

Mini SPIKES!!

All activities planned for mini SPIKES will focus on aspects of physical development transferable to all sports. These include:

➤ **motor abilities** - running, jumping, striking, foot work and throwing patterns. These elements will be included in every session. Each week we will work on moving in linear, lateral and rotational planes – this just means moving backward and forward, side to side, spinning and rolling. We will be working our big muscle groups in order to improve gross motor skill.

➤ **coordination** is the foundation of agility and includes balance, rhythm & spatial awareness. Participants will enjoy our Ninja Obstacle Course!!



eye-hand coordination – the ability to catch and track are vital components of every sport. There is an age after which it is more difficult to develop this skill. Young children are highly trainable!! !

➤ **movement speed** – we will have plenty of opportunity to move fast in all directions!!

All of this training will be ‘disguised’ as lots of fun, high energy, activities.

Along with physical development, **our mission in mini SPIKES is to teach excellent technical volleyball.** Each week a different skill will be taught. Drills and competitions will be utilized to develop those skills. It’s amazing to watch the ‘mini SPIKERS’ passing, hitting and serving with a great deal of skill at the end of just 8 weeks!! We also learn to respect each other, listen to the coach and work as a team!!

When: Tuesday night

Where: Jeanne Sauve (91 Bunting Road, St. Catharines

Time: 6:00 – 7:00

Start date: Tuesday, November 7th , 2017 for 8 weeks

Cost: \$100.00 for 8 sessions

This program is limited to 24 participants – register now to avoid disappointment.

Parents are welcome as court coaches!! Interested? Email Beth @ schulzy2@sympatico.ca

[Click here to register for mini SPIKES](#)