



# MEMPHIS METRO *Specialized Skill Training*



## **NOT JUST PRACTICE BUT BETTER PRACTICE!**

We all know the saying "practice makes perfect." But have you ever stopped to think how much further your young athlete could be if given the opportunity to practice with the very best? Make every practice count! By learning the correct technique, gaining confidence and mental toughness early on ... how much better could your athlete be?

***GIVE YOUR ATHLETE THE CHANCE TO BE THE BEST! LEAVE YOUR COMPETITION IN THE DUST!***

***SIGN UP FOR OUR SPECIALIZED SKILLS TRAINING SESSIONS NOW!***

### **What is Specialized Skill Training?**

Specialized Skill Training is a training program designed to enhance each individual skill of the game of volleyball. Each player must master each of the five basic volleyball skills - passing, setting, hitting, blocking and serving to become a competitive player. Our Specialized Skill Training will teach each player how to deepen each individual skill in order to gain a head start on her competition.

#### *Hitting / Blocking Session:*

Each player will learn the footwork into the attack, staying open to the setter, arm swing mechanics, shots selection, and let's not forget the game situations - free ball transition attack, side out attack, block transitioning attack, dig transition attack, and over pass attack. No hitter can be a complete player without blocking. Each player will learn specifics for spacing, stance and jumping, hand and body position, three types for footwork for blocking, how to most effectively penetrate the net, and vision sequencing for anticipating where the hit will come from.

#### *Setting Session:*

Each player will learn how proper hand positioning makes your movement tighter, more concise and efficient while allowing for touch and finesse on the set. To be an effective setter your athlete will learn a number of setting techniques, including the spin set, jump set, back and front one set, one hand set and the peak-a-boo set. No setting session would be complete without proper footwork, targeting, attacking, and transitioning on and off the net.

#### *Passing, Ball Control & Defense, Serving Session:*

NO TEAM can win without the best defense and a great serve! Learn what it takes to be the best passer/defender/server you can be! Each player will learn the set up and ready position, strike zone, and early platform establishment. In addition, each player will learn and improve her shuffle and the crossover footwork mechanics as well as passing, digging, running to the ball, and rolls techniques. Learn how skill and confidence leads to mental toughness. Each Player will learn the systematic progression for the float and jump serve by learning, body position set up, toss positioning, body rotation, striking hand technique, ball contact, and proper follow-through technique.

**As you can see, there is a lot for our player to learn! Let's get started right now ... perfect practice makes a perfect player!**

Coach Jitka Okolicany and her Metro Staff will lead each player through proper technique on passing, setting, hitting, serving and blocking necessary for future success.

Drills are design to build not only skill and athletic fitness but player's confidence which leads to mental toughness and athlete's advantage over her competition.

Players are divided into groups based on their skill level and experience. Six players minimum for each session.

### **Where**

Each Training session will be conducted at the Memphis Metro Sport Facility at: 2950 Brother Boulevard in Bartlett, TN

### **When**

Training sessions are available on Saturdays: 8/28, 9/11, 9/18, 9/25 from 10:00am-12:00pm.

Players will be divided into groups of a minimum 6 players based on their skills and experience.

### **Who**

Specialized Skills Training Sessions are open to all athletes in middle, elementary and high school.

Coach Jitka Okolicany and her Metro Staff will assist each player in developing the four key elements necessary for player's success: Technique, Physical Fitness, Movement and Mental Toughness.

### **Cost**

Each session: \$35.00

All 4 sessions: \$120.00

#### **For more information, please contact:**

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