

# July Programs

## 4th - 6th Grade Training

*This program is open to current and prospective athletes entering 4th-6th grades*

This training program will focus on the technical training of the five primary volleyball skills: Serving, Passing, Setting, Attacking, Defense. Training will also cover game-specific strategies such as rotations, serve receive patterns, and in system vs out of system play.

**Tues/Thurs: 7/14 - 8/6**

**5:00 pm - 6:30 pm**

**Tuesdays: 7/14, 7/21, 7/28, 8/4**

**Thursday: 7/16, 7/23, 7/30, 8/6**

**Cost: \$225**