



VOLLEY CLINIC

December 20th to 29th 2021 | 6PM (GMT)

César Hernandez

Giovanni Guidetti

Jamie Morrison

Miguel Rivera

Rett Larson

ONLINE

More informations and registrations on:

geral@kairosport.pt

Carried out with the support of:



**matosinhos
sport**

PRESENTATION

We brought together a panel made up of five prestigious figures from the world's volleyball, so that everyone could learn from what they have to tell us and help some children have a happier Christmas.

SCHEDULE

Carried out in e-learning

Between December 20 and 29, 2021 – 6:00 pm to 8:00 pm – GMT (10 hours)

SPEAKERS AND CONTENTS

Schedule	Speakers	Contents
20/12/2021 6PM – 8PM (GMT)	César Hernandez Assistant coach of the Vakifbank Coach of the Korean Women's Volleyball Team	Ideas for planning your training week
21/12/2021 6PM – 8PM (GMT)	Jamie Morrison Coach of the US Under-19 National Team	The technique of each foundation
22/12/2021 6PM – 8PM (GMT)	Miguel Rivera Coach of the Club Voleibol Teruel	Offensive system, how to work
27/12/2021 6PM – 8PM (GMT)	Rett Larson Dutch national team physical trainer	Maximizing Your Warm-Up (and Cool-Down)
29/12/2021 6PM – 8PM (GMT)	Giovanni Guidetti Coach of the Vakifbank Coach of the Turkish Women's Volleyball Team	Questions and answers

REGISTRATION VALUE

Single value	25€*
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All profits revert to charities.

CONTACTS

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