

# Step

# 3

## FORCE VOLLEYBALL CLUB

### 12U– 15U Serve Clinics

May 2016

6500 Preston Meadow, Plano, TX 75024

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.

#### Serving 1

Tuesday, May 10, 6:30– 7:00 pm

Tuesday, May 17, 6:30– 7:00pm

In Serving 1, players will learn the basic techniques and footwork of serving.

#### Serving 2

Tuesday, May 24, 6:30– 7:00 pm

Tuesday, May 31, 6:30– 7:00pm

In Serving 2, players will focus on serving strong, tough and consistent serves striving to serve 10 in a row.