

ELITE VOLLEYBALL



TRAINING

Middle School Players

GRADES 7TH AND 8TH

**POSITIONAL TRAININGS WITH COACH
MCMAHON**

Opportunity to Work On Specific Skills

SESSION #1- LIBEROS &

SETTERS:

SUNDAY SEPTEMBER 22ND 4PM-6PM

TRAINING INCLUDES:

PASSING, DIGGING, SETTING, SERVING

SESSION #2- ATTACKING

SUNDAY SEPTEMBER 22ND 6PM-8PM

ALL FRONT-ROW ATTACKING POSITIONS.

TRAINING INCLUDES:

**ATTACKING FUNDAMENTALS, ZONE ATTACKING, OFF SPEED
SHOTS, BLOCKING AND SERVING**

SESSION #3- LIBEROS/SETTERS

SUNDAY SEPTEMBER 29TH 4PM-6PM

TRAINING INCLUDES:

PASSING, DIGGING, SETTING, SERVING

SESSION #4- ATTACKING

SUNDAY SEPTEMBER 29TH 6PM-8PM

ALL FRONT-ROW ATTACKING POSITIONS.

TRAINING INCLUDES:

**ATTACKING FUNDAMENTALS, ZONE ATTACKING, OFF SPEED
SHOTS, BLOCKING AND SERVING**

REGISTER:

**EMAIL COACH MCMAHON
CAP OF 20 PLAYERS PER
SESSION**

IN EMAIL INCLUDE:

- **NAME OF ATHLETE**
- **GRADE 7TH OR 8TH**
- **WHICH SESSIONS:
EXAMPLE 1,2,3 OR 4
PLAYERS CAN DO MORE
THAN ONE.**
- **IF YOU ARE FIRST 20 YOU
WILL RECEIVE A
CONFIRMATION EMAIL.**

ALL TRAININGS @EJHS

\$40.00 PER SESSION

PAY THROUGH VENMO

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