

**Chris Green**

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Team Canada Men's Volleyball  
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**Kari Schneider**

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Strength and Conditioning  
Team Canada Volleyball

Please note: Participants are asked to bring runners and athletic wear for participation in many of the activities.

**Part 1**

Team Building activities can be designed to create an environment for players to get to know each other or to foster growth from a tactical or philosophical point of view. This session will focus on the later. We will discuss drills designed to fix or solve tactical situations based on individual team needs.

We will have an open forum of questions that will then be visually and physically resolved on the gym floor.

Some basic concepts will include drills designed to overload a team function such as serving to defend or serve reception to offence.

Many of the drills we will look at here will be WASH oriented. These are drills designed to create multiple reception types with a focus on either defending, or attacking.

We will look at 2, 3 and 4 Ball Wash Drills, which will multi task rotations for any age level. All the drills can be modified to any age level and any skill level. We will look to drill organization, and means by which the drill flow is maintained.

Many of these drills can be and will be based around side out and then defend. ( e.g. 2 ball WASH) There will be drills, which will force teams to defend or side out on both attempts again depending on the focus of each individual team.

Wash Drills are a means of having team activities where players must focus and execute in each rotation in order to be successful in an efficient manor. Scoring will be discussed and again be made to fit your teams needs.

Be sure to bring a pad of paper and pens in order to diagram drills.

## **Part 2-- 2:00 pm**

Head Coach, Stelio DeRocco and our entire elite training facility here in Winnipeg, have seen a very dramatic need in earlier physical core strength development. Many of our athletes, by the time they reach us in any age category, are lacking in the area of core strength. We feel that much of this is due to our lack of resources for our grassroots coaches. The MVA and Team Canada Volleyball are very pleased to have this presenter bring her world-class knowledge and experience to all of you in order to provide ideas to help our young athletes. These will help all young athletes, not just Volleyball.

**Kari Schneider** is an amazing Certified Strength and Conditioning Specialist who understands our sport and its specific strength and conditioning needs. Kari is responsible for the strengthening and conditioning of Canada's Men and Women's teams based out of Winnipeg. Her work is as up to date as there is in the volleyball world. Kari will bring to you a wealth of knowledge and ideas to help you to incorporate core strength and team training ideas to give our young volleyball players the basics for developing into a long-term athlete. Kari Schneider will be an amazing asset to your coaching development and give you basic ideas to incorporate physical development into your training. She will show you how to do this with out specific or extra time needed to your training schedules, which we all know we have a hard time finding.

**Kari Schneider** is a Certified Strength and Conditioning Specialist, Technical Level II Olympic Lifting Coach, and Certified Athletic Therapist. Kari is the Manager of Strength and Conditioning for the Canadian Sport Center Manitoba and is the Strength Coach for various high performance teams such as the Men's and Women's National Volleyball Teams, The Manitoba National Triathlon Center and The Manitoba National Swim Center. Kari is also a Professional Fitness and Lifestyle Consultant through the Canadian Society of Exercise Physiology. She is the Provincial Director for the National Strength and Conditioning Association and uses variety of novel technologies in training such as Heart Rate Monitors and GPS. Kari is the owner of Empower Lifestyle & Conditioning and is currently pursuing her Master's in Exercise Physiology.

## **Part 3**

Blocking Techniques to teach Blocking and train blocking from a physical perspective.

This activity will focus on basic Blocking technique as well as means of training this skill to develop physical strength while maintaining technical development.

Be sure to bring a pad of paper and pens to diagram drills.  
Med Ball and Basketball training tools will be used.