

Ladies Football Coaching Convention 2010

Was: Ladies Football Coaching Convention Berlin
 Wann: Samstag 09.01. – Sonntag 10.01.2010
 Wo: Geschäftsstelle Pro Sport Berlin 24, Forckenbeckstr. 18, 14199 Berlin
 Ablauf: 45 Minuten Vorträge – 16 Vorträge (16 UE)
 Anerkannte Trainer Fort- und Weiterbildung für die Trainer C-Lizenz (AFCVBB)



Samstag, 09.01.2010

Zeit	Thema	Topic
10.00 – 10.45	Using the Slant Pattern Effective Bernd Gottschalk (Berlin Kobra Ladies)	Offense
10.45 – 11.00	Pause	
11.00 – 11.45	LB Techniques & Drills for the 3-4 Defense Sören Hauff (Flensburg Sealadies, AFVD)	Defense
11.45 – 12.00	Pause	
12.00 – 12.45	Coaching Long Snapper Florian Doering	Special Teams
12.45 – 13.00	Pause	
13.00 – 13.45	How To Develop A Strong Core Alexander Phillip (Berlin Kobra Ladies, AFCVBB)	Organisation, Conditioning
13.45 – 14.00	Pause	
14.00 – 14.45	Running Back Techniques & Drills Susanne Soboll (Bochum Miners, AFVNRW)	Offense
14.45 – 15.00	Pause	
15.00 – 15.45	Attacking The Offense With The 353 Defense Imke Steinmüller (Berlin Kobra Ladies)	Defense
15.45 – 16.00	Pause	
16.00 – 16.45	Installing The Sideline Kick Off Return Bernd Gottschalk (Berlin Kobra Ladies)	Special Teams
16.45 – 17.00	Pause	
17.00 – 17.45	Using Football Coaches Software For Playbooks & Scoutreports Karl-Heinz Scholz (Munich Cowboy Ladies)	Organisation, Conditioning
17.45 – 18.00	Pause	
18.00 – 18.45	Footwork Drills For The Offensive Line Florian Doering	Offense
20.00 – 23.00	Diskussionsrunde: Ladies Football Gegenwart und Zukunft! (OK! Ist eigentlich als Party gedacht! ;-)	<u>Schlängengrube:</u> Partykeller der BKL Nollendorfstrasse 13-14 10777 Berlin

Sonntag, 10.01.2010

Zeit	Thema	Topic
09.00 – 09.45	Rushing The Quarterback in Passing Situations Jörg Laurisch (Berlin Kobra Ladies)	Defense
09.45 – 10.00	Pause	
10.00 – 10.45	Coaching The Directional Kick Off Team Bernd Gottschalk (Berlin Kobra Ladies)	Special Teams
10.45 – 11.00	Pause	
11.00 – 11.45	Medicine Ball Training For Football Florian Doering	Organisation, Conditioning
11.45 – 12.00	Pause	
12.00 – 12.45	Stalk Blocking Techniques For Wide Receiver Alexander Phillip (Berlin Kobra Ladies, AFCVBB)	Offense
12.45 – 13.00	Pause	
13.00 – 13.45	Defeating The Block With The Forearm Shiver Technique – Imke Steinmüller (Berlin Kobra Ladies)	Defense
13.45 – 14.00	Pause	
14.00 – 14.45	Successfully Punt Defense Jörg Laurisch (Berlin Kobra Ladies)	Special Teams
14.45 – 15.00	Pause	
15.00 – 15.45	How to make ODK (Offense, Defense, Kicking) Intercut Game DVD's Bernd Gottschalk (Berlin Kobra Ladies)	Organisation, Conditioning
	Ende der Convention	