



2019 SUMMER VOLLEYBALL TRAINING

Register at www.fusionvbc.com

Serving Academy - \$100 for 4 weeks

Mondays (7/8, 7/15, 7/22 & 7/29)

5:00-6:00 – Middle School (Entering Grades 7 & 8) - **Max. of 15 Participants**

6:15-7:15 – Junior Varsity (Entering Grades 9 & 10) - **Max. of 15 Participants**

Training will include Serving Technique (float, jump float, and jump spin), serving to score points, serving zones, and serving aggressively. Attendees will focus efficient movements, timing, ball position/toss, and swing.

Setting Academy - \$100 for 4 weeks

Tuesdays (7/9, 7/16, 7/23 & 7/30)

5:00-6:00 – Middle School (Entering Grades 7 & 8) - **Max. of 15 Participants**

6:15-7:15 – Junior Varsity (Entering Grades 9 & 10) - **Max. of 15 Participants**

Breakdown of all components of setting, including: proper footwork and hand positioning, transition setting, setting from front and back row, tipping and attacking, and jump setting. Additionally, players will learn to set using different tempos, to create play sets, how to read the defense, and other decision making skills that will incorporate both classroom and on the court training.

Hitting/Blocking Academy - \$100 for 4 weeks

Thursdays (7/11, 7/18, 7/25 & 8/1)

5:00-6:00 – Middle School (Entering Grades 7 & 8) - **Max. of 15 Participants**

6:15-7:15 – Junior Varsity (Entering Grades 9 & 10) - **Max. of 15 Participants**

Training will include proper movement for both blocking and attacking. The Hitter session will teach arm-swing mechanics, how to generate more velocity, use different shots to score, and how to attack different defenses.

The blocking portion we will teach how to achieve greater block penetration and reduce a hitter's chance of scoring with sound blocking mechanics and movements.

Back Row Skills Academy - \$100 for 4 weeks

Sundays (7/14, 7/21, 7/28 & 8/4)

6:30-7:30 – Middle School (Entering Grades 7 & 8) - **Max. of 15 Participants**

7:45-8:45 – Junior Varsity (Entering Grades 9 & 10) - **Max. of 15 Participants**

Training will focus on all of the skills associated with the back row, including: serve receive, defensive techniques, body position, footwork, movement skills, platform contact, barrel rolling, back court attacking, serving, and advanced digging techniques.

Skills & Competition Academy - \$150 (2 half-days)

Monday (7/22) and Tuesday (7/23)

8:00-12:00 – Middle School (Entering Grades 7 & 8) - **Max. of 24 Participants**

12:30-4:30 – Junior Varsity (Entering Grades 9 & 10) - **Max. of 24 Participants**

Training will cover passing, setting, serving, attacking and defensive skills and will also include a variety of competition drills and games for players to put their skills to work. The Skills & Competition Academy is great for those players who are looking for the well-rounded "camp" experience.

Team Academy - Call for Dates & Pricing

The Team Academy is our "team camp" session and covers all aspects of team volleyball including passing, setting, serving, and attacking as well as team several key defensive and offensive systems. The Team Academy is great for those High School Varsity/JV teams that are looking to hone their skills and get exposed to high-level volleyball schemes to help them throughout their school season without the hefty expense or travel of large camps.

The Team Academy sessions are for ONE Team at a time with full focus on their needs.

For more information and to Register, visit www.fusionvbc.com

or

Contact TJ Shultz at fusionvbc@yahoo.com