

MIDNIGHT SUN SUMMER SKILLS ACADEMY

WE ARE GETTING THE DATES TOGETHER FOR THE SUMMER SKILLS ACADEMY FOR SETTERS, MIDDLES, OUTSIDES, AND DEFENSIVE SPECIALISTS. THESE SCHOOLS ARE SKILL WORK ONLY AND THERE IS NO PLAY. WE WILL WORK ON ALL THE ACTIONS AND MOVEMENTS THAT YOU WILL USE IN YOUR POSITION AND PUT YOU IN DRILLS THAT WILL WORK ON THE SMALL THINGS THAT WILL HELP YOU UNDERSTAND AND PLAY YOUR POSITION AT A MUCH HIGHER LEVEL. WE HAVE PURCHASED A NEW SPORT FILMING SYSTEM THAT WILL ALLOW US TO FILM ALL THAT WE DO AND EVEN ALLOW PLAYERS TO WATCH THEMSELVES IN REAL TIME. WE ARE STILL CONFIRMING THE DATES THAT WE WILL OFFER THESE AS THERE WILL BE ONLY 4 EACH OF ATTACKING, SETTING, AND DEFENSE CLINICS. KEEP AN EYE ON OUR SITE MIDNIGHTSUNVOLLEYBALL.COM FOR THE DATES TIMES AND APPLICATIONS (ONLY 25 PER CLINIC). BELOW IS A SYNOPSIS OF WHAT WE WILL TEACH:

Attackers—footwork patterns for all defense and serve receive areas, back and front row attacking, transition from defense or blocking to attacking, line, sharp angle, deep corner shots as well as speed tipping and roll shots. We will be filming and showing you in real time what you are doing and what needs to be worked on.

Setters—all footwork patterns for front row and back row setters that include setting footwork for all areas on the court and defensive movements of setters, attacking and blocking the right side, 7 footwork patterns, ground, jump, and one hand setting, how to read blockers, heights, speeds, and distance for all sets, and how to evaluate each pass to determine the best match up for blockers and hitters as well as reading a defense to see what sets you can run against it. we will be touching about 300 balls each clinic.

Defense—you will be digging hundreds of balls off of ball machines from all areas of the court—left front and back, right front and back, and middle back. We will work on all the reading that you have to do as a defender, body positions, floor skills, footwork patterns for all positions, hand digging. The ball machines will help us repeatedly work all angles that an attack can come at you in and to create angles with your platforms for all digs. Repetition after repetition and filming, evaluating the filming and jumping back on the court and doing it again.

REMEMBER, ONLY 25 PER CLINIC, OPEN TO ANY PLAYER WITH HIGH SCHOOL OR CLUB EXPERIENCE AND THOSE PLAYERS GOING INTO 9TH GRADE OR ABOVE. SINCE THE DATES ARE NOT OUT YET, KEEP CHECKING OUR SITE OR EMAIL US AT AKJRVBAL@GCI.NET TO HAVE YOUR NAME AND EMAIL AND PHONE PUT IN OUR DATA BASE FOR US TO CONTACT YOU WHEN WE START THE REGISTRATIONS. COSTS WILL BE \$25 PER CLINIC AND PRIMARY INSTRUCTORS WILL BE VIRGIL AND MORGAN HOOE AND SELECTED COLLEGIATE PLAYERS. THESE SCHOOLS ARE MEANT TO PROPEL YOU AHEAD FOR YOUR TRYOUTS.