

2012 SKILL SPECIFIC TRAINING SESSIONS

LOCATION: University of Toledo, Health Education Building 121111

Sunday 1/8/12

Time	Court	1	2	3	4
9:00 am		10,11,12 Conditioning----->		13/14 Setter Training----->	
10:00		13 and Under Conditioning----->		10,11,12 Setter Training ----->	
11:00		14 and Under Conditioning----->		15/16 Setter Training ----->	
12:00		15 and Under conditioning----->		17/18 Setter Training ----->	
2:00		16 and Under Conditioning----->		14-2 Prac 1:30-3	
3:00		17/18 and Under Conditioning---->			

Sunday 1/15/12

Time	Court	1	2	3	4
9:00 am		10,11,12 Conditioning----->		13/14 Setter Training----->	
10:00		13 and Under Conditioning----->		10,11,12 Setter Training ----->	
11:00		14 and Under Conditioning----->		15/16 Setter Training ----->	
12:00		15 and Under conditioning----->		17/18 Setter Training ----->	
2:00		16 and Under Conditioning----->		14-2 Prac 1:30-3	
3:00		17/18 and Under Conditioning---->			

Sunday 1/22/12

Time	Court	1	2	3	4
9:00 am		10,11,12 Defensive Trng----->		13/14 Middle Hitter Training----->	
10:00		13 and Under Defensive Trng----->		10,11,12 Middle Hitter Training ----->	
11:00		14 and Under Defensive Trng----->		15/16 Middle Hitter Training ----->	
12:00		15 and Under Defensive Trng----->		17/18 Middle Hitter Training ----->	
2:00		16 and Under Defensive Trng----->		14-2 Prac 1:30-3	
3:00		17/18 and Under Defensive Trng-->			

Sunday 1/29/12

Time	Court	1	2	3	4
5:00 pm		10,11,12 Outside Hitter Training ----->			
6:00 pm		13,14 Outside Hitter Training ----->			
7:00 pm		15,16,17 and 18 Hitter Training ----->			

**** ALL COACHES SHOULD PLAN ON ATTENDING TRAINING SESSIONS FOR THEIR AGES AND BRING VOLLEYBALLS