

# WEST VIRGINIA

## VOLLEYBALL

### SERVING CLINIC: JUNE 22, 2017

#### Reminder

- In order to participate, campers are required to have on file their completed “release form” and physician signed “physical form”. Download forms at [www.WVUsports.com/camps](http://www.WVUsports.com/camps).
- Check-in/Registration: WVU Coliseum (BLUE GATE)
- Parking: The WVU Coliseum is located at 3450 Monongahela Blvd. and is free of charge.
- We will have a camp store that will offer all the latest volleyball gear and trends (cash or checks – made out to WVU)

#### Checklist

- Knee pads
- Volleyball or all-court type shoes
- Spandex, t-shirt, socks, etc.
- Sweatshirt and/or long sleeved t-shirt
- Water bottle
- Snacks

### WVU Volleyball Serving Clinic – SCHEDULE

#### Thursday, June 22

6:30pm-7:00pm

7:05pm

7:10pm

7:20pm

7:30pm

7:40pm

7:50pm

8:00pm

8:15pm

8:30pm

8:35pm

Registration, check-in at WVU Coliseum (BLUE GATE)

Camp meeting and introductions (dressed and ready to play)

Warm-up and ball control

Partner serving: set-up, lift and contact

Progression serving: set-up, lift and contact

Elastic serving: low, flat and hard serve

Serve and accelerate

Target serving: +1 for ball in zone

Around the world: 1<sup>st</sup> team to hit all 6 zones

Review and THANK YOU!

Check-out and pick-up at WVU Coliseum (BLUE GATE)