

VOLLEYBALL SPECIALIZATION TRAINING

Hitters, Setters, and Defensive Specialists

3 Week/6 Session Program

CLINIC DESCRIPTION

- 3-week, 6 session intensive fundamentals training program for specialty positions.
- Individual evaluation guaranteed for each athlete.
- Dartfish video analysis software provide a testing and teaching environment that develops efficient and confident athletes.
- Analysis of swing, jump, diving, and landing mechanics will be evaluated to ensure safe and effective skill execution that prevents injury and promotes success.

Location

National Volleyball
Center Rochester,
Minnesota

Cost

\$150 per player

Days and Dates

Tuesdays and
Thursdays
May 17-June 2nd

Time

6-7 pm	Hitters
7-8 pm	Setters
8-9 pm	Defense

*All players will
attend 6 to 9 pm on
May 31st and June
2nd for combined
training.

REGISTER NOW!
Limited Space Available

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www.competitiveedgevb.com