



## AFVD Coaches Convention 2019

### Zeitplan

**Samstag 09.03.2019**

Uhrzeit	Ablauf
9:00	Begrüßung & Ablauf Convention
09.15 - 10.45	<b>Referat I</b> Referent: Mike Schmidt Thema: The 4-3 Cover 4 Defense: Easy Rules for any Level
10.45 - 12.15	<b>Referat II</b> Referent: Adam Winegarden Thema: Option Run Game
12.15 - 13.15	Mittagspause
13.30 - 15.00	<b>Referat III</b> Referent: Mike Schmidt Thema: Man Coverage: Applying different Techniques for your DB's
15.15 - 16.45	<b>Referat IV</b> Referent: Adam Winegarden Thema: Goalline Offense
16.45 - 18.15	<b>Referat V</b> Referent: Mike Schmidt Thema: Special Teams: Winning Special Teams; Consistency in Scheme and Techniques
18.15	Ende 1. Tag German Coaches Convention 2019
Sonntag 10.03.2019	
Uhrzeit	Ablauf
9.00 - 12.30	<b>Referat VI</b> Referent: Bjoern Klaiber Thema: - Regeländerungen 2019 - Illegaler tiefer Block - Roughing the Kicker - Roughing the Passer - Urbane Legenden
12.30 - 13.15	Mittagspause
13.15 - 16.30	<b>Referat VII</b> Referent: Simon Gavanda Thema: - Athletik Trainingsplanung Schnelligkeit Schritte zur Erstellung eines Trainingsplans für das footballspezifische Schnelligkeitstraining
16.30	Ende 2. Tag German Coaches Convention 2019