

SUPER VOLLEY

MARCH-APRIL CLINICS AT DE LA SALLE

WEEK 1

MAR. 7/8

PASSING

It's the most important skill in the game. Let's nail down the fundamentals and pass with precision.

WEEK 5

APR. 4/5

NO SESSION

It's the long weekend, take a break.

WEEK 2

MAR.
14/15

SERVING

We'll learn techniques from top international coaches, perfecting both the spin and float serve.

WEEK 6

APR.
11/12

HITTING

We'll learn how to hit high, hard and deep, striking fear into the hearts of our opponents.

WEEK 3

MAR.
21/22

DEFENCE

It's true what they say—defence wins championships. We'll learn how to dive, sprawl and dig.

WEEK 7

APR. 19

MINI GAMES

Let's maximize the fun with some mini games.(NO SATURDAY SESSION FOR THE SCHOOL PLAY.)

WEEK 4

MAR.
28/29

BLOCKING

It's the first line of defence against our opponent. Let's set up the perfect block and stifle their attackers.

WEEK 8

APR.
26/27

GAMEPLAY

A scrimmage to end the semester, letting the athletes showcase their new skills.