

VOLLEYBALL CAMP

VOLLEYBALL BLAST: SPIKE, SERVE & SOAR WITH CONFIDENCE!

Week 9 (August 3 – 7th)

Volleyball week will be a wonderful opportunity for the athlete to gain new skills and confidence with the sport. Athlete who has previously played volleyball will be able to challenge and refine their skills prior to the start of the fall volleyball season and a wonderful opportunity for those who have had limited or no playing time with the sport to gain new skills. Here you will enhance the fundamentals, develop proper mechanics, enhance court awareness, and gain game play experience. Players will be coached through several fundamental volleyball skills including, passing, setting, serving, and hitting. Dynamic drills will be used to challenge and excel the player's skill sets. Each player will receive quality instructions by coaches, all while enjoying plenty of game play experience.

It is going to be an exciting time – see everyone on the court!

NEW Cross Training Program

Total body conditioning will be the emphasis for cross training each week and will focus on the specific volleyball movements and muscle groups to allow the athlete to coordinate skills and improve performance effectively and efficiently. Agility training will focus on abdominal strength to assist athletes with quickness, balance, and core stabilization.



What gives our volleyball camp the competitive edge?

Top Coaching Character and Sport Leadership Development

“Our proven leadership curriculum—crafted by athletic directors—builds mental toughness, teamwork, and lifelong confidence.”

Our program offers a sport psychology influenced toolkit for life and forges the opportunity for the competitive athlete to strive to excel physically and mentally as an individual and team player. Through intense leadership and team development settings they will gain a better understanding of what it takes to improve, achieve, and succeed in an individual or team environment while working to achieve higher performance levels.

Top Skilled and Invested Coaches

We are honored to announce that all our coaches have either coached or played within the local high school and university educational systems. Our coaches have earned awards such as the All-American award, teachers and coaches of the year awards, academic and athletic honors, champion levels of achievement and more. Please visit our website <https://www.countrylifekidscamp.com/our-team> for more information about our coaches.