

2018 TEXAS VOLLEYBALL COACHES CLINIC

Location: University of Texas, Texas Volleyball Player Development Center – North End Zone of the DKR Football Stadium – Floor B2

Date: Saturday, March 24, 2018

Schedule of Events

7:30 AM **Registration – North End Zone of Football Stadium - Food Court**

8:00 AM **Welcome and Introduction to Clinic (Head Coach Jerritt Elliott)**

8:15 AM – **Group 1** **Topic TBD**
9:15 AM **(Gym)** Jan Barker

Group 2 **Laying the Foundation: Principles, Progressions, and**
(UT Weight Room) **Programming for Volleyball Performance**
Donnie Maib

9:20 AM – **Group 2** **Topic TBD (Gym)**
10:20 AM **(Gym)** Jan Barker

Group 1 **Laying the Foundation: Principles, Progressions, and**
(UT Weight Room) **Programming for Volleyball Performance**
Donnie Maib

10:30 AM – **Topic TBD**
11:15 AM Salima Rockwell

11:30 AM – **Lunch in the North End Zone w/ Texas Volleyball Players and Staff**
12:30 PM

12:45 PM – **Connecting the Wires....Pre-practice Routines**
1:30 PM Deann Koehler

1:30 PM – **Texas Volleyball Team Training Sessions with University of North Texas**
2:45 PM Jerritt Elliott / Tonya Johnson / Erik Sullivan
 – Team Systems
 – Competitive 6 on 6 Drills

2:45 PM – **Scrimmage | Texas vs University of North Texas**
4:15 PM

4:15 PM – **Q & A**
4:30 PM Texas Volleyball Players and Coaching Staff