

SPVB BOYS PROGRAM

'20 HS SPRING

BOYS GROUP

LESSONS

1ST CONTACT

Develop 1st contact skills (passing & digging) w/ emphasis on technical training and repetitive work required for the demands of Varsity level reception & defense. Learn how to control hard-driven serves & attacks, and reading the opponents' offense.

ATTACK/BLOCK/SERVE

Develop overall attacking, blocking, & serving fundamentals for all front row positions. Pin attackers & middle blockers will work on separate skill sets necessary for a high level of play at their respective positions. Emphasis on proper technical footwork & armwork.

SETTING

Designed for athletes in high school setting at the Varsity level or aspiring to be a future Varsity setter. Emphasis on technical work & game-like repetitions w/ hand & footwork development, along w/ learning advanced setting techniques and reading ability.

MARCH 1st

9am - 10:30am
10:30am - 12pm
12:30pm - 2pm

1st Contact
Attack/Block/Serve
Setting

MARCH 8th

4pm-5pm
5pm - 6pm
6pm - 7pm

1st Contact
Attack/Block/Serve
Setting

MARCH 15th

4pm-5pm
5pm - 6pm
6pm - 7pm

1st Contact
Attack/Block/Serve
Setting

MARCH 22nd

9am - 10:30am
10:30am - 12pm
12:30pm - 2pm

1st Contact
Attack/Block/Serve
Setting

APRIL 5th

9am - 10:30am
10:30am - 12pm
12:30pm - 2pm

1st Contact
Attack/Block/Serve
Setting

APRIL 19th

4pm-5pm
5pm - 6pm
6pm - 7pm

1st Contact
Attack/Block/Serve
Setting

APRIL 26th

4pm-5pm
5pm - 6pm
6pm - 7pm

1st Contact
Attack/Block/Serve
Setting

MAY 3rd

4pm-5pm
5pm - 6pm
6pm - 7pm

1st Contact
Attack/Block/Serve
Setting

MAY 10th

4pm-5pm
5pm - 6pm
6pm - 7pm

1st Contact
Attack/Block/Serve
Setting

MAY 17th

9am - 10:30am
10:30am - 12pm
12:30pm - 2pm

1st Contact
Attack/Block/Serve
Setting