

CJ Heat Skills Clinics Overview

1. 13 weeks of 1-1/2 HR Clinics
2. Athletes are required to attend one clinic per week
3. Coaches are required to commit to a minimum of 2-3 weekends/sessions
4. A coaches sign-up sheet will be available for coaches to select their the preferred clinic dates on a first come first serve basis. (Max 3 coaches per clinic)
5. Athletes are required to attend all clinic weekends but not a set clinic time. It is not required for athletes to attend with their team as they will be trained based on their positions
6. Clinics are front loaded in the season to have the base fundamentals trained before the start of the season

Skills Clinic Focus:

1. Rotations for serve and receive – This includes player positions for all players for each rotation
2. Defensive locations for players based on opponents attack locations.
3. Blocking
4. Offensive training for:
 1. Each player locations for coverage of blocks
 2. Hitting mechanics for each position(i.e. OH, MB, RS BR and different Ball Sets i.e. 1, 2, 4 etc..)
 3. Setting Mechanics
 4. Setter and hitter - Push and tip locations
 5. Serving
5. Passing – Bumping/Overhead Passing
6. First few weeks will focus on making sure the athletes know their court positions for all noted and then drills will be playing with implementation of these fundamentals

CJ Heat Skills Clinics

Skills Clinic #1

AGENDA

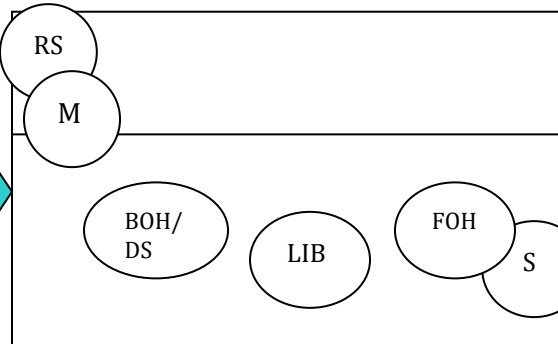
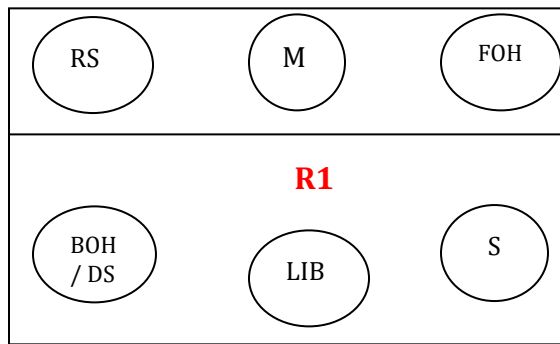
1 hr & 30 mins

Rotations (5-1 and 6-2) / Defense and Player Positioning

Rotations

1. Hold a white board training at courtside to review rotation rules and then discuss the 2 rotation options
2. Place 6 players on each side of the court and go through all 6 rotations. Be sure to replace MH with Liberos as well as DS swaps
3. Run these rotations repetitively until there is full understanding and no errors with positioning. (Remember we should not rush this and we need to be strict with no errors in the rotations)

5-1 Rotation R1-R3



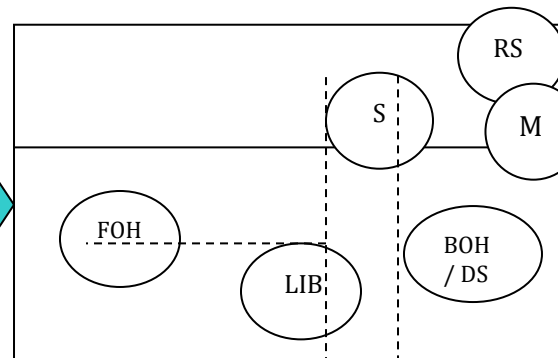
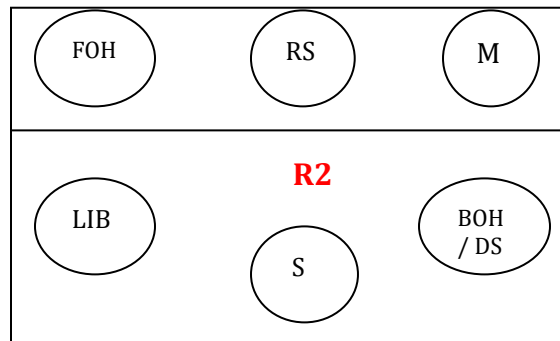
Serve Receive -

FOH Slides back.

