

SUPER VOLLEY



MAY-JUNE BEACH @ DE LA SALLE



WEEK 1

MAY 4-8

BEACH BASICS

Things are different on the beach—the rules, the elements, the culture. Let's learn all about it.

WEEK 5

JUNE 1-5

ATTACK!!!

In the sand, it's more about finesse than power. We'll learn all of the different beach shots (pokey, jumbo, cutty, etc.).

WEEK 2

MAY 11-15

SAND DEFENDERS

We'll learn to dig and dive in the sand, defending our side of the court.

WEEK 6

JUNE 8-12

BEACH STRATEGIES

Let's learn the different attacking styles, from the traditional "up and down" style to the "Swedish jump-set".

WEEK 3

MAY 18-22

SUN(SETS)

Athletes will learn the proper technique for hand-setting on the beach.

WEEK 7

JUNE 15-19

BLOCK PARTY

We'll learn the different beach blocking systems, using two players to cover the full court.

WEEK 4

MAY 25-29

SERVE + PASS

Athletes will learn how to serve and pass, using the elements (wind, sun and sand) to their advantage.

WEEK 8

JUNE 22-26

QUEEN'S COURT

We'll finish the semester with a Queen's Court tournament, giving the athletes a chance to show off their skills.