

MONDAY, OCTOBER 12

6:00 AM | Beach Fit: Performance Fitness

3:30 PM | Blocking and Peeling: Reading the set. Stay or Peel, Positioning

4:30 PM | Serving: Standing Flat Float (Flat, Short, Rainbow)

TUESDAY, OCTOBER 13

3:30 PM | Passing and Serve Receive: Run to's and Run throughs *

4:30 PM | Defense: Digging Hard Driven Balls Low (Direct, Outside Body, Collapse)

MONDAY, OCTOBER 19

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Passing and Serve Receive: Basic Passing Technique and Free Balls

3:30 PM | Setting: Transition/Run to/Run Through/Out of the Net Setting

4:30 PM | Attacking: Timing Steps. Footwork, Armwork

TUESDAY, OCTOBER 20

6:00 AM | Defense: Basic Defensive Positioning, Hand Positioning and Posture

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Blocking and Peeling: Blocking Line ups. Hand Shape and Pressing

4:30 PM | Serving: Jump Float

MONDAY, OCTOBER 26

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Setting: In System Bump Setting: Front and Back

3:30 PM | Passing and Serve Receive: Receiving Float Serves (Flat, Short, Deep)

4:30 PM | Defense: Digging Hard Driven Balls High (Direct, Outside Body)

TUESDAY, OCTOBER 27

6:00 AM | Attacking: Swing Mechanics - Power/Snap, Cross-Body, Wrist Away

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Setting: In system Hand Setting: Front and Back

4:30 PM | Attacking: In-system Spacing and Offensive Design



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MONDAY, NOVEMBER 2

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Blocking and Peeling: Reading the set. Peel, Positioning, Where to Peel

3:30 PM | Blocking and Peeling: Squat and Drop

4:30 PM | Serving: Jump Spike

TUESDAY, NOVEMBER 3

6:00 AM | Serving: Standing Flat Float (Flat, Short, Rainbow)

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Passing and Serve Receive: Receiving Hard Top Spin

4:30 PM | Defense: Emergency Touches

MONDAY, NOVEMBER 9

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Passing and Serve Receive: Run to's and Run throughs

3:30 PM | Setting: Setting in the Wind/Small Ball and Roll Sets

4:30 PM | Attacking: Out of system/Transition Spacing and Offensive Design

TUESDAY, NOVEMBER 10

6:00 AM | Defense: Digging Hard Driven Balls Low (Direct, Outside Body, Collapse)

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Blocking and Peeling: Dives and Jukes

4:30 PM | Serving: Hybrid Serve

MONDAY, NOVEMBER 16

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Setting: Transition/Run to/Run Through/Out of the net Setting

3:30 PM | Passing and Serve Receive: Absorption / Small Ball

4:30 PM | Defense: Eye Work, Reading and Tells

TUESDAY, NOVEMBER 17

6:00 AM | Attacking: Timing Steps. Footwork, Armwork

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Setting: Spread and Speed Offense

4:30 PM | Attacking: Placement/ShotsOffensive Design

MONDAY, NOVEMBER 23

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Blocking and Peeling: Blocking Line ups. Hand Shape and Pressing

3:30 PM | Blocking and Peeling: Swatting/Delay Blocks

4:30 PM | Defense: Chase Digs Footwork, Torso Control and Stability

TUESDAY, NOVEMBER 24

6:00 AM | Serving: Jump Float

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Attacking: Pokie Offense

4:30 PM | Blocking and Peeling: Collapse and Pursue



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MONDAY, NOVEMBER 30

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Passing and Serve Receive: Receiving Float Serves (Flat, Short, Deep)

3:30 PM | Defense: Diving and Single Arm Layout Digs

4:30 PM | Attacking: Eyework and Vision and Decisions

TUESDAY, DECEMBER 1

6:00 AM | Defense: Digging Hard Driven Balls High (Direct, Outside Body,)

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Defense: Bait and Switch Plays, Jukes and Strategy

4:30 PM | Attacking: Strategy and Range, Attacking from off the net.

MONDAY, DECEMBER 7

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Setting: In system Hand Setting: Front and Back

3:30 PM | Attacking: Upbeat/Downbeat Swings/Recyclingall and Roll Sets

4:30 PM | Attacking: On 2 Attacking

TUESDAY, DECEMBER 8

6:00 AM | Attacking: In-system Spacing and Offensive Design

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Passing and Serve Receive: Basic Passing Technique and Free balls

4:30 PM | Defense: Basic Defensive Positioning, Hand Positioning and Posture

MONDAY, DECEMBER 14

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Blocking and Peeling: Squat and Drop

3:30 PM | Setting: In system Bump Setting: Front and Back

4:30 PM | Attacking: Swing Mechanics - Power/Snap, Cross-Body, Wrist Away, Power

TUESDAY, DECEMBER 15

6:00 AM | Serving: Jump Spike

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Blocking and Peeling: Reading the set. Stay or Peel, Positioning, and Where to Peel

4:30 PM | Serving: Standing Flat Float (Flat, Short, Rainbow)

MONDAY, DECEMBER 21

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Passing and Serve Receive: Receiving Hard Top Spin

3:30 PM | Passing and Serve Receive: Run to's and Run throughs *

4:30 PM | Defense: Digging Hard Driven Balls Low (Direct, Outside Body, Collapse)

TUESDAY, DECEMBER 22

6:00 AM | Defense: Emergency Touches

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Setting: Transition/Run to/Run Through/Out of the net Setting

4:30 PM | Attacking: Timing Steps. Footwork, Armwork



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MONDAY, DECEMBER 28

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Setting: Setting in the Wind/Small Ball and Roll Sets

3:30 PM | Blocking and Peeling: Blocking Line ups. Hand Shape and Pressing

4:30 PM | Serving: Jump Float

TUESDAY, DECEMBER 29

6:00 AM | Attacking: Out of system/Transition Spacing and Offensive Design

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Passing and Serve Receive: Receiving Float Serves (Flat, Short, Deep)

4:30 PM | Defense: Digging Hard Driven Balls High (Direct, Outside Body,)

MONDAY, JANUARY 4

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Blocking and Peeling: Dives and Jukes

3:30 PM | Setting: In system Hand Setting: Front and Back

4:30 PM | Attacking: In-system Spacing and Offensive Design

TUESDAY, JANUARY 5

6:00 AM | Serving: Hybrid Serve

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Blocking and Peeling: Squat and Drop

4:30 PM | Serving: Jump Spike

MONDAY, JANUARY 11

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Passing and Serve Receive: Absorption / Small Ball

3:30 PM | Passing and Serve Receive: Receiving Hard Top Spin

4:30 PM | Defense: Emergency Touches

TUESDAY, JANUARY 12

6:00 AM | Defense: Eye Work, Reading and Tells

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Setting: Setting in the Wind/Small Ball and Roll Sets

4:30 PM | Attacking: Out of system/Transition Spacing and Offensive Design

MONDAY, JANUARY 18

6:00 AM | Beach Fit: Performance Fitness

7:00 AM | Setting: Spread and Speed Offense

3:30 PM | Blocking and Peeling: Dives and Jukes

4:30 PM | Serving: Hybrid Serve

TUESDAY, JANUARY 19

6:00 AM | Attacking: Placement/Shots

7:00 AM | Beach Fit: Performance Fitness

3:30 PM | Passing and Serve Receive: Absorption / Small Ball

4:30 PM | Defense: Eye Work, Reading and Tells



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