



COACH SETH'S LESSONS

1st Contact Group Lessons

(\$45 for 1 hour)

Develop 1st Contact skills (passing & digging) w/emphasis on technical training and repetitive work on reception & defense. Learn how to control hard-driven serves & attacks and reading the opponents' offense.

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 29TH

12:30 pm - 1:30 pm
2:15 pm - 3:15 pm

HS Middle Blocker (Girls)
HS Attack/Pass (Girls)

SEPTEMBER 12TH

9:30 am - 10:30 am
10:30 am - 11:30 am

HS Middle Blocker (Girls)
JH/HS Attack/Pass/Serve (Girls)

SEPTEMBER 26TH

9:30 am - 10:30 am
10:30 am - 11:30 am

JH/HS Attack/Block (Girls)
HS Middle Blocker (Girls)

OCTOBER 3RD

9:30 am - 10:30 am
10:30 am - 11:30 am

HS Attack/Pass/Block (Girls)
HS Middle Blocker (Girls)

OCTOBER 10TH

10:30 am - 11:30 am
11:30 am - 12:30 pm

JH/HS Attack/Block (Girls)
JH Attack/Pass/Serve (Girls)

OCTOBER 17TH

10:30 am - 11:30 am
11:30 am - 12:30 pm

HS Attack/Pass (Girls)
JH Attack/Pass (Co-Ed)

OCTOBER 24TH

11:30 am - 12:30 pm

JH/HS Attack/Pass/Serve (Girls)

OCTOBER 31ST

11:00 am - 12:00 pm
1:00 pm - 2:00 pm

HS Middle Blocker (Girls)
JH/HS 1st Contact (Co-Ed)

GREAT LAKES CENTER

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