

## SEPTEMBER/OCTOBER LESSON INFORMATION

The cost for our September Session (4 lessons/session) is \$90. Registration will open at 7am on Friday, August 20th. The lesson spots fill quickly so plan to register early to increase your chance of getting into the lesson(s) of your choice. A confirmation e-mail with lesson rosters and details will be sent by 9pm on Monday, September 6th.

**All lessons will be held at the CNOS Fieldhouse Building in North Sioux City, SD (300 Centennial Drive).**

### **Which level lesson you should sign your daughter up for?**

We have put together a reference key below to help. Even if you have been involved in Coach Pruett's lessons before, it is important that you read through the following description of the levels and sign your daughter up for the one that best fits her age/grade & experience at the current time. It is important that athletes have a thorough understanding of the basic fundamentals of the specific skill being taught at an age/skill appropriate level before signing up for a more advanced class. Coach Pruett will let athletes know when he feels it would be beneficial for them to progress on to lessons above their actual age/grade level.

**LEVEL 1** - Athletes in 3rd - 4th grade.

**LEVEL 2** - Athletes in 5th - 6th grade who have previous lesson training and/or some club experience. (Athletes in 7-8th grade who have not had much lesson training or Club experience may be a good fit in this level as well)

**LEVEL 3** - Athletes in 7th - 8th grade who have previous lesson training and/or some club experience.

**LEVEL 4** - Athletes in 9th - 12th grade who have previous lesson experience and/or High School and Club experience.

## SEPTEMBER LESSON DESCRIPTIONS, DATES & TIMES

### **LEVEL 1 ALL SKILLS (GRADES 3-4)**

**INSTRUCTOR:** Emma Mertler

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 6:00pm-7:00pm

Practice, Practice, Practice is the name of the game! Our All Skills lessons will focus on technique training in all areas (serving, passing, setting & attacking). We will breakdown the fundamentals of each skill in these lessons.

### **LEVEL 2 ATTACK & BLOCK (5TH-6TH GRADE)**

**INSTRUCTOR:** Marty King

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 6:00pm-7:00pm

Level 2 Attack & Block lessons will focus on healthy arm swing mechanics and footwork for an effective approach.

### **LEVEL 2 DIG, PASS & SERVE (5TH-6TH GRADE)**

**INSTRUCTOR:** Emma Mertler

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 7:00pm-8:00pm

Level 2 passing will cover individual passing skills such as: feet to ball movement, proper platform and consistency. In addition, Level 2 serving will focus on teaching athletes the proper fundamentals of overhand serving and focus on consistent movement for accuracy.

### **LEVEL 3 SETTER TRAINING (GRADES 7-8)**

**INSTRUCTOR:** Elisabeth Tramm / Addison Mertler

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 6:00pm-7:00pm

Our Level 3 Setter training will focus on proper footwork, hand placement and tempo sets. We will also teach the importance of set selection / decision making in game like scenarios.

### **LEVEL 3 ATTACK & BLOCK (7TH-8TH GRADE)**

**INSTRUCTOR:** Marty King

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 7:00pm-8:00pm

Level 3 Attack & Block lessons will focus on healthy arm swing mechanics, and footwork for an effective approach and how to read the defense.

### **LEVEL 3 DIG, PASS & SERVE (7TH-8TH GRADE)**

**INSTRUCTOR:** Marty King

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 8:00pm-9:00pm

Level 3 passing will cover individual passing skills such as: feet to ball movement, proper platform and consistency. In addition, Level 3 serving will focus on teaching athletes the proper fundamentals of overhand serving and focus on consistent movement for accuracy.

### **LEVEL 4 SETTER TRAINING (GRADES 9-12)**

**INSTRUCTOR:** Elisabeth Tramm / Addison Mertler

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 6:00pm-7:00pm

Our Advanced Setter training will focus on proper footwork, hand placement and tempo sets. We will also teach the importance of set selection / decision making in game like scenarios.

### **LEVEL 4 MIDDLE BLOCKER TRAINING (GRADES 9-12)**

**INSTRUCTOR:** Rick Pruett & Kam Smith

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 6:00pm-7:00pm

Our Middle Training will focus on transition and footwork techniques of the middle hitter. Our MH's will learn transition foot work coming off the block and work on attacking quick tempo sets (1's, 32's and slides). In addition, these lessons will focus on proper footwork and blocking technique.

### **LEVEL 4 OUTSIDE HITTER / RIGHT SIDE HITTER TRAINING (GRADES 9-12)**

**INSTRUCTOR:** Rick Pruett & Kam Smith

**DATES:** September 12th, 19th, 26th & October 3rd

**TIME:** 7:00pm-8:00pm

Advanced OH & RH Training will focus on teaching hitters a variety of shots from the front row. We will also focus on back row attacking and overall ball control. The key to being a great hitter is to be comfortable and confident hitting from all positions!

## **LEVEL 4 DIG, PASS & SERVE TRAINING (GRADES 9-12)**

**INSTRUCTOR: Rick Pruett & Kam Smith**

**DATES: September 12th, 19th, 26th & October 3rd**

**TIME: 8:00pm-9:00pm**

This training is designed for liberos and defensive players who want to learn more about their position. Athletes will get a lot of specific training and learn techniques that will help them become more consistent. Skills covered include serve receive, individual defense, overhead digging, playing the second ball, serving, and learning how to properly dive and make emergency and recovery moves.