*Setter must start behind FOH

Hitting

- RS and FOH Stay for One on serve receive
- M goes down 10' line for attack position



Serve Receive -

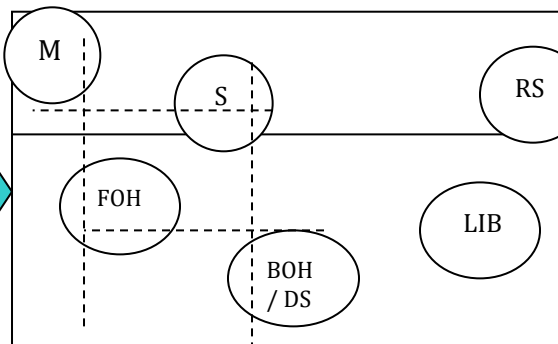
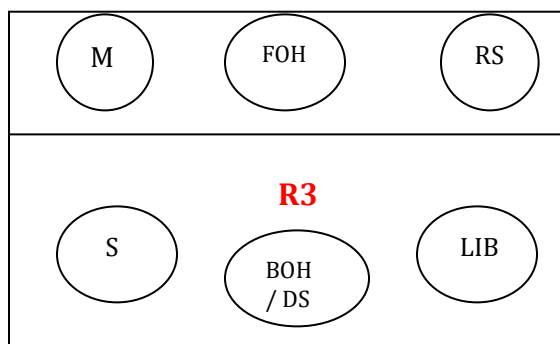
FOH Slides back. Must stay in front of Lib

S pushes Up into middle

IMPORTANT - S must stay to left of BOH, to the right of LIB and behind RS.

Hitting -

- M goes down 10' line for attack position



Serve Receive -

FOH Slides back. Must stay in front of BOH and to the right of M

BS pushes Up

IMPORTANT - S must stay to left of BOH/DS and behind M.

Hitting -

- All hitters go to base

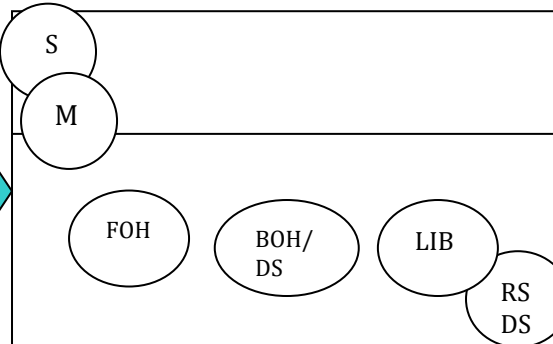
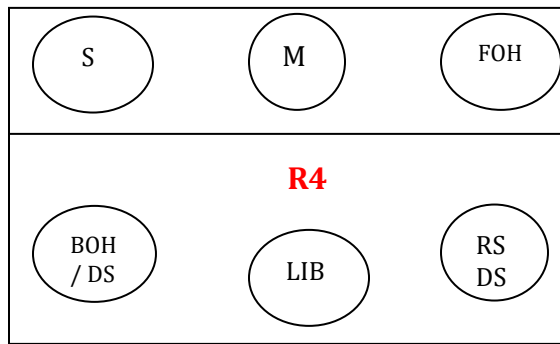
Legend

