



VOLLEYBALL HITTING CLINIC

The purpose of this clinic is to teach the proper fundamentals, footwork, and general mechanics of volleyball. Also, drills to work on speed, agility, and quickness will be included in the plyometric stations.

Volleyball and Plyometric Stations

- Approach and Hitting Mechanics
- Plyometric and Speed/Agility stations with Volleyball emphasis
- Medicine Balls, SKLZ Ladder, Hurdles, Soft Jump Boxes, Cones

WHEN

Wednesdays – January 10, 17, 24 and 31st.

3:45 – 4:45 pm

WHERE

Jasper Sports Academy
9 South Clay Street
Jasper, IN 47546

AGES

5TH- 8TH GRADE

ADVANCE REGISTRATION

\$ 55 for 4 sessions

To Register :

Text Jared at 812-661-1076

Amber at 812-639-2011

or

Email:

jaspersportsacademy@gmail.com

AT THE DOOR

\$20 for drop- in sessions

Please pre –register if possible so we can maintain small instructor to student ratio.

FUTURE SESSIONS

More sessions available in 2018 – Please check our Website for additional dates

www.jaspersportsacademy.com