

# 1st Contact Fridays



Areas of Training include:

- Basics: Posture, Movement & Footwork
- Pass (Midline, Off Midline, Underhand, Overhand)
- Dig (Midline, Off Midline, Overhand)
- Floor Skills (Sprawl, Collapse dig, Side Slide, Dive, Pancake)
- Serve (Standing Float, Jump 1 & 2 legs, Jump Spin)
- Tactical & Leadership skills

- Thousands of quality touches!
- In depth and intense training
- Master serve, pass and dig techniques
- Read, react, pursuit

## **SESSION 1: 6/18 & 6/25**

Program designed for intermediate/ advance level experience players looking to improve, refine their fist contact skills.

Format: Small group setting ( 8-10 players max)

Times: Friday 4-6 pm

Location: Cassel's Sport Complex

**\$180**

For additional information or to register please contact:  
Coach Walter Collazo at  
**[wc.paramountvbc@gmail.com](mailto:wc.paramountvbc@gmail.com)**