S-Setter
M-Front Middle

RS-Front Row Setter/Right Side
BOH-Back Outside Hitter

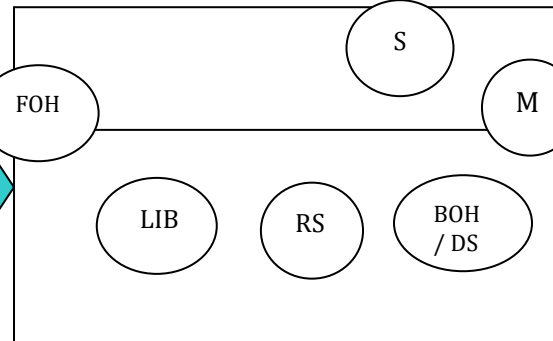
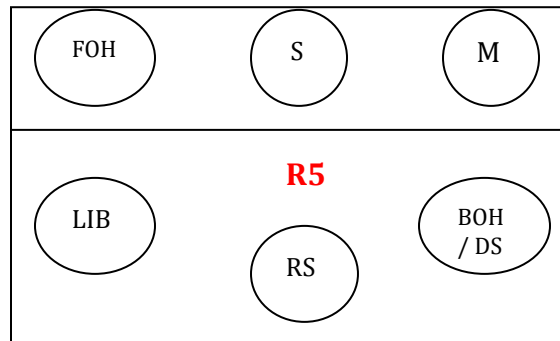
LIB- Libero
FOH-Front Outside Hitter

5-1 Rotation R4-R6



Hitting

- FOH Stay for One on serve receive
- M goes down 10' line for attack position

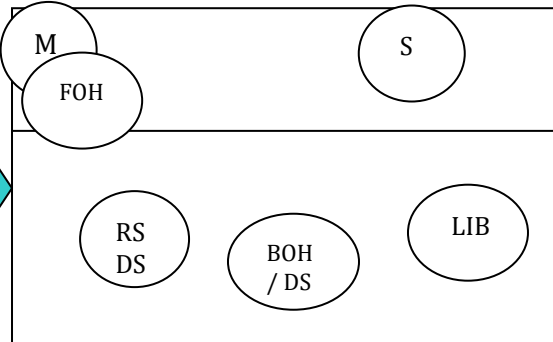
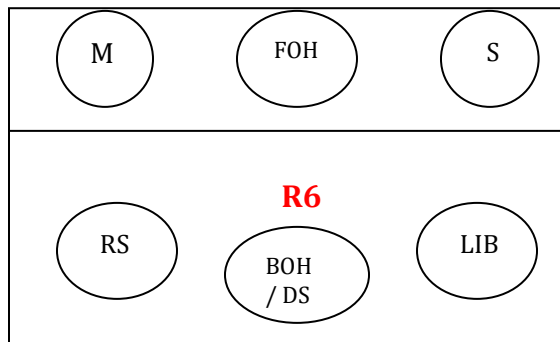


Serve Receive -

S and M Stack Right
IMPORTANT - BS must stay to left of BOH, to the right of LIB and behind RS.

Hitting -

- M goes down 10' line for attack position



Serve Receive -

FOH and M Stack Left

Hitting -

- All hitters go to base

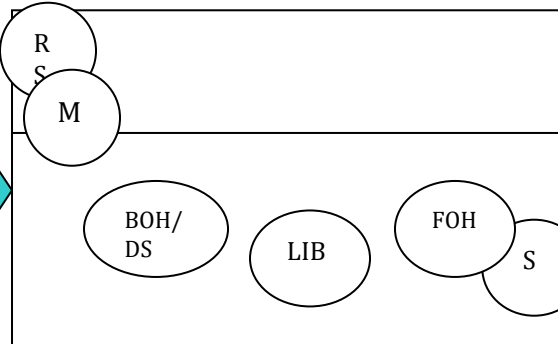
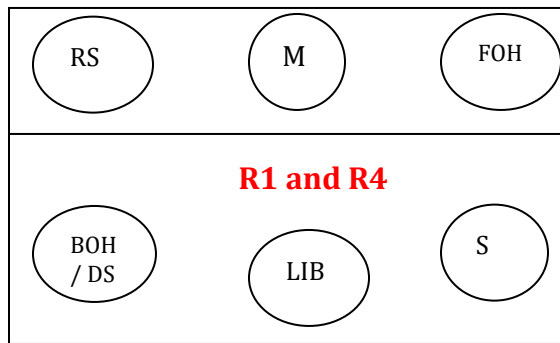
Legend

