



## Gold Medal Squared Clinic Agenda

*Friday 7.5.2010*

16.00 – 20.00 (Classroom)  
Introductions  
Establishing Fundamental Beliefs

*Saturday 8.5.2010*

8.30 – 12.30 (Gym)  
Fundamental skill mechanics  
1. Forearm passing  
2. Serve  
3. Attack  
4. Overhead passing  
5. Individual defense  
6. Individual blocking

### **LUNCH**

14.00 - 16.00 (Classroom)  
USA and other team videos  
Principles of team defense

16.15 – 17.45 (Gym)  
Practice of team defense

18.00 – 20.00 (Classroom)  
USA and other team videos  
Developing your team through statistics

*Sunday 9.5.2010*

8.30 – 10.30 (Classroom)  
USA and other team videos  
Principles of team offense

10.45 – 12.30 (Gym)  
Practice of team offense

**LUNCH**

14.00 – 17.45 (Gym)  
Developing a Setter  
USA Drills

18.00 – 19.30 (Classroom)  
USA and other team videos