

First Step

8 – 12 y/o

An introductory course
Short bursts of fun activities which teach the youngest athletes the fundamentals of the game

Pathways

11 – 14 y/o

Single weekend course .
Emphasis shifts from “how” to “why” aspects of ball-handling.
Individual training is interspersed with fun, team-based activity

Elite

16 – 22 y/o

Serious training for serious volleyball athletes.
The training touches on the finer points of technical form, but main emphasis is on teamwork, tactics, pre- and post-game preparation and care, stamina and mental concentration

Pre Elite

15 – 18 y/o

Five Full days of demanding and regimented team-based training. For athletes having potential to advance into elite level training.
Increased emphasis on tactical elements of the game

Emerging Elite

14 – 18 y/o

A highly disciplined week of team-based performance training.
First camp at which bio-mechanical analysis and performance testing takes place



IT KEEPS US GOING

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Skillz

13 – 16 y/o

Two day weekend camp
Curriculum concentrates on refining the individual ball-handling skills needed for effective teamwork, in order to enable the athlete to enter team-based training

Skillz Plus

13 – 16 y/o

Sixteen hours over five days
Transitional course from learning individual ball-handling skills to participating in team-based training, to prepare the athlete for performance training