S-Setter
M-Front Middle

RS-Front Row Setter/Right Side
BOH-Back Outside Hitter

LIB- Libero
FOH-Front Outside Hitter

6-2 Rotation R1-R6



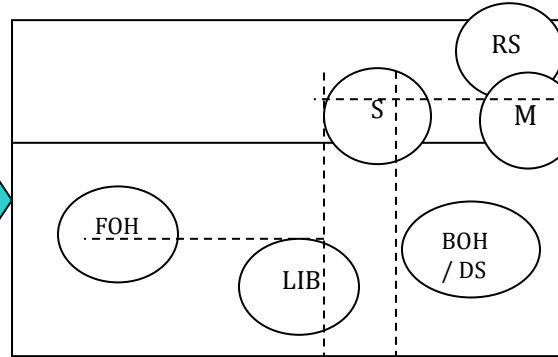
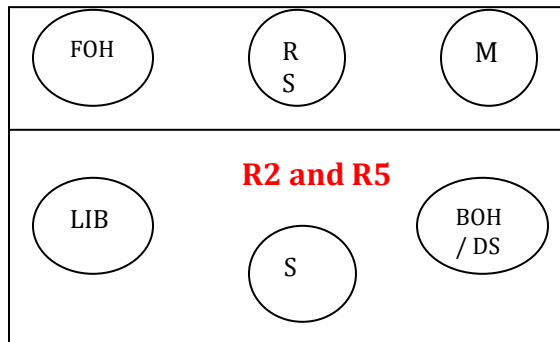
Serve Receive -

FOH Slides back.

*Setter must start behind FOH

Hitting

- RS and FOH Stay for One on serve receive
- M goes down 10' line for attack position



Serve Receive -

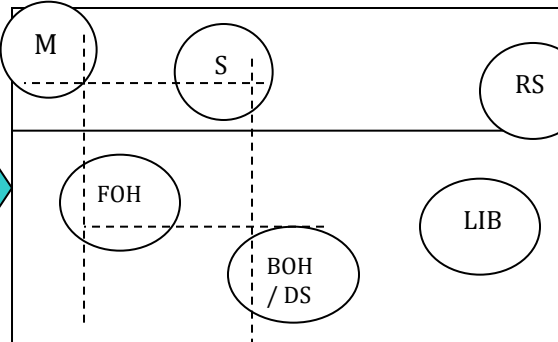
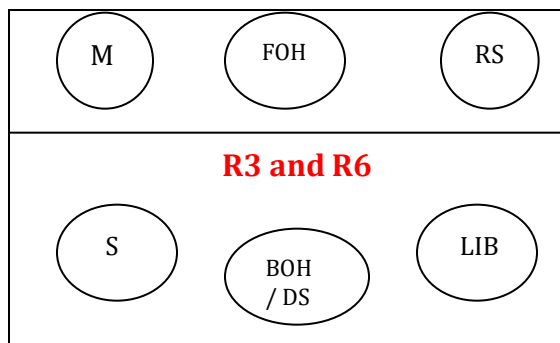
FOH Slides back. Must stay in front of Lib

BS pushes Up into middle

IMPORTANT - BS must stay to left of BOH, to the right of LIB and behind RS.

Hitting -

- M goes down 10' line for attack position



Serve Receive -

FOH Slides back. Must stay in front of BOH and to the right of M

BS pushes Up

IMPORTANT - BS must stay to left of BOH/DS and behind M.

Hitting -

- All hitters go to base

Legend

S-Back Row Setter
M-Front Middle

RS-Front Row Setter/Right Side
BOH-Back Outside Hitter

LIB- Libero
FOH-Front Outside Hitter

CJ Heat Skills Clinics

Skills Clinic #2

AGENDA

1 hr & 30 mins

Rotations (5-1 and 6-2) / Defense and Player Positioning - **REVIEW**

1. Review on the white board and place 6 players on each side of the court and go through the rotations for each option.
 1. 5-1 rotations 1 – 6
 2. 6-2 rotations 1 – 3 Rotation 4 – 6 are the same.
2. Run these rotations repetitively until there is full understanding and no errors with positioning.
3. Discuss what is base on the whiteboard. Discuss Lib/DS in 6 vs 5
4. After getting to base, players must return to their rotated positions prior to rotating again.

(We should not rush this and we need to be strict with no errors in the rotations)

Serving Locations

1. Hold a white board training at courtside to review serving positions for each player on the court.
2. Place 6 players on each side of the court and go through all serving positions.

