

Niagara Rapids Summer Technical Series

Get ready for the 2017/18 Season!!

Skill breakdown & rebuild with

Technical Director Matt Ragogna and Rapids Head Coach Beth Schulz

Series 1 August 8 - 11

9:00-11:30 Setters (\$115.00)

Footwork, hand position and release, technical and tactical execution and understanding how to run an offense. Athletes must be detail oriented, coachable and hard working.

Open to all athletes training as setters.

12:00-2:30 Skill building (\$115.00)

Reinforces the basics of volleyball with an emphasis on movements critical to passing, an 'I love the floor' series designed to make athletes comfortable with digging and recovery. Emphasis on teaching correct hand contact, body position and arm swing when attacking. Learn to serve an ace!!

Open to boys and girls who played 13 or 14u last season.

Series 2 August 14 - 18

9:00-11:30 High Performance Series - boys (\$140.00)

Video feedback on attacking and passing skills, swing blocking, spin and float serve, match analysis.

Work to improve arm speed, add 'dynamic' to your approach, learn to be a tactical player!!

Taking care of the details is the difference between good players and great players.

Morning session open to boys with club experience going into 16u, 17u & 18u.

12:00-2:30 High Performance Series - girls (\$140.00)

Video feedback on attacking and passing, working on 'shots' and tempo attacking, swing blocking, spin and float serve, match analysis.

Work to improve arm speed, get the most out of your approach, learn to be a tactical player!!

Become a dynamic, aggressive competitor.

Afternoon session open to girls with club experience going into 16u, 17u & 18u.

Series 3 August 21- 15

9:00-11:30 Attacking and Serving (\$140.00)

Dynamic footwork, hand contact, arm swing, body position, transition & technical cues.

We will use the Spots Attack trainer and video feedback to refine your attack.

Open to club players who played 13u or 14u last season.

12:00-2:30 Passing and Defense (\$140.00)

Build a solid foundation!! If you can pass - you will play!! Focus on footwork, movement, cue reading, and lots of reps and feedback to reinforce proper technique. Learn to dig and recover.

Open to club players who played 13 & 14u last season.

Space is very limited. Held at Governor Simcoe Secondary School – St. Catharines

To register - email schulzy2@sympatico.ca with:

1. series number _____
2. morning and/or afternoon wave _____