

Attack Training



- Thousands of quality touches!
- In depth and intense training
- Master hand contact, arm swing, approach techniques
- Safe & injury prevention attacking techniques

Areas of Training include:

- Fundamentals: Hand Contact, Footwork, Arm Swing
- Expand hitters tool kit (Hit with range)
 - Down Ball, Roll, Tip, Across the body, Sharp Cross, Deep Cross
- Pass to Attack
- Dig to attack
- Tactical Training & Shot selection

SESSIONS : 6/15, 6/22, 6/29

Program designed for all level experience players looking to improve, refine their attacking (spiking) skills.

Format: (3) sessions; small group setting

Times: Tuesdays 4-5 pm

Location: Cassel's Sport Complex

**Fee TBD
based on # of
players**

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