



THE COURTS VOLLEYBALL CLUB

Ron Hoffman, Director

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2010 Summer/Fall "FUN"amentals Volleyball Training

(All training sessions and clinics conducted at The Courts)

1 SUMMER TRAINING SESSION

(Mondays and/or Thursdays)

June 7th thru July 22nd

6:00 PM to 7:30 PM

(6 Weeks / 6 or 12 Training Sessions)

(For athletes ages 8 – 14)

2 SPECIALTY SETTER TRAINING

(Tuesdays)

July 6th thru July 27th

6:00 PM to 7:30 PM

(For athletes ages 8 – 14)

3 FALL TRAINING SESSION

(Mondays and/or Thursdays)

August 16th thru September 27th

6:00 PM to 7:30 PM

(6 Weeks / 6 or 12 Training Sessions)

(For athletes ages 8 – 14)

TRAINING SESSION COST

TRAINING SESSIONS 1 or 3 (All-Skills)

Once per week (Monday or Thursday) \$115

Twice per week (Monday and Thursday) \$220

TRAINING SESSION 2 (Setter Training)

Once per week (Tuesdays) \$75

COACHING STAFF

The Courts VBC Staff includes collegiate All-Americans, National Champions and coaches who have a high level of experience playing and/or coaching volleyball, including college, high school and club. See the "About Us" page on our Web site www.thecourtsvbc.com for more information about our Staff.

PURPOSE

The primary purpose of The Courts VBC is to offer quality fundamental training to players who are interested in developing the skills and confidence needed to successfully participate on competitive volleyball teams in the future. Our focus is on fundamental training of individual skills, while also introducing the basics of competitive team play.

PHILOSOPHY

The Courts VBC's training philosophy is based on the concept of "Team System Volleyball" (TSV). TSV training is about conditioning "total activity" thinking and behavior. Training will combine individual skill training with decision-making and movement dynamics of "on-ball" and "off-ball" responsibilities.

All Training Takes Place At:

The Courts Volleyball Training Facility

8930 South 137th Circle

Omaha, NE 68138