

SKILL PROGRESSION THROUGH LEVELS

SERVING, SETTING, ATTACKING, PASSING, BLOCKING, HITTING



LEVEL 1 INTRODUCTION

Equivalent Skill: Train & Play, VolleyBros

There are many fundamental skills needed to be successful in volleyball. The main three are passing, setting, and attacking. Level 1 ensures proper technique for passing and setting the ball. Once mastered, our coaches will introduce more complicated offensive and defensive strategies. Mastering these fundamental skills is the key to being successful in volleyball.

LEVEL 3 ADVANCED

Equivalent Skill: Travel Player under 15, Level 2 Eval

Level 3 clinics are meant to complement the training that the players are receiving at the club-level and help elevate their game to new heights. Focusing on more complex drills and movements helping players polish their techniques for passing, hitting, defense, and setting. Our coaches work with players to help strengthen their individual positions.

LEVEL 2 INTERMEDIATE

Equivalent Skill: VolleyBros, Level 1 Eval

Level 2 focuses on giving the athletes the skills, knowledge, and mindset to play competitively. In addition to developing all-around skills for volleyball (serving, passing, hitting, and setting), This level will teach the fundamentals of rotation and location-based play (front row, back row, defender, setter, hitter).

LEVEL 4 PREMIER

Equivalent Skill: Travel Player 15 and older, Level 3 Eval

Level 4 clinics are designed for advanced athletes looking for maximum repetitions and created to teach high-level skills. Level 4 sessions are high intensity, high demand clinics led by our best instructors that include rigorous skill development programs to prepare them to compete at advanced levels in preparation for a successful high school or college career.

For more information visit www.JJVA.com

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