



# COACH STEPHEN'S LESSONS

## Private Lessons

**(\$75 for 1 hour)**

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

### AUGUST 9TH - OCTOBER 29TH

8:00 am - 9:00 am	Private Lesson
9:30 am - 10:30 am	Private Lesson
11:00 am - 12:00 pm	Private Lesson
1:30 pm - 2:30 pm	Private Lesson
3:00 pm - 4:00 pm	Private Lesson

## **GREAT LAKES CENTER**

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Aurora, IL 60502

630.898.6400

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## **August 15<sup>th</sup> Sunday Clinics**

### 1st Contact

**(\$70 for 2 hours)**

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.

**10:00 am - 12:00 pm**

### All Skills

**(\$60 for 90 minutes)**

Develop overall attacking, passing, blocking, setting & serving fundamentals for all front row and back row 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.

**HS Boys 1:00 pm - 3:30 pm**

**JH Boys 4:30 pm - 7:00 pm**

**Register at: [www.greatlakescenter.com/player-development/lessons](http://www.greatlakescenter.com/player-development/lessons)**