

2018 Cool Springs Volleyball Winter Clinic



For All Youth, Middle, and High School Players

Join us for this five-week clinic series. If you're new to the sport or looking to increase your current skill level, these clinics will help advance your game. Two age-group sessions are offered. Skill levels and positions will be broken down accordingly in these sessions. Multiple coaches will provide feedback for each player.

5:00-6:30 – 12 and Under

6:30-8:00 – 13 and Over (We will also accept advanced 12's in this group.)

Cost: \$149 – 5 sessions

Location:

Cool Springs Sports Complex
1530 Hamilton Dr.
Pittsburgh, PA 15234
412-881-8500

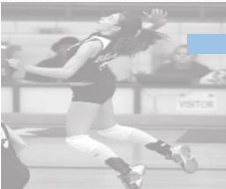


Register online at playcoolsprings.com



Week 1 - Sunday, January 14th

In Weeks 1-3, we will be focusing on the core volleyball skills. The first part of these sessions will focus on particular skills. Courts will be divided based on skill accordingly. The last part of each will allow for game action drills and game play.



Week 2 - Sunday, January 21st

This week builds off of the skills that were developed in Week 1. We will continue to add in new skills and techniques. The last part will again include game like play.



Week 3 - Sunday, January 28th

In this week, we'll start to layer the skills together with drills that emphasize teamwork and controlled contacts. The last portion of this session will start to introduce movement patterns and court awareness for younger players and higher level VB IQ for our more skilled players.



Week 4 - Sunday, February 18th

The last two sessions will emphasize the game. Ball control drills will become more complex. From the warm-up to the end of the session, we will work on developing volleyball IQ and game strategies.



Week 5 - Sunday, February 25th

This final session is designed to bring it all together. More time will be dedicated to game action drills and gameplay. Players will apply strategies for offense and defense, serving, and serve receive.

Coach Jason Ferri

- As a HS Coach, Coach Ferris' teams have won 4 section titles, made numerous playoff appearances, including two finals and a 2006 WPIAL championship.
- His players have played collegiately at Duquesne, William & Mary, Charlestown, UNC Wilm. WV Wesleyan, IUP, Colorado, Northwestern, Hiram, and W & J.
- As a Platinum coach for P3R Vball Club, his teams have won eight tournament victories including two KVRA Championships: 2014, 2016.

Coach Scott Sundgren

- 20 years of high school and middle school coaching experience with several section titles, state qualifying teams, and 15 WPIAL appearances
- Former athletes playing collegiately for a variety of D1 thru D3 universities including Lehigh, Clarion, St. Vincent, Slippery Rock, and IUP.
- Lead Coach for Pittsburgh Elite Volleyball