

CLEVELAND STATE VOLLEYBALL

SUMMER DAY CLINIC 2008

Defense/Ball Handling-June 13, 2008

Topics to be covered:

- Passing (Posture, movement and platform work)
- Defense (Posture, movement and platform work)
- Serving (Contact, accuracy and thought process)

Outside/Right-side Hitters-June 14, 2008

Topics to be covered:

- Approach footwork
- Arm-swing
- Transition
- Shot selection
- Hitting quicker sets

Setters-June 15, 2008

Topics to be covered:

- Footwork and posture
- Hand positioning
- Setting Outside/Middle/Right-side attacks
- Setter dump
- Setting tactics
- Movement to the ball

Serving-June 15, 2008

Serving 6:00PM-9:00PM

Jump Serves
Floater Serves
Top spin serves
Serving techniques and placement
Become a more versatile server

Hitting and Attacking July 11, 2008

Topics to be covered:

- Approach footwork
- Arm-swing
- Hitting 1's 31's and slides
- Hitting 4's, 2's and other outside hits
- Transition footwork

Defense/Ball Handling-July 12, 2008

Topics to be covered:

- Passing (Posture, movement and platform work)
- Defense (Posture, movement and platform work)
- Serving (Contact, accuracy and thought process)

Serving - July 13, 2008

Topics to be covered:

Serving 9:00AM-12:00AM

- Jump serves
- Floater serves
- Top spin serves
- Serving techniques and placement
Become a more versatile server

Jump Training

Jump Training 2:00PM- 5:00PM

Learn Jump training techniques
Agilities & Quickness
Improve your vertical Jump
Increase speed
Learn a summer/season training program

CLEVELAND STATE VOLLEYBALL

Presents

SUMMER DAY CLINIC

- Where** Cleveland State University/Woodling Gym (Physical Education Building)
- Eligibility** Players should be at least 10 years old or in the 5th through 12th grade.
- Skill level** All players will be skill tested and put into an appropriate skill leveled group.
- Times:** 8:00 a.m. – 4:30 p.m. for Hitting, Defense & Setting camp.
6:00p.m. – 9:00p.m. Serving (June 15th, 2008)
9:00 a.m.-Noon Serving (July 13th, 2008)
2:00 p.m.-5:00p.m. Jump training (July 13th, 2008)
- Food** Please bring \$6 for lunch on the day of camp. We will take you to a local restaurant where you will purchase your own lunch. You may also choose to pack a lunch. On June 15 & July 13 if you are staying for both sessions we will provide the same arrangements.
- Fees** Each camp costs \$75. Except on June 15 (6 p.m. -9p.m.) & July 13 it will be \$50 per session. *Make Checks payable to: Chuck Voss. 100% refund 7 days prior to camp. (No Refund within 7 days)*
- Information** Contact Phil Abiad at 216-687-5112 or email c.d.voss@csuohio.edu or p.elabiad@csuohio.edu
- Confirmation** Confirmation letters with directions and waivers will be sent when registration has been received

Registration Name _____ Home Address _____
City/Zip/State _____ Home Phone _____
Emergency Contact _____ Day Phone _____ Night _____
Age ____ Grade _____

Please mark those that apply

Defense/Ball Handling-June 13	\$75	\$ _____	Space Limited (8a.m.-4:30 p.m.)
Outside/Rightside Hitters-June 14	\$75	\$ _____	Space Limited (8a.m.-4:30 p.m.)
Setting-June 15	\$75	\$ _____	Space Limited (8a.m.-4:30 p.m.)
Serving-June 15	\$50	\$ _____	Space Limited (6 p.m. -9 p.m.)
Hitting and Attacking—July 11	\$75	\$ _____	Space Limited (8a.m.-4:30 p.m.)
Defense/Ball Handling—July 12	\$75	\$ _____	Space Limited (8a.m.-4:30 p.m.)
Serving—July 13	\$50	\$ _____	Space Limited (9p.m. - 12 p.m.)
Jump Training—July 13	\$50	\$ _____	Space Limited (2p.m.-5 p.m.)

Total Amount due \$ _____

Mail To: **Chuck Voss**
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