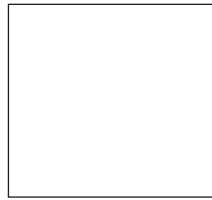


# 2020 SMSU Volleyball Winter Skills Clinics

*Benefits*



The clinics offer athletes the opportunity to achieve success on the volleyball court through training with a great staff of SMSU coaches and student athletes. Help yourself gain the skills and the confidence to bring your game to the next level on the court!

The winter clinics are similar to volleyball lessons. Training each week is tailored to the athletes in attendance and will reflect the coaches' assessments of each athlete's needs as a player. From week to week, the clinics will offer a balance of building confidence in the athletes' skills, and challenging them to grow as volleyball players.

*"I just want to thank you and your coaching staff for everything you did at the volleyball clinics. They were great! My daughter learned so much...she would just chatter all the way home on the new things she learned and how well you explained things. She had her first JO tournament Saturday and showed GREAT improvement on her skills and confidence since attending your clinics. Keep up the good work!"*

—Winter Clinic Parent

## 2020 WINTER CLINIC STAFF

Terry Culhane, SMSU Head Coach

Tyler Boddy, SMSU Assistant Coach

Paul Soupir, SMSU Assistant Coach

Mariah McPartland, SMSU Graduate Assistant

*Along with current SMSU players!*



1501 State St.  
Marshall, MN 56258

# 2020 SMSU VOLLEYBALL Winter Skills Clinics

*Grades 6-12*



January 12, 19, 26  
February 2 and 9

### Training Sessions:

- 4:00-5:30pm — Serve Receive Passing, Defense and Serving
- 5:30-7:00pm — Attacker-Blocker Training, Setter Training

# 2020 SMSU Volleyball Winter Skills Clinics Descriptions

## FIRST CONTACT SKILLS TRAINING

First Contact Skills—serving, digging and serve receive passing—are the most important skills in volleyball. In our serve receive, serving & defense sessions, the focus will be on high repetition in passing, digging, and serving.

Passing training will include: posture, footwork, underhand and over hand technique, accuracy, and tempo. Digging training will include: overhand and underhand technique, movement, and emergency situation skills. Serving training will include: technique, specialization, and accuracy.



*Payton Hjerleid, SMSU Libero*

## ATTACKER-BLOCKER TRAINING

Attacker-Blocker Training is a clinic designed to work on the fundamental elements of attacking and blocking. In the attacking segment, we will focus on armswing, approach footwork and mechanics, timing, and ball/body relationship. Along with footwork and timing, the blocking segment will also teach communication, reaction, eye training, and more.



*Angela Young,  
SMSU Outside Hitter*

## SETTER TRAINING

Setter Training will focus on concepts from basic technique to more advanced areas of leading a team. Hand position and shape, follow-through, posture and movement will be the starting point for the training. In addition to solid foundation training, the sessions will also cover quicker tempo sets, jump setting, game planning, opponent block awareness, attacking/dumping, and emergency setting skills.



*Emma Thomssen, SMSU Setter*

# REGISTRATION

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_  
 Position (Circle one) OH MB S RS DS/Lib

Session Title	1/12	1/19	1/26	2/2**	2/4	Total Clinics (Max. 10)
Serve Receive Defense & Serving	EARLY SESSION					
Hitter-Blocker Training	CHOOSE ONE					
OR						
Setter Training	LATE SESSION					

Cost of each clinic session is \$30.00  
 Please arrive at least 15 minutes before your session.  
 Early session is 4:00-5:30pm. Late session is 5:30-7:00pm.  
 \*\*Clinics on Feb. 2 are held 1:00-2:30pm and 2:30-4:00pm.

Total Clinics (Max. 10)	
x\$30 each session OR \$50 each date	
Total Enclosed	

**BONUS OFFER:** If you pre-register both clinics on the same date, pay only \$50 for the two sessions.

**DEADLINE:** Please send registration 7 days ahead of the first clinic you plan to attend whenever possible. If you are registering less than 7 days before the session, email the player's name, position, and clinic session to [Tyler.Boddy@SMSU.edu](mailto:Tyler.Boddy@SMSU.edu) to confirm availability.

In case of inclement weather: please go to [1400knhl.com](http://1400knhl.com) or [smsumustangs.com/volleyball](http://smsumustangs.com/volleyball) for cancellations. Check your email, Facebook & Twitter before you depart. Make-up date will be Feb. 16 at 4:00-7:00pm.  
 For questions, contact: [Tyler.Boddy@SMSU.edu](mailto:Tyler.Boddy@SMSU.edu) (507) 537-7383.

Please send this registration with your check made payable to "SMSU Volleyball" to:  
 Winter Clinics  
 SMSU Volleyball  
 1501 State Street  
 Marshall, MN 56258