Defense

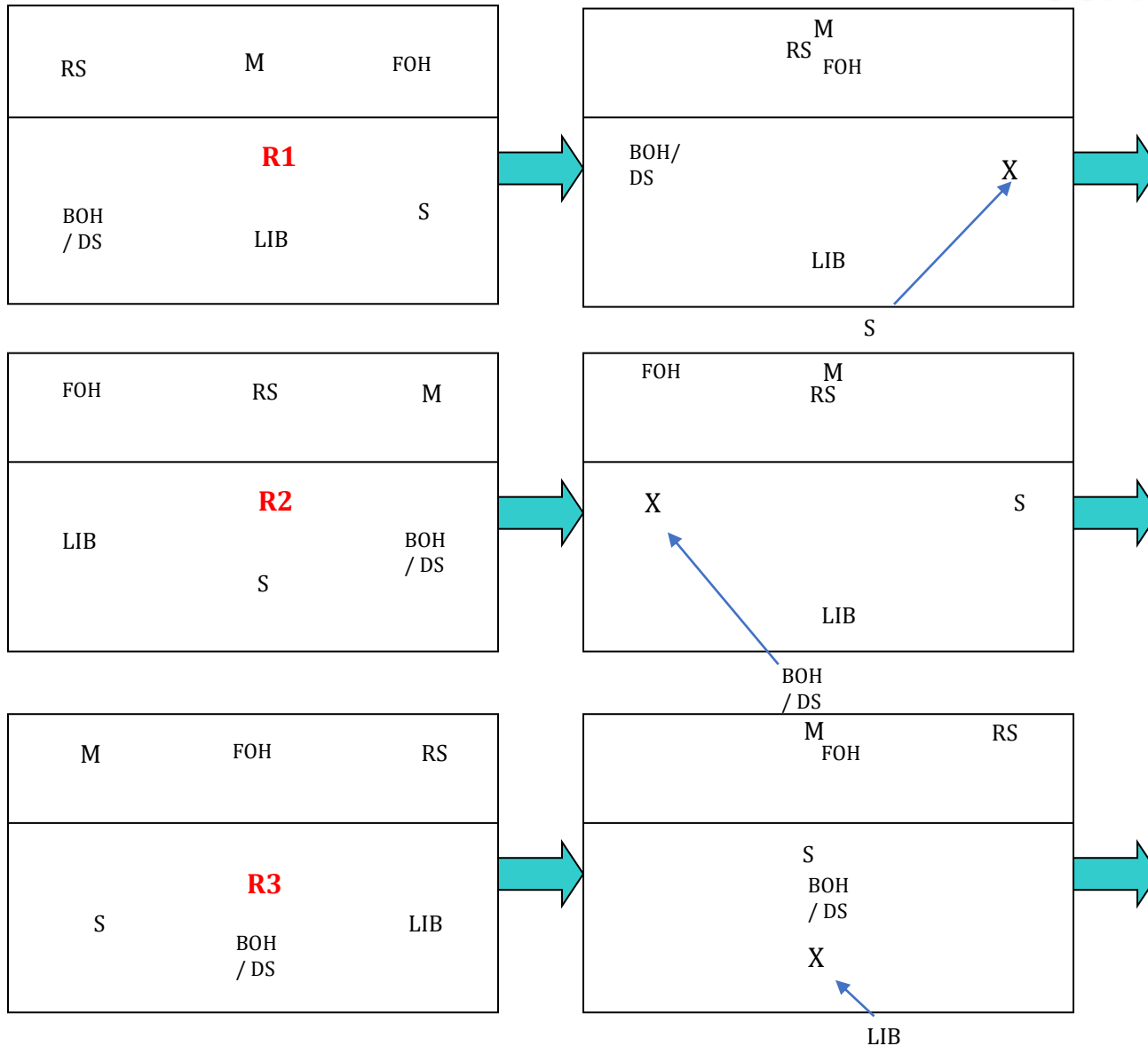
1. Hold a white board training at courtside to review defensive positions for each attack.
2. Place 6 players on each side of the court and go through all defensive positions and variables of an attack with (down ball, tips and roll shots)
3. Put a ball in play with throwing and catching (Only) to help the defensive repetition. Coaches should constantly halt play to review and strengthen the need to be in their player positions with no exceptions. “Repeat until we achieve”

Offensive

1. Hold a white board training at courtside to review Offense positions for each attack position
2. Discuss block coverage positions

Play out. Last 15 minutes: Coaches should stop play if out of position.

