

# La Vernia Volleyball Club

## Summer Volleyball Skill Program

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### Agility Training and Volleyball Skill Development

**When:** Every Tuesday, June 4, 2019 through August 20, 2019 (subject to change)

**Grades:** Group 1 - Incoming 4<sup>th</sup> – 6<sup>th</sup> graders @ 4-6 pm  
Group 2 - Incoming 7<sup>th</sup> and 8<sup>th</sup> graders @ 6-8 pm

**Fee:** \$300 (Three Payments – \$100 June 4<sup>th</sup>, \$100 July 2<sup>nd</sup>, \$100 July 30<sup>th</sup>)

\*\*\*Drop-In Fee \$30 per session\*\*\*

### Program Overview

Indoor summer program designed to develop and enhance fundamental volleyball skills in preparation for middle school and/or club players. The program will consist of:

- Initial assessment of athlete to determine baseline physical metrics with monthly progress “check-ins” (only available to athletes committed to full program)
- Weekly skills focus training (Defensive, Attacking/Hitting, Passing, Setting, etc.)
- Serving and Serve/Receive progression
- Transitions and Rotations
- Team Play

Each weekly session will be supplemented with Speed and Agility Training to develop player physical attributes.



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