

SUPER VOLLEY

MARCH BREAK | PRIVATE | 11-1 P.M.
(MARCH 16-20 @ DE LA SALLE)

MON

MAR. 16

DEFENCE FIRST

- 11-12 p.m. **TRAINING:** We'll work on defensive techniques, including digging and diving.
- 12-1 p.m. **GAMEPLAY:** We'll apply our defensive techniques in competitive drills.

TUE

MAR. 17

SERVING + PASSING

- 11-12 p.m. **TRAINING:** Athletes will learn proper serve and pass technique.
- 12-1 p.m. **GAMEPLAY:** We'll incorporate serving and passing into gameplay situations.

WED

MAR. 18

ALL SYSTEMS GO

- 11-12 p.m. **TRAINING:** We'll learn different offensive and defensive systems.
- 12-1 p.m. **GAMEPLAY:** We'll incorporate our offensive and defensive systems into live gameplay.

THU

MAR. 19

THE ART OF ATTACKING

- 11-12 p.m. **TRAINING:** We'll focus on attack techniques, learning the specifics of approach, attack angle and tempo.
- 12-1 p.m. **GAMEPLAY:** Athletes will play games that involve attacking, including Gauntlet and Death Match.

FRI

MAR. 20

SCRIMMAGE

- 11-1 p.m. **SCRIMMAGE:** The athletes will put their knowledge and skills to the test in a 6 vs. 6 scrimmage, with a real referee.