Serve Positions R1 – R3



Defense Positioning on Serve

- In this rotation (R1) the FOH and Setter switch at net and go to block Stay for One on serve receive
- In all server situations, M dictates positioning and pushes or pull the others in front row
- All front row players should be facing the other court in a ready to block position while waiting for the serve, so they can focus on ball and not take their eyes off of it.
- Backrow wings stay high and LIB stays deep

NOTE: Your coach may choose to switch the LIB with the BOH/DS DS in their defensive positions

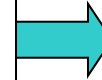
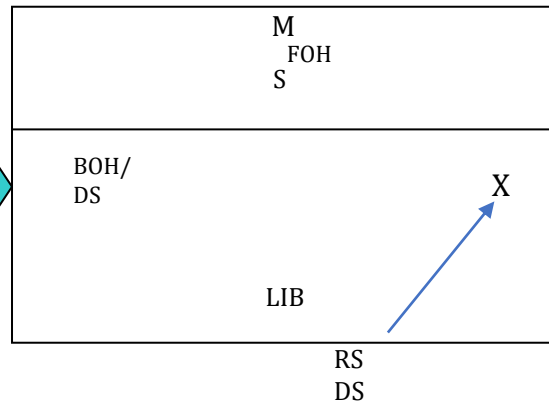
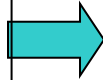
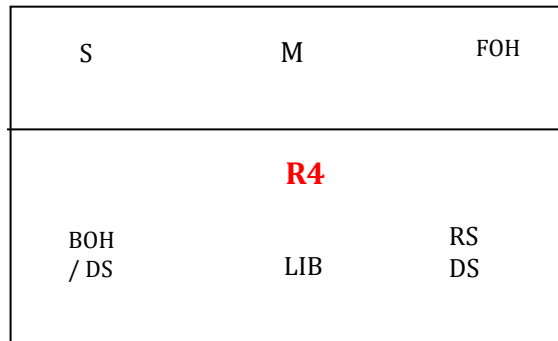
Legend

S-Setter
M-Front Middle

RS-Front Row Setter/Right Side
BOH-Back Outside Hitter

LIB- Libero
FOH-Front Outside Hitter

Serve Positions R4 – R6

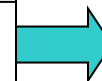
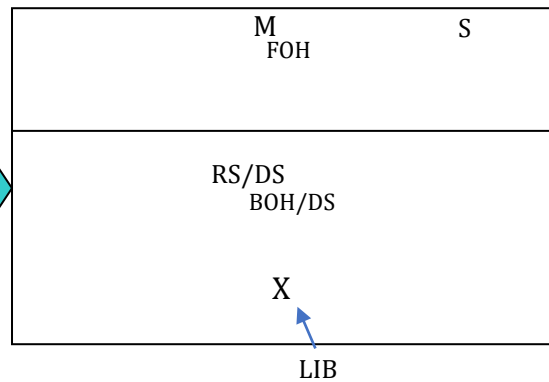
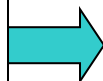
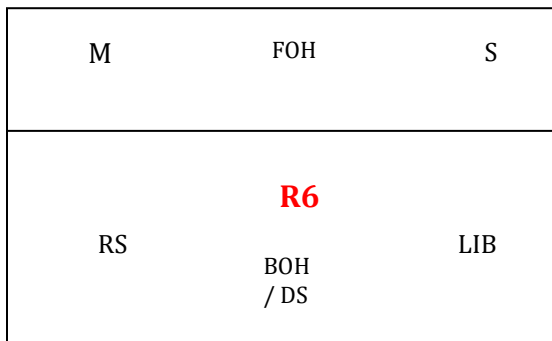
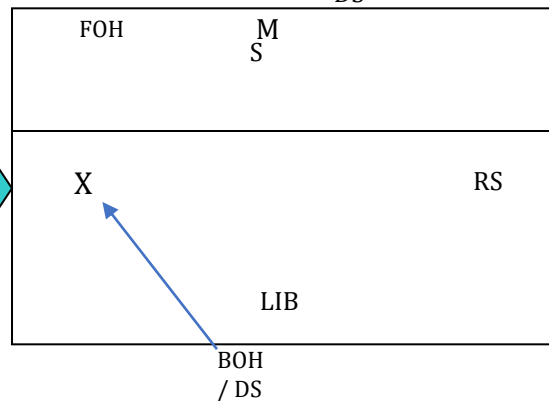
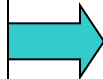
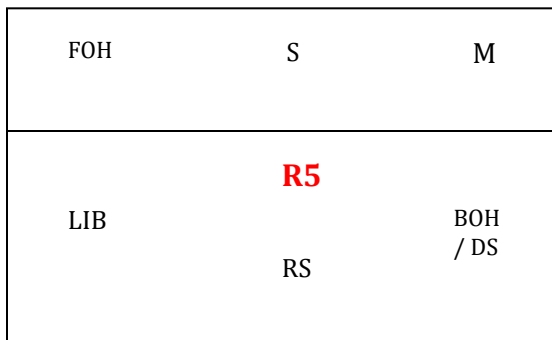


