1

OR Session A: Intro to Middle Attack Techniques (G) ()

Session B: Intro to Serve Rec. Sys. Organization (G) ()

9:10- 10:20 AM Included Module #2

OR Session A: Intro to Blocking Techniques (G) ()

Session B: Intro to Digging and Ind. Floor Defense Tech. (G) ()

10:20 – 11:30 AM Included Module #3

OR Session A: Intro to Offense Sys. Organization (C/G) ()

Session B: Running a Practice on the Court (C then G) ()

11:30—12:00 PM

General Wrap Up Meeting for ALL CAP I & II, regarding paperwork & accreditation requirements. (HOST & CADRE)

Those who purchased 1 additional CAP Level I Module will choose **ONE TOPIC** from the 1:30 PM sessions.

12:00 - 1:00 PM ~ LUNCH ON OWN~

1:00-2:10 PM Additional Module #1 (Add'l Fee)

OR Session A: Intro to Match Management & Stats (C) ()

OR Parent & Fan Issues (C)

OR Session B: Intro to Setter Techniques (G) ()

OR Intro to Defense Sys. Organization (C/G)

HOST- these are possible additional CAP I module topics the host may choose to include so also indicate your interest in offering any of these:

1. QUIT RUNNING IN CIRCLES! GAMES TO PLAY TO WARM UP (G) ()
2. INTRO TO THEORY OF THE "CAULDRON" (C) ()

Sunday, DAY 2: CAP Level II MODULES

NOTES: Gym (G) and Classroom (C) sessions are indicated on the schedule. Participants must choose either the A or B topic for each of the Saturday night and first 3 Module time slots on Sunday and forward their choices to the CAP office. If pre-purchasing additional fee Modules, forward those choices as well.

USAV-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 Included Module #2

OR Session A: Sport Psychology for Coaches and Athletes (C) ()

Session B: Contrasting Serve Receive Offensive Systems (G) ()

9:10- 10:20 AM Included Module #3

OR Session A: Scouting (Your Opponent) & Stats (C) ()

Session B: Contrasting Team Offensive Systems (G) ()

10:20 – 11:30 AM Included Module #4

OR Session A: Contrasting Team Defensive Systems (G) ()

Session B: Running a Practice On the Court (C then G) ()

11:30—12:00 PM (or alternate schedule @ 1:50- 2:20)

General Wrap Up Meeting for ALL CAP I & II, regarding paperwork & accreditation requirements (HOST & CADRE)

Those who purchased one additional Level II Module will return for the 1:30 session.

Those who purchased the 2nd additional Level II Module will stay on for the 2:50 session.

12:00 - 1:00 PM ~ LUNCH ON OWN~

OR **1:00-2:10 PM** Additional Module #1 (Add'l Fee)

(or alternate schedule from 11:30-12:40)

OR Session A: Attacker Roles (G) ()

Session B: Condition for Strength and Power (C) ()

2:10 – 3:20 PM Additional Module #2 (Add'l Fee)

(or alternate schedule from 12:40-1:50)

OR Session A: Training the Libero (G) ()

Session B: Training the Jump Serve (G) ()

HOST - These are possible additional CAP II module topics the host may choose to include, so also indicate your interest in offering any of these:

1. QUIT RUNNING IN CIRCLES! GAMES TO PLAY TO WARM UP (G) ()
2. PERIODIZATION: PLANNING YOUR PRE-SEASON (C) ()
3. ADVANCED SETTER TRAINING (G) ()
4. MATCH MANAGEMENT: GAME TACTICS AND IN-GAME ADJUSTMENTS - LINE UPS, MATCH UPS & TIME OUTS (C) ()
5. PERIODIZATION: PLANNING YOUR OFF-SEASON (C) ()
6. NUTRITION FOR VOLLEYBALL SUCCESS (C) ()
7. INTRO TO THEORY OF THE "CAULDRON" (C) ()
8. IMPLEMENTING THE "CAULDRON" ON YOUR COURT (C) ()
9. DRILL SHARING & CRITIQUE (G) ()
10. DEVELOPING LEADERSHIP/FOLLOWERSHIP: CHOOSING CAPTAINS (C) ()
11. DEFENDING AGAINST THE SLIDE (G) ()