

## 2023 NJSIAA Volleyball Coaching Clinic Agenda

Time	Location	Presenter	Topic
9:00 - 9:50	108	Kevin Jones	Tryouts: Format, Efficiency, and Modifications
9:00 - 9:50	109	Jason Ulrich	Practice Routines
9:00 - 9:50	110	Mike Tully	Hidden Gems - spotting the superstar that no one else sees
9:00 - 9:50	111	Scott Atkinson	Everything a first or second year coach needs to know
9:00 - 9:50	112	Carlo Edra	5-1 vs 6-2 and why a coach chooses one over the other

Time	Location	Presenter	Topic
10:00 - 10:50	108	Andrew Hopman	All about volleyball statistics
10:00 - 10:50	109	Rob Spier	How to make you middle faster
10:00 - 10:50	110	Joe Romayo	Defensive systems - perimeter vs read defense
10:00 - 10:50	Weight Room	Bobby VanSciver	How to incorporate weight training into your in-season and out of season practices
12:00 - 12:50	111	Scott Atkinson	How to train liberos

Lunch & Volleyball Roundtable Discussion - panel to be announced

11:00 - 11:50

Time	Location	Presenter	Topic
12:00 - 12:50	108	Joe Romayo	Player rating systems for practice and matches
12:00 - 12:50	109	Jeff Deyoung	Volleyball Technology Smackdown
12:00 - 12:50	110	Ron Caponigro	How to make serving a weapon
12:00 - 12:50	111	Mike Tully	Are we teaching the game all wrong ?
12:00 - 12:50	112	Jack Killion	Practice drills to improve competitiveness
12:00 - 12:50	104	Scott Atkinson	How to train liberos

## Bios and topic

### ***Joe Romayo***

This year Joe begins his 15th year in coaching HS VB at Lacey HS, History teacher and Ocean County College Professor. He is the founding JV coach for the Boys Program and has been the head coach of Lacey Boys VB for the last 8 years, second year as the JV girls coach.

#### ***Player Rating Systems for Practices and Matches***

An introduction to approaches you can use to track player progress and growth in particular skills during the tryout period and for the season. Just like SGO's in the classroom, using player rating system data to track a player's growth in skills, by position, can lead to increased performance, increased competition for playing time, and achievement of season and program goals in a more efficient manner than just tracking basic volleyball statistics. Sample skill rubrics by position will be distributed and gone over as well as how those sample skill rubrics by position can be transformed into a spreadsheet that tracks daily, weekly and total season average performance on a 0-4 scale. By the end of the session you should have an idea of how you can adapt these sample rubrics to your specific style as a coach, program goals, and player/program skill level.

#### ***Defensive Systems***

An introduction to a variety of defensive systems that will cover perimeter defense, man up defense, rotational defense, middle d, circle d, and triangle d. Forms of hybrid defenses will also be introduced as well as when each defense should be used, positioning, strengths and weaknesses of each system, and which systems may be better for a boys program vs a girls program.

### ***Mike Tully***

Mike Tully began his coaching career as a volunteer who knew nothing about the game. He fell in love with the sport and has since coached at the middle school, high school, club and college levels. His hunger for knowledge has taken him to multiple states as well as to Europe. He has gone through various phases: knowing nothing, knowing everything, then knowing what he doesn't know. He has three children and a beautiful and patient wife.

### ***Hidden Gems - Spotting the Superstar That No One Else Sees***

Every coach, regardless of experience, is always concerned that the next superstar may be in their gym and that they may miss them. Too many kids in the tryout. Not enough eyes to see them all. Mike is going to give insight into how to set up workouts, tryouts, and training sessions so that you can spot a player's strengths and what things you should be on the lookout for when judging volleyball talent.

### ***Ron Caponigro***

Ron has been involved with volleyball since 1999. He has played competitive volleyball since 2001 in both indoor and AVP/GAV beach tournaments. Ron is in his 3rd season coaching at Burlington Township where he is head coach for the girls program and assistant coach of the boys program. He has led the girls program to two straight division titles in only the program's 4th year.

