

October 2010

Old Dominion Region Newsletter

Bill Neville

Hopefully you've heard about the Bill Neville coaching clinic that the Old Dominion Region of USA Volleyball is offering in conjunction with VCU Volleyball. The ODR's purpose in offering this clinic is to improve volleyball within the region. One of the best ways we can do that is to encourage, rejuvenate, and educate our coaches. This clinic is open to ALL who coach volleyball including public and private school, high school, middle school, and club teams. Bill is a very entertaining and insightful speaker who stresses ways to motivate your players and get the most you can from them. Why not let Bill's presentation excite your coaches and remind them how much fun it is to work with the kids, motivate them, and see them become successful as a team?

At \$25 the cost is extremely affordable. The ODR is picking up the cost of having Bill come to Richmond. The \$25 fee covers lunch, entry into the VCU v UNC-Wilmington match that evening at 7:00, and helps pay for the use of the Siegel Center. Bill has coached three USA Mens Olympic teams, and brought home the Gold in 1984. Please don't let your coaches miss this opportunity.



Bill Neville clinic topics

The outline of what will be covered in the clinic includes:

- 1. "Inspirational / Motivational" talk (the Dream)*
- 2. Teaching the skills. NOTE: The focus is on HOW to teach them – not teaching them.*
- 3. Drills to teach how the skills are applied to the game. (Situational training single to multiple tasks)*
- 4. Teaching team play: competitive drills.*
- 5. Creating games to teach the game.*
- 6. Designing a practice plan.*
- 7. Anatomy of a drill*

Please don't let your coaches miss this opportunity. Additional information available on www.odrvb.org .



2011 Junior Tournament Schedule

Is being developed now and will be released in December. If you are interested in hosting a tournament please contact Dorothy McIntyre at dcmcintyre@verizon.net for girls events and Beth Wirt at wirteh@cox.net for boys events.



We need a Coordinator for our Adult teams!

We currently have a Boys Coordinator (Beth Wirt) and a Girls Coordinator (Dorothy McIntyre) but we do not have an Adult Coordinator. The responsibilities are:

- *Establish a schedule for adult play within the region*
- *Encourage more players and teams to participate within the region*
- *Check team rosters, and submit score sheets to our Scorekeeper Chair Patsy Neal*

If you are interested in this paid position please contact Alecia Hairston at Alecia1008@hotmail.com.