



2017 Cool Springs Volleyball

Winter Clinic Series

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. Each week will have a different skill focus with game play to apply all of the skills at the end of each session. Players will be broken up into age or skill level groups. Any questions, email: volleyball@playcoolsprings.com

Location:

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

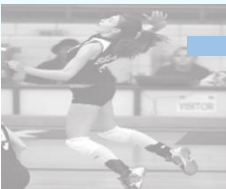


Cost: \$129 – 5 sessions



Week 1 - Sunday, Nov. 12th — 6:30-8:00

In Weeks 1-3, we will be focusing on the core volleyball skills. Passing and serving will be the focus for the skills part of the session. Game action drills will focus on serving and receiving. The last part of the session will be for playing volleyball and applying skills learned in this session.



Week 2 - Sunday, Nov 19th — 6:30-8:00

This session will focus on defense. We will drill proper body posture and forearm and hand contacts. We will discuss and apply different types of defensive patterns. Blocking mechanics and strategies will be covered. Just like session 1, the last part of the session will emphasize game play.



Week 3 - Sunday, Dec. 3rd - 6:30-8:00

Week 3 will focus on offense. We will break down the fundamentals of arm swing and approach mechanics. We will explain proper setting technique and offensive strategies. With the foundation of defense from Week 2, drills will focus on defending attackers and beating the defense. Gameplay at the end will emphasize good attacks.



Week 4 - Sunday, Dec 10th – 6:30-8:00




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, Dec. 17th - 6:30-8:00

This final session is designed to bring it all together. More time will be dedicated to game action drills and gameplay. Players will learn more about 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

-  19 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