

VOLLEYBALL ALL-STAR COACHING SCHOOL

WEDNESDAY, JULY 23

8:00 – 9:00 a.m.

New Coaches Orientation Clinic

Alvin Briggs, AHSADCA

THURSDAY, JULY 24

8:30 – 10:00 a.m.

Competitive Small Group Warm-Up Drills

Jeff White, Birmingham-Southern College

10:00 – 11:00 a.m.

Rules Clinic

11:00 – 12:00 p.m.

6 vs. 6 Drills

Jeff White, Birmingham-Southern College

12:00 – 1:00 p.m.

FCA Coaches Luncheon (Free – Reservation Required)

Mark Richt, University of Georgia

1:30 – 2:30 p.m.

Round Table Discussion

- Topics That Relate to Middle School and Varsity Teams...Drills, Drills, Drills...It's the Journey Not the Destination...Team Dynamics...Practice Concepts... Team Goals**

Questions and Answers

Jeff White, Birmingham-Southern College

Julie Sinclair, Montgomery Academy

David Clark, Jacksonville High School

Brenda Mayes, Muscle Shoals High School

Katie Riggins, Hewitt-Trussville High School

4:00 p.m.

All-Star Volleyball Game

Faulkner University



Jeff White



Julie Sinclair



David Clark



Brenda Mayes



Katie Riggins