

# Team Canada Training Camp

May 14 – 15, 2022

Pan Am Sports Centre | 16 Main St Unionville, Markham, ON L3R 2E4

## Day 1: Saturday, May 14, 2022

<p><b>9:00am – 9:30am</b></p>	<p><b>Dodgeball Canada Welcome</b></p> <ul style="list-style-type: none"> <li>• Program Introduction</li> <li>• Housekeeping and Expectations</li> <li>• <b>Q&amp;A:</b> Question Procurement</li> </ul>
<p><b>9:30am – 10:00am</b></p>	<p><b>Team Canada Warm-Up</b></p> <ul style="list-style-type: none"> <li>• Lead entire group through the TC warm-up used in 2019             <ul style="list-style-type: none"> <li>○ Developed by Jason Li &amp; Victor Gravili</li> </ul> </li> </ul> <p><i>**Record and set expectations for level of warm-up moving forward**</i></p>
<p><b>10:00am-12:30pm</b></p>	<p><b>Individual Squad Skill Stations</b></p> <p>Some options include rotating stations, dividing up by squad and each coaching leading segments of the entire practice.</p> <ul style="list-style-type: none"> <li>• Each coach takes their squad from this point to run their own drills.</li> </ul> <p><b>Special Note:</b> Attendees who did not make a squad can choose which squad to join (gendered or mixed);</p>
<p><b>12:30pm - 1:30pm</b></p>	<p><b>Lunch Break</b></p> <ul style="list-style-type: none"> <li>• Q&amp;A: Provision of Answers</li> </ul>
<p><b>1:30pm-4:30pm</b></p>	<p><b>Individual Squad Training</b></p> <p>Divide into our selected squads and perform individual coach led trainings.</p> <ul style="list-style-type: none"> <li>• Individual team visions</li> <li>• Squad Photos &amp; headshots (rotating through the squads)</li> <li>• Squad based drills &amp; scrimmages</li> </ul> <p><b>Special Note:</b> For attendees who were not selected to squad, a coach will be appointed to you to lead programming for attendees who aren't on squad.</p>

## Day 2: Sunday, May 15, 2022

<b>9:00am – 9:30am</b>	<b>Team Canada Warm Up</b>  Following similar warm-up from Day 1.
<b>9:30am-10:30am</b>	<b>Foundational Drills (one group)</b>  Perform group drills (1 or 2 drills that the entire group can perform). Example: Waterfall style drills working on foundational skills (catching, blocking, dodging). <ul style="list-style-type: none"> <li>• Allows coaches time to provide feedback to all players (squad and not squad) on their fundamentals for self-guided training</li> <li>• Allows players a chance to implement feedback from day 1 from coaches (goes to coachability / player open-mindedness to learn).</li> </ul>
<b>10:30am-12:30pm</b>	<b>Individual Squad Training</b> <ul style="list-style-type: none"> <li>• Squad based drills</li> <li>• Squad scrimmages assessing chemistry, player utility, etc.</li> </ul> <p><b>Special Note:</b> For attendees who were not selected to squad, a coach will be appointed to you to lead programming for attendees who aren't on squad.</p>
<b>12:30pm - 1:00pm</b>	<b>Cool down and next steps</b>