



MASTERCLASSES

Grades 8-12

Our Masterclass series are sessions that will combine on-court play with off-court fitness sessions, whiteboard chalk talks, and film review sessions for a holistic approach to learning. Athletes should come ready to learn on and off the court and will leave with a greater understanding of high level training, skills, techniques, strategies, and concepts for their chosen topic.

These classes are for Advanced, high level volleyball athletes in Grades 9+ with excellent ball control and a very strong grasp of volleyball fundamentals, strategies, and team play - if not, these classes will be far too advanced! 3 seasons of club volleyball strongly recommended.

COST: \$220 per athlete

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#1 Arm Swing- Garrett Minyard is the Girls Club Director at NEVBC, an AVCA 30-Under-30 award winner, and a 3x National Champion in overseas leagues. In this class, he's sharing the secrets to developing a fast, versatile, and efficient arm swing. Athletes will participate in on-court skills sessions, weight room training, various cross training activities, and video analysis for a complete breakdown and overhaul of this important skill.

This camp is running twice this summer, and for the best results you'll definitely want to take both sessions. Coach Garrett will be giving drills for athletes to do in between the two sessions in order to maximize their arm swing improvements. Whether you are a middle hitter looking for more terminal velocity on your attacks, or a pin hitter looking to diversify your range, you will feel confident leaving this class.

Note: *You do not have to do Arm Swing Part 1 AND Arm Swing Part 2. You will benefit significantly if you can only attend one or the other; but for the best results, we recommend attending both sessions! You must register for each camp separately.*



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#2 Setting Like an Athlete- Interested in perfecting your technique to become impressively athletic setters? This class is for you! Coaches Frog and Luci bring a wealth of setting knowledge from their setting careers here in the US and overseas. While refining the fundamentals of footwork and handwork, Frog and Luci will also be pushing the athletic boundaries of our setters to help them keep consistent tempo and location in tough situations.

Athletes who take this Masterclass can expect to be setting balls on the run, above the height of the net, from the floor and in many other “less than ideal” situations that require advanced athleticism to make those highlight reel-worthy plays!

#3 Floor Defense - At the end of the day, volleyball is all about keeping the ball in play and off the ground. Easier said than done, especially as athletes progress to higher levels and the attackers increase the velocity of their attacks, hit with more range, and use a variety of deceptive tactics to keep the defenders guessing.

In this Floor Defense Masterclass, Coach Cat (former Ivy League Player of the Year and professional volleyball player) will increase the defensive range and reading ability of all athletes in the class. Athletes can expect to learn the technique and tactics to play the ball dynamically near the floor (including sprawls, dives, extensions, and pancakes) and follow through by going to the floor safely. Athletes will also improve their eye sequencing and defensive “reading” to get themselves positioned where the ball is most likely to be attacked.

