

Advanced Volleyball Clinic Syllabus

Duration: 11 Weeks

Session Length: 1.5 hours per week

Target Audience: 8th-12th graders with >2yrs experience

Week 1: Advanced Skills Overview & Team Dynamics

- **Goals:**
 - Assess player skills and set clinic objectives
 - Pre-test
- **Character Development Focus: Teamwork**
- **Activities:**
 - Warm-up and dynamic stretching
 - Individual skill assessments (serving, passing, hitting)
 - Team-building exercises to foster collaboration
 - Discussion on roles within a team and communication

Week 2: Serving Strategies & Confidence Under Pressure

- **Goals:**
 - Master advanced serving techniques (target serve, jump serve, float serve)
- **Character Development Focus: Confidence**
- **Activities:**
 - Warm-up and review of serving fundamentals
 - Serve mechanics and footwork drills for advanced serves
 - Pressure serving drills (serving in game-like scenarios)
 - Partner feedback to build confidence

Week 3: Advanced Passing Techniques & Resilience

- **Goals:**
 - Enhance passing under pressure and defensive strategies
- **Character Development Focus: Resilience**
- **Activities:**
 - Warm-up and review of serving
 - Advanced forearm passing and overhead passing drills
 - Defensive positioning and reaction drills
 - Discussion on dealing with failure and bouncing back

Week 4: Setting for Advanced Offense & Leadership

- **Goals:**
 - Refine setting techniques for various offensive plays
- **Character Development Focus: Leadership**
- **Activities:**
 - Warm-up and review of passing
 - Mechanics of setting different types of sets (quick sets, back row)
 - Scenario-based setting drills to lead offensive plays
 - Encourage players to take leadership roles during drills

Week 5: Hitting Techniques & Determination

- **Goals:**
 - Improve attacking strategies and decision-making
- **Character Development Focus: Determination**
- **Activities:**
 - Warm-up and review of setting
 - Approach and jump drills with focus on timing and technique
 - Advanced hitting drills (cross-court, line shots)
 - Reflect on setting and achieving personal goals in hitting

Week 6: Defensive Strategies & Sportsmanship

- **Goals:**
 - Master advanced defensive techniques, including reading the game
- **Character Development Focus: Sportsmanship**
- **Activities:**
 - Warm-up and review of hitting
 - Defensive positioning drills against various attacking strategies
 - Scrimmages focusing on fair play and respect
 - Discussions on the importance of sportsmanship in competition

Week 7: Advanced Blocking Techniques & Accountability

- **Goals:**
 - Enhance blocking skills and timing against hitters
- **Character Development Focus: Accountability**
- **Activities:**
 - Warm-up and review of defense
 - Advanced blocking drills (pressing, transitioning)
 - Partner drills focusing on accountability in positioning
 - Discussion on taking responsibility for defensive plays

Week 8: Communication & Empathy on the Court

- **Goals:**
 - Improve on-court communication and teamwork
- **Character Development Focus: Empathy**
- **Activities:**
 - Warm-up and review of blocking
 - Team communication drills emphasizing verbal and non-verbal cues
 - Role-playing exercises to understand teammates' perspectives
 - Scrimmage focusing on supportive communication

Week 9: Game Play Scenarios & Adaptability

- **Goals:**
 - Apply skills in complex game situations
- **Character Development Focus: Adaptability**
- **Activities:**
 - Warm-up and review of strategies
 - Situational drills (switching roles, adjusting tactics)
 - Scrimmages with different formats to encourage adaptability
 - Feedback session on how adaptability influences team success

Week 10: Review of Skills & Rules

- **Goals:**
 - Review of all skills learned and rules of the game
- **Character Development Focus: Self-Awareness**
- **Activities:**
 - Warm-up and review of key skills
 - Skill review stations (advanced serving, passing, hitting, blocking)
 - Scrimmage/games

Week 11: Post-Test and Reflections

- **Goals:**
 - Assessment of all skills learned and knowledge of rules of the game
 - Post-Test
- **Character Development Focus: Reflection**
- **Activities:**
 - Warm-up and review of key skills
 - Skills assessment stations (advanced serving, passing, hitting, blocking)
 - Written Test
 - Mini-tournament with mixed teams, promoting friendly competition
 - Closing reflections on personal and team growth throughout the clinic