

Positionals with Conditioning:

Tuesday small group training for an hour and a half, where each positional coaches will focus on breaking down the designated skill for each player.

For players wanting to improve on all aspects of the game, increasing your volleyball IQ and learning how to be strategic on offense and defense.

Beginners to Advanced:

Grades 2-4th: 5:30-7pm

Choose any or all of these dates:

Nov 21 Serving and Serve Receive

Dec 5 Hitting and Transition

Dec 19 Defense and Base Defense

Jan 9 Serving and Serve Receive

Jan 23 Hitting and Transition

Feb 6 Defense and Base Defense

Location: Spooky Nook

Cost: \$22 per positional

Grades 5-9th: 5:30-7pm

Choose any or all of these dates:

Nov 14 Serving and Serve Receive

Nov 28 Hitting and Transition

Dec 12 Defense and Base Defense

Jan 16 Serving and Serve Receive

Jan 30 Hitting and Transition

Feb 13 Defense and Base Defense

Location: Spooky Nook

Cost: \$22 per positional