

2019 Summer Skills Camps

VolleyTots

FUNDamentals

Hand-eye development with ball

Introduction to the sport of volleyball

Ages: 4 - 8 Boys & Girls

July 8th - July 11th

Time: 2:30pm - 3:30pm Cost: \$45

MiniVB

FUNDamentals

Lower net and small court

Foot work & agility

Ages: 8 - 12 Boys & Girls

July 8th - July 11th

Time: 3:30pm - 5pm Cost: \$65

Ball Control

Platform Training

Serve Receive

Passing and Digging

Ages: 12 - 18 Boys & Girls

July 8th - July 9th

Time: 9am - 2pm Cost \$85

Setting

Hand Positioning

Set Location

Back Setting

Ages: 12 - 18 Boys & Girls

July 10th - 11th



Serving

Serving Location

Float Serve, and Jump Serve

Tactical Strategies

Ages: 12 - 18 Boys & Girls

July 12th- July 13th

Time: 2:30pm - 4:30pm Cost: \$45

Defensive Dandies

Fundamentals of Defense

Defensive Pursuit

Ages: 12 - 18 Boys & Girls

July 12th - July 13th

Time: 9am - 2pm Cost: \$85

Attacking

Fundamentals of Attacking

Approach Work

Hand Contact

Ages: 12 - 18. Boys & Girls

July 10th - 11th

Time: 9am - 2pm Cost: \$85

Middle School Back to School Boot Camp

Fundamental Skill Development

Grades: 6th - 8th

July 26th - 27th

Time: 9am - 2pm Cost: \$85

VolleyTots (PENDLETON)

FUNDamentals

Hand-eye development with ball

Intro to the sport of volleyball

Ages: 5-8 Boys & Girls

June 3th - June 5th

Time: 9am - 10am Cost: \$35

MiniVB (PENDLETON)

FUNDamentals

Lower net and small court

Foot work & agility

Ages: 8 - 12 Boys & Girls

June 3th - June 5th

Time: 10am - 11:15am Cost: \$45

All Skills (PENDLETON)

Fundamentals of all skills

Ages: 12 - 15 Boys & Girls

June 3th - June 5th

Time: 11:30am - 1:30pm Cost \$65

REGISTER TODAY!

online at

www.munciana.com

Munciana Volleyball

Athletic Excellence. Lifetime Experience.

Contact us: randy@munciana.com

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