



Individual, Group & Team Volleyball Training

Bring your player, group or team to C4S and receive training from our highly qualified professional trainer. Year around training is available to enhance your athlete's skills for the upcoming season, or give your team the competitive edge. Individual, group and team training advantages include mechanics and techniques improvement, using proper footwork, real game conditions & situations and immediate application of skills learned in a fun environment.

Sessions are scheduled by the hour.

Each athlete will receive a preliminary evaluation after the first two sessions followed by a comprehensive evaluation after the 10th session.

Training will focus on these key fundamentals and skills:

- SERVING** – develop an aggressive overhand or jump serve, serve to zones 1-6 & improve technique and mechanics
- PASSING** – develop skills and techniques to pass to target & understanding the dynamics of the forearm platform
- HAND PASSING** – improve platform (hand) positioning, passing to target and when to use an overhead pass
- SETTING** – advanced setting techniques used, sets for multiple offensive plays, dumps & jump setting
- ATTACKING** – proper footwork movements designed to maximize the vertical jump, proper swing and follow thru, timing for zero thru 5th tempo sets, slides and shoots, combination plays & utilizing tips and roll shots
- BLOCKING** – footwork, see the hitter, advanced techniques and timing, blocking schemes and strategies
- TRANSITIONING** – footwork & movement from defense to offense, court positioning for righties v. lefties
- FLIGHT OF BALL** – developing instincts of the game by recognition of a player's platform which affects the flight of the ball (how they're playing the ball)
- OFFENSIVE CONCEPTS** – understanding the offensive system, front row and back row attacks & team volleyball
- DEFENSIVE CONCEPTS** – learning the rotate defensive system, effectively using the triple block, advanced passing and digging techniques

Our Trainer: McGee's Volleyball Director and Coach Doug Baines who has coached boys & girls high school volleyball and girls USA Volleyball since 1996.

Individual Training
\$65.00 per player/hr

3 – 6 Players
\$30.00 per player/hr

Up to 12 Players
\$20.00 per player/hr

DATE: _____ TIME: _____ Court: _____

Make Checks Payable to: Courts 4 Sports 854 Reading Rd. Mason, OH 45040

Individual Name _____ Birthdate _____ Age _____

Parent/Guardian Name _____ Home Phone _____

Address _____ City _____ State _____ Zip _____

Cell Phone _____ E-Mail _____

Please Circle Form of Payment: Check Money Order Master Card Visa Card

Card# _____ Expiration Date _____

CVV2 or V-Code: _____ (Last three digits in signature line on back of card)

Billing Address _____ City _____ State _____ Zip _____

I, _____ hereby give Courts 4 Sports authorization to charge the following items and amounts.

For More Information Go To www.courts4sports.com or call 513-770-0667