Defense Positioning on Serve

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- All front row players should be facing the other court in a ready to block position while waiting for the serve, so they can focus on ball and not take their eyes off of it.

- Backrow wings stay high and LIB stays deep

NOTE: Your coach may choose to switch the LIB with the BOH/DS DS in their defensive positions



Legend

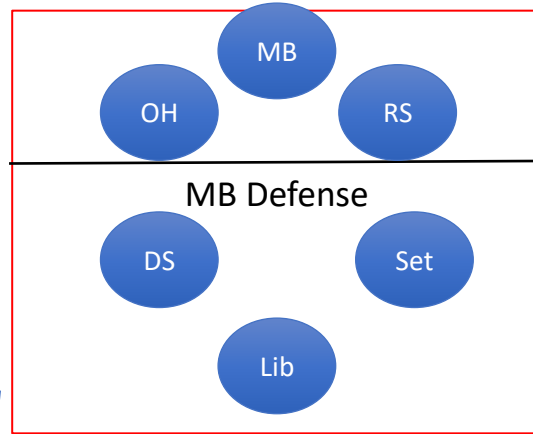
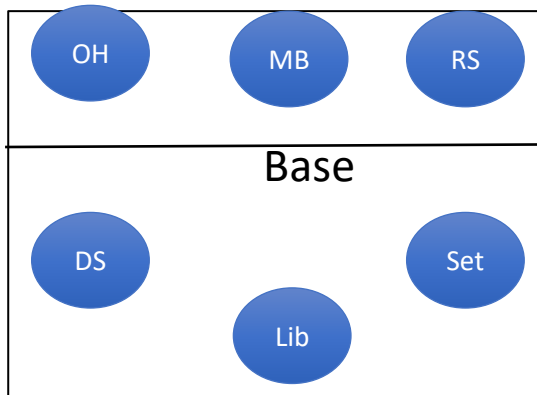
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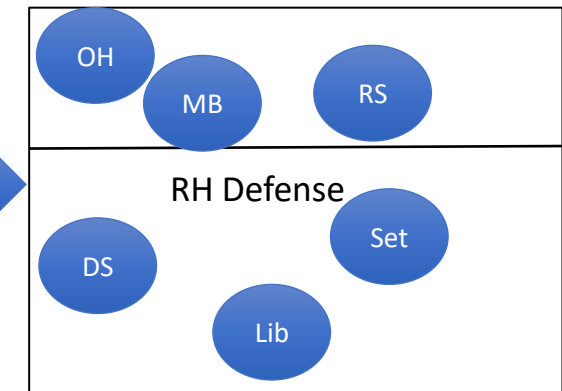
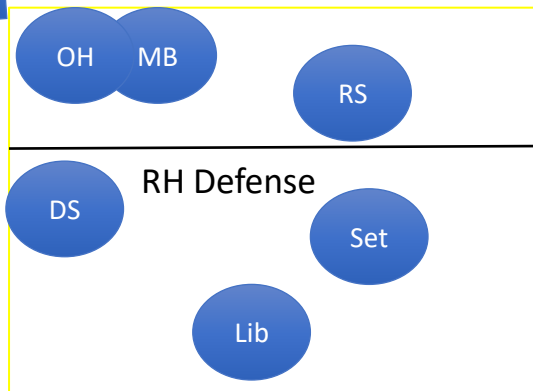
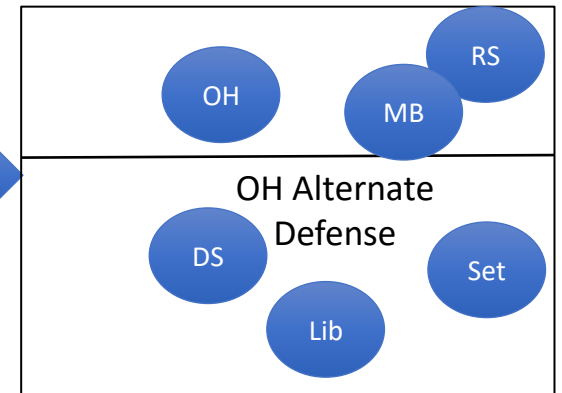
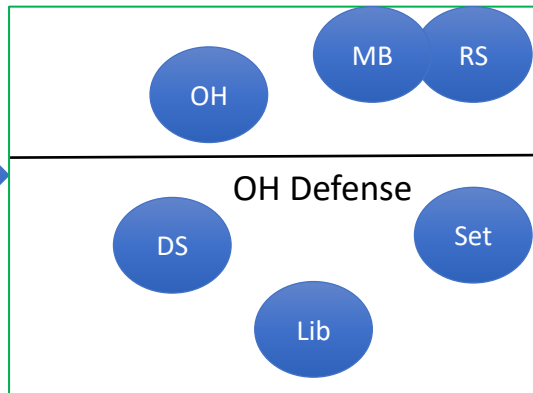
LIB- Libero
FOH-Front Outside Hitter

