

# Youth Development Volleyball Summer Camps

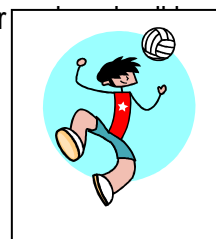
Great Lakes Center \* 579 N. Oakhurst Drive \* Aurora, IL

[www.greatlakescenter.com](http://www.greatlakescenter.com)

## Sports Performance Youth Development Volleyball Camps

### Introduction to Volleyball - Boys and Girls welcome!

- Teach passing, overhand passing, underhand and overhand serving, floor
- Develop motor skills
- Drills to develop technique
- Games



GLC1 June 15-19 1<sup>st</sup>-5<sup>th</sup> grade 1pm-3:30pm \$160.00

GLC2 June 22-26 1<sup>st</sup>-5<sup>th</sup> grade 1pm-3:30 pm \$160.00

\*campers will be divided by age/ability after the first day to ensure each camper is learning at their level

### All Skills Youth Camp - Boys and Girls welcome!

- Teach all skills: passing, defense, serving, attacking and blocking
- Train motor skills
- Drills to allow repetition in each skill area
- Competition drills to develop competitive spirit



GLC3 June 22-26 6<sup>th</sup>-8<sup>th</sup> grade 9am-11:30 am \$160.00

GLC4 June 22-26 6<sup>th</sup>-8<sup>th</sup> grade 1pm-3:30 pm \$160.00

GLC5 July 6-10 6<sup>th</sup>-8<sup>th</sup> grade 9am-3:00 pm \$260.00

### Specialty Youth Development Camps - Boys and Girls Welcome!

GLC7 July 13-17 **Beginner Setting** 5<sup>th</sup>-8<sup>th</sup> grade 9am-3:00pm \$260.00

Areas covered: Footwork patterns, hand and wrist development, wrist strength development and learning basic setting zones along the net.

GLC15 July 27-31 **Attack, Pass and Serve** 5<sup>th</sup>-8<sup>th</sup> grade 9am-11:30 am \$160.00

GLC16 July 27-31 **Attack, Pass and Serve** 5<sup>th</sup>-8<sup>th</sup> grade 12:30pm-3:00 pm \$160.00

Areas covered: 2-3-4 step approach, arm swing development, hand contact, serve receive passing, float, top spin and jump float serve.

**To register go to: [www.greatlakescenter.com](http://www.greatlakescenter.com)**