

ADULT CLINICS & PRACTICES

Train. Compete. Thrive.

Beginner/Intermediate Skills Clinics

From Newbie to Seasoned: Strengthen Your Foundation

Sundays 10:30 AM – 12:00 PM

10/20 – 11/24

[Click Here to Register](#)

From beginners to experienced athletes looking to refine fundamentals – everyone is welcome to build their skills and confidence. Coaches will provide hands-on coaching with a mix of exercises, drills, and games designed to develop foundational skills. Build confidence in every session with personalized feedback!

- 10/20 – Passing and Body Positioning
- 10/27 – Setting Skills and Terminology
- 11/03 – Hitting Approach and Footwork
- 11/10 – Blocking
- 11/17 – Serving
- 11/24 – Rotations and Strategy

Intermediate/Advanced Practices

Master Your Game

Sundays 12:30 PM – 2:00 PM

10/20 – 11/24

[Click Here to Register](#)

Competitive practices designed with a focus on advanced reps and strategic gameplay. For experienced athletes looking for a competitive training environment. This practice runs in a more traditional format, with less focus on basic technique and more emphasis on game-play tools, volleyball IQ, decision-making, and advanced repetitions. Coaches provide less hands-on coaching and more practice reps, with strategic feedback given as needed. Ideal for competitive athletes looking for tools and strategies to dominate the court.

Privates/Group Privates

Train Your Way

[Click Here to Register](#)

Book personalized, hands-on coaching sessions to work one-on-one or in small groups. It's all about you, your skills, and your progress. Each session is designed to focus on your goals, ensuring you get the most out of your time on the court. \$50/hour for one person.

**\$120 for the full 6-week series
or \$25 for individual sessions**

For more information or to register, please visit www.divevolleyball.com.