### ***Serving Technique and Game Play***

Serving is the only aspect of a volleyball game that can be controlled by a player. This seminar will teach the different ways a player can serve (float, topspin, hybrid, and jump serves), the technique of each, when to use each serve, and where to serve. Additionally, this seminar will provide serving drills and plans for coaches to implement during their practices.

### ***Scott Atkinson***

Scott has been coaching volleyball since 1997 when he took over the Moorestown girls program. Three years later he started the boys program at Moorestown and has, along the way, attended clinics, led discussion, and immersed himself in the art of coaching. Scott is currently the head girls and boys coach at Riverside where they began their program this year. Scott has a wife, Patty, who has assisted him all these years, 3 boys who are now men, and many friends in volleyball.

### ***Everything a first or second year coach needs to know***

Most coaches begin their coaching career looking strong on the outside, and falling apart every day. Coach Atkinson will be spending this session on the many ins and outs for a first or second-year coach from; communication, setting up practices, managing expectations, and a myriad of other topics young coaches need to hear.

### ***How to Train Your Liberos***

Many coaches have limited resources when it comes to facility and space. This session will focus on how to train a libero “inside” the training of your team. We will discuss drills, attitude, positioning, and the overall importance of having a libero the team can count on when the going gets tough.

### ***Kevin Jones***

Kevin began his coaching career in PA in 2005 and has coached in both the men's and women's game from middle school to 18's Nationals. He has been with the Hunterdon Central men's and women's volleyball programs since 2015 as an assistant and is now in his 4th year as the Head Coach of the women's volleyball team.

### ***Tryouts - Format, Efficiency, and Modifications***

Every program officially starts on the same day. Tryout days are your team's first in-season opportunities to get better. Are we being as efficient as possible with that time? There are more ways to observe and evaluate who is the right fit for your program right now and going forward aside from just physical skill execution. Let's check out what they are!

### ***Jeff DeYoung***

Jeff is entering his 25th season as the boys varsity coach at Vernon Township, where was the founding JV coach for the boys and girls programs. He is currently the head coach of the inaugural women's volleyball program at Sussex County Community College, a former member of the NJSIAA Boys Volleyball Rules Committee, and longtime member of the NJSIAA Boys Volleyball Seeding Committee. His boys have won multiple league titles, and he is an NJSCA Hall of Fame inductee. Jeff teaches STEM classes at his middle school, and apart from gym class volleyball, has learned the game from scratch, attending clinics, workshops, and everything in between when not home with his family.

## ***Volleyball Technology Roundtable Smackdown!***

Technology has found its way into everything, so how are we using it in volleyball? Let's talk about how technology can be integrated into our programs, from practice, to match day, to post-match review, to player/parent communication tools. We'll make some lists, demo some tools, and find ways to let the tech enhance the teaching.

### ***Rob Spier***

Rob Spier has been coaching in New Jersey for 19 years. He has been at Cinnaminson since both the boys and girls started. He was the Head coach for the girls for the first 7 years of the program and the boys coach for all 19 years.

#### ***How to make your middles faster***

Rob used to be a middle blocker way back in the 90s and loves the pace of a fast-run middle. One of the things he takes great pride in is being able to get the middles to run a fast 1 or 2 ball, and run a fast attack. The attack starts with the defense and always trying to put yourself in the best position to run a fast and accurate attack. Rob will show you what he has learned over the years on how to get the middles to run it faster and with more success

### ***Andrew Hopman***

Andrew Hopman's name is well known to most volleyball people in New Jersey. His teams are consistently well-prepared and compete at a high level. During his time at Old Bridge, Andrews teams have been 4-time Boys State Champions, Central Jersey Champions, Girls Central Champions, and 7-times Girls and Boys Greater Middlesex Conference Champions. Andrew has twice been named NFHS Coach of the Year, 2019 NJ.com Coach of the Year and multiple GMC Coach of the Year.