



SKILLS TRAINING

Grades 8-12

Skills Training Sessions will focus on a singular skill (Attacking/Blocking, Setting, Serve Receive, or Defense) and will emphasize number of reps combined with honing in on the technical keys of each skill. Expect a ton of reps and come ready to learn and work! Classes offered include: Attacking/Blocking, Setting, Serve Receive, and Defense.

These are FAST-PACED classes for Intermediate and Advanced level athletes Grades 8+, and courts will be split up by age and level.

Beginner athletes and athletes newer to the game should sign up for our All Skills classes.

COST: \$95 per athlete per class

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