



*Triangle Volleyball Club*

## COACHING CLINIC SERIES

*Triangle Volleyball Club's* mission is to “educate the whole person (student, athlete & more) through excellence in the sport of volleyball.” *Triangle* is equally committed to growing the sport in North Carolina.

To that end we have developed our **Coaching Clinic Series**; opportunities throughout the prep and club volleyball seasons to expand the coaching knowledge base in our area. The particular learning style preference of a coach; observation versus a more structured environment; should be a consideration when selecting a clinic from the *Triangle* Coaching Clinic Series.

### **CAMP DROP-IN & OBSERVE**

Our summer camp program offers over 500 hours of quality instruction for student-athletes of all ages and abilities. The structure and format of these camps also provides for a unique opportunity for “on the court” training for coaches interested in observing the training practices and methods utilized in the *Triangle* coaching system. One of our most popular camps, Ball Control Camp (BCC), trains student-athletes in the style of play utilized by *Triangle* and serves as the foundation of our club volleyball program. Many coaches have found observation of camps such as BCC very beneficial.

*Cost: Same rate as camp applies, advance arrangements required*

### **SEASONAL COACHING CLINICS**

Conducted by our most highly trained and experienced staff these clinics include a thorough skills review; presentation and demonstration of effective training methods and drills; and offensive and defensive strategies.

Courses include both on-court and classroom style instruction. Time is allotted for questions and answer with clinic participants.

*Cost: Depending on court time and course content. Refer to specific clinic for details. Minimum camp sizes apply*

*For more information or to register for a Coaching Clinic Series please contact us at 919.544.9400 or [info@trianglevolleyball.org](mailto:info@trianglevolleyball.org)*