



# 2019 WOMEN'S VOLLEYBALL SPRING CLINICS



## HIGH SCHOOL and MIDDLE SCHOOL

Sunday, March 31 2:30–4 p.m.  
Sunday, April 7 2:30–4 p.m.  
Sunday, April 14 2:30–4 p.m.  
Sunday, April 28 2:30–4 p.m.

\$60 per individual session  
\$220 for all four dates (\$55 per session)

## SERVING CAMPS FOR ALL AGES

Sunday, April 7 4:30–5:30 p.m.  
Sunday, April 14 4:30–5:30 p.m.  
Sunday, April 28 4:30–5:30 p.m.

\$30 each for each serving camp date

### SERVING, PASSING, & DEFENSE:

During these sessions, you will learn Serving, Passing and Defensive techniques and skills that will improve your consistency and touch on the ball. With emphasis on Float, Jump Float and Top Spin serves, you will learn to hit these serves with more consistency in the court and learn to locate the serves into different zones of the court. Learn passing and defensive body posture, and movement skills to elevate your game. With work on a solid foundation of fundamentals with more advanced instruction on platform work and diving skills, you will be sure to walk away with knowledge to continue to improve even after this clinic ends.

### HITTING, BLOCKING, & SETTING:

These sessions will feature intense training for attacking, blocking and setting. Learn footwork and arm work to become a more dynamic blocking and attacker, as well as advanced shot selection for attackers and a variety of footwork patterns and eye work to improve quickness and hand positioning as a blocker. We will also teach advanced setting training to continue to grow the different set locations and tempos used at elite levels of the game. Built on a foundation of fundamentals, you will learn how to grow your Attacking, Blocking and Setting skills to the next level at Ohio State Volleyballs Spring Clinics!