

Kennedy Volleyball Camp

2010

It is our mission to provide every camper with high quality instruction, personal attention, and plenty of court time. We want to provide our campers with the necessary tools to become the full package player by combining hard work and fun.

Two High School Camps

Camp for grades 6 to 8

6:30 to 9 pm

Entry fees:

Grades 6-8 July 19th-23rd

•\$65 per camper

High School June 21st-23rd skill development

•\$75 per camper

High School July 26th-30th high skills camp

•\$75 per camper

The Camps will be instructed by High School Head Coaches, along with coaching staff and current/former Volleyball Players. All camps meet in the John F Kennedy Catholic High School Renee Farrell Gym. Each camper receives a Kennedy Catholic camp t-shirt.

For more information or to register call:

Monica Sullivan or msullivan@kennedycatholic.net

Contact person: (636)227-5900 ext. 104



Providing instruction in:

- ◇ Passing
- ◆ Back Row DS
- ◆ Setters
- ◇ Hitting
- ◆ Outside
- ◆ Middle
- ◇ Serving



Our teaching format is to briefly show the specific skill to be taught, break the skill into easily repeated sections, practice those specific sections, get into game speed and begin to try the new skill live. Athletes should be able to do the skill accurately, repeat the skill, and recognize what needs to be corrected if the skill does not accomplish its desired result. We work hard to correct athletes by promoting self correction. All skills are taught with ways for athletes to recognize what is going wrong and how to correct this. Once an athlete knows what is expected he or she is asked to work on self correction. Athletes will learn the blocking techniques and

strategies involved for the slide and combination attacks. Their instruction includes techniques and strategies for hitting out let sets. Coaches will provide training in a combination of drills for passing and hitting as well as defense. The camp will focus on detailed instruction of all facets of the defensive positions for those who want to focus on and improve their backcourt play from hitting to court coverage. Athletes will learn the defensive and passing techniques that are being used at the varsity high school level.