

Sports Shack

2010 18-OPEN GOLD MEDAL USA JUNIOR NATIONAL CHAMPIONS
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2011 CLUB VOLLEYBALL CLINICS

<u>Girls ages 12 & under</u>	<u>Girls ages 13/14</u>	<u>Girls ages 15 /16</u>	<u>Girls age 17</u>	<u>Girls age 18</u>
Date: Sunday, Sept 18 Time: 9:00am-10:30am Session: Fundamentals	Date: Sunday, Sept 11 Time: 9:00am-10:30am Session: Fundamentals	Date: Sunday, Sept 18 Time: 11:00am-1:00pm Session: All Skills	Date: Sunday, Sept 25 Time: 9:00am-11:00am Session: All Skills	Date: Sunday, Sept 25 Time: 9:00am-11:00am Session: All Skills
	Date: Sunday, Sept 25 Time: 11:30am-1:00pm Session: Setter/Hitter	Date: Sunday, Oct 16 Time: 12:30pm-2:00pm Session: Setter/Hitter	Date: Sunday, Oct 9 Time: 10:30am-12:00pm Session: Passing/Defense	Date: Sunday, Oct 9 Time: 12:30pm-2:00pm Session: Passing/Defense
		Date: Sunday, Oct 23 Time: *15's 9:00am-11:00am *16's 11:30am-1:30pm Session: Passing/Defense	Date: Sunday, Oct 30 Time: 9:00am-11:00am Session: Setter/Hitter	Date: Sunday, Oct 30 Time: 11:30am-1:30pm Session: Setter/Hitter

Fundamental Fridays Girls ages 7-14 Years

Dates: September 9, 16, 23 and 30

Time: 6:00pm-8:00pm

Fundamental Fridays:

This clinic session is geared to our younger more novice player. We will be stressing the fundamentals of the game; basic serving , passing , setting, and hitting will be addressed in a very informative way. We will make sure not to rush through skills but to spend time each evening on one skill and make sure that when you leave you will be comfortable in applying that skill to your game. Whether you have never played before or you just want to brush up on the basics please come by on Friday nights and learn the fundamental aspects of volleyball that will help you for years to come.

Setter/Hitter

The setter hitter Clinic will focus on all aspects of setting and hitting. Each Clinic will consist of a vast array of drills that will be position-specific for all athletes. The combined training progression will consist of single contact to multiple contact, multiple skill drills that will enable the athlete to focus solely on attacking and setting. The clinic is a teaching clinic in which the instructors will demonstrate and explain the techniques to all players. Players are continually given feedback in specific areas to improve on their hitting and setting. All drills, session and instruction are designed to provide as many quality contacts as possible to occur throughout the session.

All Skills

The goal is to provide players with a well-rounded volleyball experience that includes skills, teamwork and movement drills in both realms of the game. The drills will be directed at improving the individual skills of each participant. It is our philosophy that this is best accomplished by using the skills in game situations as well as controlled drills. We will incorporate the individual skills into team situations.

Passing/Defense

This clinic will focus on the ball control skills of volleyball. We will work on passing and defense with special emphasis on the techniques that will make you a better backcourt player. We will discuss angles of platforms, different defensive techniques and apply them to you game with a variety of drills. The drills will be multi skilled and multi contact. You will leave each clinic with a better understanding of how to pass and play defense at the next level.

Fee: \$20 per player per session

**Location: Marymount High School
10643 Sunset Blvd. Los Angeles**

How to Sign up:

Go to www.Sportsshackvbc.com

Download the Waiver Release Form and the 2011 Clinic Form. Bring the signed forms to the clinic.

Send an email to Sportsshackvbc@hotmail.com

Include: Name, age, phone number and email to reserve a place at the clinic you want to attend.