



SALT LAKE COMMUNITY COLLEGE

SPRING VOLLEYBALL CLINICS

- ❖ **Do you want to take your game to the next level?** Take the time to attend one of these clinics and get quality fundamental skills training. No matter what level, having the correct fundamentals are key to being a successful player.

February 2, 2010 BALL CONTROL CLINIC 1 6-7:30 PM

Individual ball control skills will be emphasized. Serving, serve receive and setting will be emphasized. Proper footwork, platform angles and body position will be taught and can make any player a better passer. A variety of opportunities will be used such as individual, partner and small groups. Serve receive, free ball passing, and serving fundamentals will be covered and are the initial skills any player needs.

February 9, 2010 BALL CONTROL CLINIC 2 6-7:30 pm

We will review the skills we learned and practiced in the first ball control clinic. We will build on serving, serve receive and setting. Serving is your first opportunity to attack the ball. Learn some strategies for success and efficiency as well as placement. Passing is the next most integral skill of volleyball and is your first opportunity to put your team in a good offensive position to score. Serve receive passing will be emphasized as well. Good passers are integral and invaluable to any team. Become a solid player who can serve and pass and increase your value to your team.

February 16, 2010 SETTING / HITTING CLINIC I 6-7:30 pm

Setters will begin with exercises and footwork drills to increase efficiency and effectiveness for a variety of sets. Hitters will learn to properly warmup their arms and develop the right footwork and armswing. Setters and hitters will work together mid way through the clinic as timing and placement are essential components for both positions.

February 23, 2010 SETTING / HITTING CLINIC II 6-7:30 pm

This clinic will build on the previous setting/hitting clinic so doing both will give you the biggest advantage. Transitioning from defense and serve receive will be emphasized. Learning to set and hit a variety of sets (4's, giba's, x's, slides, quicks, etc) will be targeted in this session.

 1 night = \$30 2 nights = \$55 3 nights = \$75 4 nights = \$95

Name _____ Phone() _____

Address _____ City _____ Zip _____

Email: _____

Clinics attending (circle all that apply) Feb 2 Feb 9 Feb 16 Feb 23

Please write check to: SLCC Volleyball _____ cash _____ check #

