Concordia University Irvine is proud to announce the Master of Arts Program in Coaching and Athletic Administration (MCAA) is offering a One-Week Summer Intensive Course focused on

**Advanced Theory and Strategy for Coaching Volleyball.**

This graduate-level class is designed for volleyball coaches and will implement a combination of classroom learning and practical application.

This educational opportunity will be led by Tom Pestolesi, Director of Volleyball at Irvine Valley College, CA.

Four units of graduate level credit. Non-degree seeking students are cordially invited to enroll.

For further information about this educational opportunity, please contact Dave Cowen – Conference Director (949) 214-3262, dave.cowen@cui.edu
Katie Carson – (949) 214-3266, katie.carson@cui.edu
# MCAA 576 Advanced Theory and Strategy for Coaching Volleyball

**Instructor:** Tom Pestolesi, IVC  
**Email:** tpestolesi@ivc.edu

**Master of Arts in Coaching & Athletic Administration**  
Concordia University Irvine, CA  
**Term:** Summer, 2013  
**Units:** 4 Units  
**Class Meetings:** Monday — Friday, June 24-28, 2013

**Course Description:** This class will provide volleyball coaches with advanced training to improve coaching in volleyball. Discussion will include coaching philosophy, difference in the men’s and women’s game, training techniques in practice, coaching strategy, use of technology in practice and matches, sand volleyball, and running of high school, club and collegiate programs. The class will cover the various skills of volleyball, including attacking, blocking, setting, passing and serving.

*Locations and Course Information Subject to Change.*  
*Requires class attendance as well as participation in pre and post attendance online learning requirements.*

### Day One, Morning Session (Concordia Campus)
- VC Volleyball
- Philosophy
- Team Culture
- Recruiting (2 teams)
- Staff
- Team Development
- Picking Captains
- Schedule

### Day One, Afternoon Session (IVC Gym)
- Dynamic warm-up and cool-down
- Games
- Coaching Individual skills: Forearm pass, Overhand pass, Setting

### Day Two, Morning Session (IVC)
- Managing a Program (A.D., marketing, budget, etc.)
- Organizing Practice (daily goals, drills)

### Day Two, Afternoon Session (IVC Gym)
- Defensive Philosophy
- Coaching Individual Skills: Blocking, Serving, Digging, Attacking

### Day Three, Morning Session (IVC Gym)
- Designing an efficient practice
- Practice at a high level

### Day Three, Afternoon Session (IVC Gym)
- Blocking Drills
- Philosophy
- Footwork
- Terminology

### Day Four, Morning Session (IVC Gym)
- Video Analysis: Software, Scouting, Self-Teaching, Flip
- Recruiting: High School; Community College; Division I, II, III; NAIA
- Rules/Types of Players

### Day Four, Afternoon Session (IVC Gym)
- Passing
- Serve Receive Formations
- Advanced Team Drills
- Wash Drills (Transition)

### Day Five, Morning Session (IVC Gym)
- Advanced Team Drills: Three Meter Games, Neville Drills
- Match Preparation
- Game Management
- Match Adjustments

### Day Five, Afternoon Session (IVC Gym)
- Developing a Sand Volleyball Program

*(Schedule and speakers subject to change.)*