



### FREE COACHES CLINICS

Matchpoint Volleyball has been at the forefront of bringing volleyball to you and now we are pleased to be able to bring our knowledgeable coaching staff to you at **NO COST!**

#### Clinicians

**Steve Colpus**, former National Coach of both the Junior and Senior National Teams of England and served on the coaching staff of the Ohio State University Women's Team for the past five years. Steve is an FIVB Stage 2 International Coach and a regular keynote presenter at the Ohio High School Coaches Association clinics.

**Jeanne Colpus**, MTV's "Made" GI Jeanne. Jeanne is a CAP III USAV Coach, IMPACT trainer and is also one of the few VCAP trainers in the country which is a course specifically designed to improve speed, strength and jumping ability for volleyball players. She is also a former Division 1 Collegiate player.

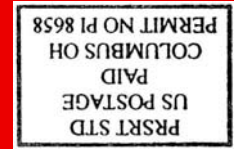
You choose your topics from the list below or make your own request!

- Teaching Fundamentals
- Developing Team Defense
- Drills from Around the World
- Developing Team Offense
- Serving as a Weapon
- Volleyball Specific Conditioning
- Make the Most of your Libero
- Drills, Drills and more Drills
- Coaching Philosophies & Styles
- Peaking your Team at the Right Time

You choose the date, time, place, duration and content of your clinic.

The host organization will be responsible for marketing the clinic to coaches in your area and will receive the current Matchpoint DVD Instructional set free! A minimum of 10 coaches are needed for the clinic.

**if you would like to register to host a free clinic, just send an email to:**  
[info@matchpointvolleyball.net](mailto:info@matchpointvolleyball.net)



# Coach and Player Education



Dartfish Video Technology for Coaches & Players

VCAP Strength, Speed & Agility for volleyball



Free Coaches Clinics at your location!

## A unique opportunity for coaches and the volleyball athlete

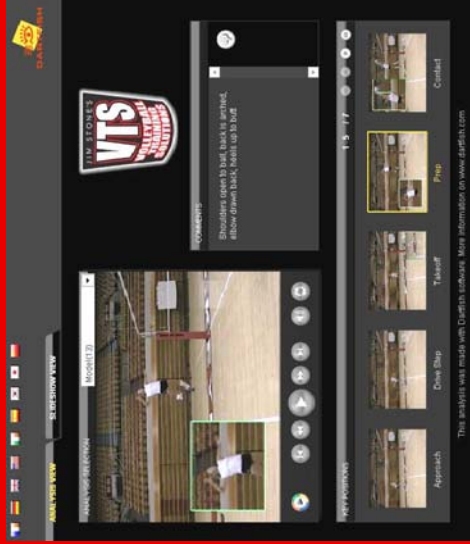


**MATCHPOINT**  
BETTER VOLLEYBALL



PO Box 218415  
Columbus, OH 43221  
Phone: 614.206.6140  
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# Jim Stone's Volleyball Training Solutions



Jim Stone Volleyball Training Solutions (VTS) is designed to provide training knowledge that will help volleyball players and coaches to take their game to a higher level.

**The Site:** [www.volleyballsolutions.com](http://www.volleyballsolutions.com)

A web based site with a private, password protected page for all coaches and players

Experienced staff of coaches assist with both player and coach development

**For the Coach**

VTS can provide the coach with video of skills, team systems, teaching techniques, drills, practice organization tips, interviews and articles from leading coaches

Dartfish technology is used to help the coach understand the important components of volleyball skills. This includes frame by frame analysis with written and voice instructions to assist your teaching

The ability to receive player specific analysis for skill development

Strength training, jump training and agility programs for your team

Strategies to assist in team development and game coaching

A private, password protected page for each coach to allow individual communication with staff

**For the Player**

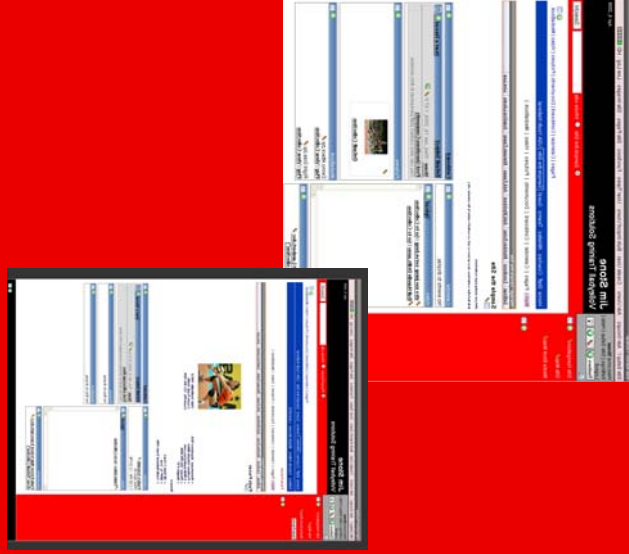
Have your volleyball skills analyzed with slow motion, frame by frame video with written and voice instructions to emphasize key components and drills for improvement

Individualized and monitored fitness programs to improve strength, jump and agility

Nutrition information

A private recruit page to allow college coaches to view your video and background information

A private, password protected page for each player



All inquiries for VTS should be directed to:

**Jim Stone  
Volleyball Training Solutions**

**PO Box 3626**

**Dublin, OH 43016**

**(614) 319-3292**

**[www.volleyballsolutions.com](http://www.volleyballsolutions.com)**

**VCAP**

**USA VOLLEYBALL  
VOLLEYBALL CONDITIONING  
CLINICS**



**Instructed By: Jeanne Colpus,  
President of Matchpoint Volleyball Inc.,  
USAV CAP Level III coach,  
USAV Master VCAP Instructor**



**WHAT IS  
VCAP?**

VCAP is a 4-hour STRENGTH, SPEED and AGILITY CLINIC designed to **SPECIFICALLY TRAIN** the VOLLEYBALL ATHLETE. The Pre-Season or the Off-Season version of this Clinic is open to coaches of all levels, as well as to Strength and Conditioning professionals interested in training volleyball athletes for the specific demands of the game. The VCAP Clinic **INCLUDES** two USA Volleyball Coaching Accreditation Program (CAP) **MODULE CREDITS** toward a new or re-certification.



**HOW DO I  
GET  
INVOLVED?**

We are currently looking for coaches all across the country to host VCAP Clinics for 2008 and 2009.

If you are interested in learning more about this program and would like to get on the schedule to host a VCAP CLINIC in your area, or for additional information, please contact JEANNE COLPUS at

**[jeanne@matchpointvolleyball.net](mailto:jeanne@matchpointvolleyball.net)  
(614) 206-6140.**

**[www.matchpointvolleyball.net](http://www.matchpointvolleyball.net)**