

WOWPAC
Midwest Satellite Coaching Clinic
February 7-8, 2015

Agenda

Saturday, February 7th

8:00-8:30am	Welcome , Introductions & History
8:30-9:30am	Fundamental/Warm Up Drills
9:30-9:45am	Break
9:45-11:15am	Position Specific Drills
11:15-11:30am	Questions and Answers
11:30-12:00pm	Pool Demo Goalie Drills
12:00-12:30pm	Thick Skin Is IN
12:30-1:00pm	Mentoring Session #1
1:00-1:45pm	Lunch Break
1:45-2:00pm	Bands
2:00-3:15pm	Front Court Defense and Offense
3:15-3:30pm	Break

3:30-4:15pm	How to Plan a Season How to Plan a Training Session
4:15-4:30pm	Break
4:30-6:00pm	5/6 and 6/5
6:00pm	Closing Remarks

Sunday, February 8th

7:30-8:00am	Meeting with Coaches Hand out Assignments
8:00-10:00am	On Deck – Coaching
10:00-10:15pm	Break
10:15-10:45	Discussions on Coaching Assignments
10:45–11:00pm	Bands
11:00-12:45pm	Parents Workshop
12:45-1:00pm	Coaching Style
1:00-1:45pm	Mentoring Session #2 Final Questions?
1:45-2:00pm	Closing Remarks