



COACH BEN'S LESSONS

Attack/Pass/Serve/Block

Group Lessons

(\$45 for 1 hour)

Develop overall attacking, pass, block, & serving fundamentals for all front row and positions. Pin attackers & middle hitters will work on separate skills sets necessary for a high level of play at their respective positions. Emphasis on proper technical footwork & arm work.

Private Lessons

(\$75 for 1 hour)

Players who are seeking one on one instruction for a specific skill.

AUGUST 22ND

12:30 pm - 1:30 pm

HS Attack/Pass/Block (Girls)

1:30 pm - 2:30 pm

Private Lesson

2:30 pm - 3:30 pm

JH/HS Attack/Pass/Serve (Girls)

AUGUST 29TH

12:30 pm - 1:30 pm

Private Lesson

1:30 pm - 2:30 pm

Private Lesson

GREAT LAKES CENTER

579 N. Oakhurst Dr.

Aurora, IL 60502

630.898.6400

Register at: www.greatlakescenter.com/player-development/lessons