Defense with DS playing Left back and Setter in back row

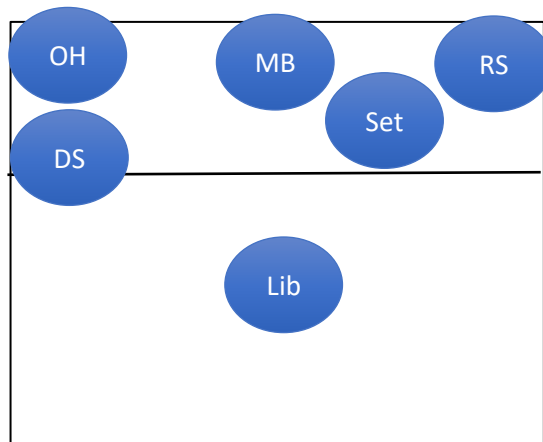
Back Row Defense is the same as middle attack.
Middle is the only one blocking.



Alternate Defenses if
MB can't get to block
(MB drops off of block
for these two)



Block Coverage



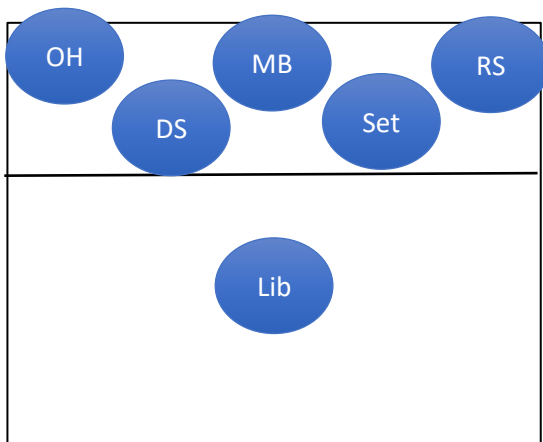
Setter - Cover the MH and the RS after she sets

(Defensive Player in Position 5)

DS or LIB - Cover behind the OH once set is up

or

Cover to the Left of the MH



(Defensive Player in Position 6)

LIB or DS – Moves to center of court for slap block