



CHILL OUT ON OUR COURTS

Individual Skills Development:

Summer training include girls and boys (entering grades 2-8) and will be formed by skill level focusing on individual growth goals. There will be more opportunity to work on passing with ball control, learning to serve overhand consistently, developing setting skills, and building physical endurance.

There will be opportunity to scrimmage but no scheduled games.

Skill Mastery:

- Passing with accuracy
- Footwork to the ball / movement without the ball
- Serving overhand to targets consistently
- Controlling the net: Setting, Hitting and Blocking
- Transition / Rotation
- Conditioning/Agilities

Lakota Sports Organization: www.lakotasports.org

Summer Training

Wednesdays:
June 13, 20, 27
July 11, 18, 25

Grades 2-4th

5:30-7pm

Grades 5-8th

7-8:30pm

Register NOW

\$60

After May 23rd

\$75

Lakota EAST
Freshman Bdg

