

Indoor Performance Coach Workshop (Ottawa)

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	Thursday, June 6		Friday, June 7			Saturday, June 8				
COURT	Classroom		CRT 1	CRT 2	court/class	CRT 1	CRT 2	court/class		
7:30	Breakfast		Breakfast			Breakfast				
8:00			travel to venue			travel to venue				
8:30	Classroom Debrief of Pre-Workshop Task VC PA Process Biomechanics Cases 2-3 Debrief				Day 2 Overview			Day 3 Overview		
9:00			Systems and Serve & Pass			Block & Defend				
9:30			Practice		Practice		Observation Tasks and Filming (part 1)		Practice	
10:00										
10:30										
11:00										
11:30				Debrief				Debrief		
12:00	Lunch		Lunch			Lunch				
12:30										
13:00	Classroom Effective Intervention Cases 4-5 Overview of Day 2-3				Editing and Analyzing		Using Technology and Statistics for game planning and post-match analysis			
13:30										
14:00										
14:30			Set & Attack		Dress Rehearsal with Coaches					
15:00										
15:30			Practice		Practice				Observation Tasks and Filming (part 2)	
16:00										
16:30										
17:00				Debrief						
17:30						NCCP Workshop complete!				
18:00	Dinner		Dinner			Dinner				
18:30										
19:00					Homework					
19:30										
20:00										
20:30										
21:00										
21:30										
22:00										
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23:30										