



STAR & High Expectations Volleyball Camp, 2016

El Molino High School, Forestville, CA

Coach Houser and his staff are returning to share their volleyball expertise. This is an excellent opportunity for you to develop and sharpen your volleyball skills as you prepare for your middle school and high school seasons AND have a ton of fun!

There is no other camp in Sonoma County that will offer your player the skill and team building tools that they will receive here!

STAR Camp

July 10-12, 2016 - 9am-5pm daily

Incoming 6th- 10th grade

\$300.00 (NON-refundable deposit is \$150.00)

This camp is open to all incoming 6th to 10th graders. Skill level will be evaluated at the beginning of camp and players will be grouped based on their demonstrated ability.

Thorough warm-up and stretching each day

Why warm up? Why stretch?

Passing

Platform, staying still, using legs, 1st contact with hands

Hitting

Master the 3-step approach, tipping and slamming

Setting

Stay tight, ask for the ball, pull the team, call names, "BEST" method of setting

Serving

The 3 priorities in serving, floaters, short, bombs and jump floaters

Blocking

Proper footwork, strong hands & core, set the block, limit being tooled

Digging

Covering the shoes, staying still, getting on the floor, getting the ball up

Serve Receive

Aggressiveness, 3-person or 4-person, communication

End of Camp Tournament

If time permits, players can show fans what they've learned!

Limited number of campers accepted.

FIRST COME – FIRST SERVE!

High Expectations Camp

July 14-16, 2016 - 9am-5pm daily

Incoming 8th to 12th grade

\$365.00 (NON-refundable deposit is \$150.00)

This camp is offered to incoming 8th to 12th graders with at least 3 seasons of competitive team play.

This camp is NOT for everyone!

Following are some of the topics covered in a High Expectations Camp:

Passing

Passing the floater & spinner; using hands to pass; sticking the free ball pass on target

Serving

Floaters, spinners, jump floaters & jump spinners, bombs & short

Digging

Rolls, pancakes, sprawls; using hands to dig

Spiking

Perfecting the approach, avoiding the block, tipping & slamming, 1-handed & 2-handed tips & slams; hitting the quick, the 3-zone ball and the line; turning the thumb; back row hitting

Setting

Jump sets, back sets, dumps with either hand & deception; special sets & giving signals to hitters; advanced communication. Setters will also receive special training with my setting experts apart from the rest of the campers.

Offense

Different offenses; advanced serve reception; changing serve reception on the fly; recognizing overlaps; creating/running plays

Defense

Different defenses; hitters will set; blocking strategies; covering teammate as she's hitting

Drills

Bonus points will be given during all drills when players execute just-learned skills; lots of competition, "Bonus Ball," hitters vs. defense, 3 on 3, 4 on 4.

This camp is limited to 48 players which allows a player/coach ratio of 6:1.

Enrollment is determined by a review of minimum requirements. Each player must be at least an incoming 8th grader with at least 3 seasons of competitive playing experience. Along with the application, the player must submit 2 letters of recommendation (one must be from the coach of her most current season). If a player has video of her playing and it shows individual skills along with team play, this will be considered in lieu of 1 letter. There are situations where a player doesn't meet the basic requirements but has exceptional skills. In this case, contact Sharon Lochert directly and we can discuss an interview.

Awesome Discounts!

Returning Players \$25.00 OFF per camp!

Registration by 12/24/15 - \$25.00 OFF per camp!

Register for BOTH Camps - \$60.00 OFF total!

www.SonomaCountyVolleyball.com