

Step

3

FORCE VOLLEYBALL CLUB

12U– 15U Hitting Clinics

May 2016

7205 Eldorado Pkwy, McKinney, TX 75070

Sign up now! Players may register for each independent clinic for \$15. Clinics progress throughout the month, and the description of the clinic is below the title. Players may progress with all the clinics, or sign up for the clinics individually based off of their needs.

Register using your MYSAM account. All players need to create a MYSAM profile. Skills classes and clinics will be listed under “Classes”.

Search Force Club Volleyball, and under the season drop down menu” Force Skills/ Clinics/ Tryouts Spring 2016.

All skills classes and clinics will be listed.



30 Minute Clinics

Cost: 1 clinic for \$15 each. Sign up for each individual clinic.

Hitting 1

Thursday, May 12, 5:30– 6:00 pm

Thursday, May 19, 5:30– 6:00pm

In Hitting 1, players will be learning the basic footwork and techniques of hitting.

Hitting 2

Thursday, May 26, 5:30– 6:00pm

Thursday, June 2, 5:30– 6:00pm

In Hitting 2, players will progress from basic techniques to learning how to hit cross, line or to a specific spot on the court.