

2021 SETTING CAMP



- Thousands of quality touches!
- In depth and intense training
- (9) hours of on court training dedicated to the setting position

AREAS OF TRAINING INCLUDE:

- FOUNDATION: Hands , Movement, Footwork
- STRENGTH, SETTING RANGE & TEMPO
- SET TYPES: Standing, Jump, 1&2 leg techniques
- TECHNICAL DEVELOPMENT
- TACTICAL TRAINING
- 1st & 2nd Contacts
- Setter's Attack
- Emergency moves

SESSION 1: 7/9-7/11

11-14 years old players or HS non setters (DS/Lib, positional players).
Program designed for beginner/intermediate level experience players.

SESSION 2: 7/16-7/18

HS Age setter (15-18's) Program designed for intermediate advance level experience players.

Times: Friday 2-5pm Saturday & Sunday 10-1 pm
Location: Cassel's Sport Complex

\$396

For additional information or to register please contact:
Coach Walter Collazo at
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