



WITHOUT LIMITS

SOUTHEAST CAPTAINING 101 CLINIC

COACHES

Michelle Ng (Phoenix) mdng10@gmail.com	Chelsea Murphy (Ozone) murphy.chelsea@gmail.com	
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SATURDAY

10:00-10:30 (Classroom)

- Check-in / Registration (Michelle / FSU)

10:30-11:15 (Classroom)

- Overview of weekend (Michelle)
- Introduction of coaches (Michelle)

11:15-12:00 (Classroom)

- Developing A Season-Long Plan and Practice Planning (Michelle)

12:00-1:00 (On Own)

- Lunch

1:00-1:45 (Fields)

- Active warm-up (Chelsea)

1:45-2:45 (Fields)

- Offense (Chelsea)

2:45-3:45 (Fields)

- Defense (Chelsea)

3:45-4:45 (Fields)

- Scrimmaging with A Purpose (Michelle)

4:30-5:15 (Classroom)

- From Team to Program: Building Infrastructure (Michelle)

SUNDAY

9:30-10:15 (Classroom)

- Mental Toughness (Chelsea)

10:15-11:00 (Classroom)

- Panel Discussion (Michelle / Chelsea)



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11:00-11:45 (Classroom)

- Preparing for a Tournament (Before and During) (Chelsea)

11:45-12:45 (On Own)

- Lunch

12:45-1:45 (Classroom)

- From College to Club: Building A Club Team (Michelle)
- Answer questions from other sessions

1:45-2:45 (Fields)

- Strength and Conditioning (Chelsea)

2:45-3:15 (Fields)

- Warm-up (Chelsea)

3:15-4:00 Fields

- Scrimmaging (Michelle)
- Debrief (Michelle)