

POSITION CAMP I AND II

Position Camps I and II are the exact same camp. During these camps, players will break into position groups and learn specific skills. Skills might include what's listed below...

Outsides/Right Sides

- Transition Hitting
- Serve Receive Passing to Hitting
- Approach Footwork
- Armswing/Ball Contact Work
- Digging to Hitting
- Hitting Different Spots on the Court
- Blocking
- Out of System Hitting

Setters

- Hand Positioning
- Setting Footwork
- Setting Outsides, Middles, and Right Sides
- Tempo Setting
- Jump Setting

Middles

- Transition Hitting
- Blocking Footwork
- Armswing/Ball Contact Work
- Tempo Hitting
- Hitting in front/behind the setter

Liberos

- Platform Work
- Serve Receive Passing
- Out of System Setting
- Digging in all Positions
- Digging with hands
- Coverage

Tentative Schedule for Sessions are as follows:

8:30-9:00 Check In at TBD Facility

9:00-12:00 Session 1

12:00-1:00 Lunch Provided to All Campers

1:00-4:00 Session 2

4:00 Check Out at TBD Facility