

# Cleveland State Volleyball

## SUMMER DAY CLINIC

### TOPICS TO BE COVERED

2022

#### **JULY 21 9AM - 4:30PM** **OUTSIDE & RIGHT-SIDE HITTING**

Approach Footwork  
Arm-Swing Fundamentals  
Transition  
Hitting Quicker Sets  
Selection

#### **JULY 22 9AM - 4:30PM** **HITTING & ATTACKING**

Approach Footwork  
Arm-Swing Fundamentals  
Hitting 1's, 3's and Slides  
Hitting 4's, 2's, and Other Outside Sets  
Transition Footwork

#### **JULY 23 9AM - 4:30PM** **DEFENSE & BALL CONTROL**

Passing (posture, movement, and platform work)  
Defense (posture, movement, and platform work)  
Serving (contact, accuracy, and thought process)

#### **JULY 24 9AM -12PM**

##### **SERVING**

Jump Serves  
Floater Serves  
Top Spin Serves  
Serving Techniques and Placement  
**\*\*Become a More Versatile Server\*\***

#### **JULY 24 2PM – 5PM**

##### **SERVING**

Jump Serves  
Floater Serves  
Top Spin Serves  
Serving Techniques and Placement  
**\*\*Become a More Versatile Server\*\***

