

SUPER VOLLEY

🏆 QUEST FOR THE SUPER VOLLEY CUP 🏆
(MARCH 16-20 @ DE LA SALLE)

MON

MAR. 16

DEFENCE FIRST

- 9-11 a.m. **TRAINING:** We'll work on defensive techniques, including digging and diving.
- 11-1 p.m. **LUNCH AND CLASSROOM:** The athletes will be divided into two teams that will compete for the Super Volley Cup.
- 1-3 p.m. **GAMEPLAY:** We'll apply our defensive techniques in competitive drills.

TUE

MAR. 17

SERVING + PASSING

- 9-11 a.m. **TRAINING:** Athletes will learn proper technique and strategies for serving and passing.
- 11-1 p.m. **REST AND REFUEL:** The athletes will watch the 2025 NCAA women's championship (Texas A&M vs. Kentucky).
- 1-3 p.m. **GAMEPLAY:** We'll incorporate serving and passing into gameplay situations.

WED

MAR. 18

ALL SYSTEMS GO

- 9-11 a.m. **TRAINING:** We'll learn different offensive and defensive systems.
- 11-1 p.m. **LUNCH AND CLASSROOM:** Teams will compete in volleyball trivia, earning points toward the Super Volley Cup.
- 1-3 p.m. **GAMEPLAY:** Coach Terrel Bramwell will run a yoga session for warm up. Then we'll incorporate serving and passing into gameplay situations.

THU

MAR. 19

THE ART OF ATTACKING

- 9-11 a.m. **TRAINING:** We'll focus on attack techniques and strategies, learning the specifics of approach, attack angle and tempo.
- 11-1 p.m. **LUNCH AND CLASSROOM:** Each of the teams will prepare a pre-game playlist and gameplan for the Super Volley Cup.
- 1-3 p.m. **GAMEPLAY:** Time to hit and compete. Athletes will play games that involve attacking, including Gauntlet and Death Match.

FRI

MAR. 20

THE CHAMPIONSHIP MATCH 🏆

- 9-11 a.m. **TRAINING:** Each team will prepare for the championship match.
- 11-1 p.m. **LUNCH AND CLASSROOM:** The team that won trivia will pick a movie for the group to watch.
- 1-3 p.m. **GAMEPLAY:** The athletes will put everything they've learned to the test in a real 6 vs. 6 scrimmage with a referee. We'll announce the winner of the Super Volley Cup.