



Olmsted Falls High School Volleyball Mini Skill Clinics

Entering Grades 2-6 (Fall 2024)

When: July 31, August 1, and August 2 @ Olmsted Falls High School from 11:00am-12:15pm

Cost: \$60 (if registered by April 10, \$65 after April 10 (includes a t-shirt))

This camp will focus on many of the aspects needed to be successful in the game of volleyball, however, particular attention will be paid to one important skill each day. The following skills that will be taught and stressed will be:

Wednesday, July 31: (Ball Control and Defense) This session will cover ball control and defensive skill training such as: proper body position, movement, footwork, midline passing, platform angles, and on court communication

Thursday, August 1: (Serving/Serve Receive) This session will aim to improve the serving technique, consistency, and accuracy of each individual, depending on his/her personal skill level. A float serve and/or jump float may be taught to more advanced players.

Friday, August 2: (Hitting) This clinic will cover individual skill training such as: transition, approach, arm swing and snap. We will focus on efficiency of movement, proper timing, and placement of the ball.

If you have your own volley-lite ball, please bring it. If not, one will be provided for you.

Register Online @ www.olmstedcc.com