

NIVBC Beach Clinics Important Information

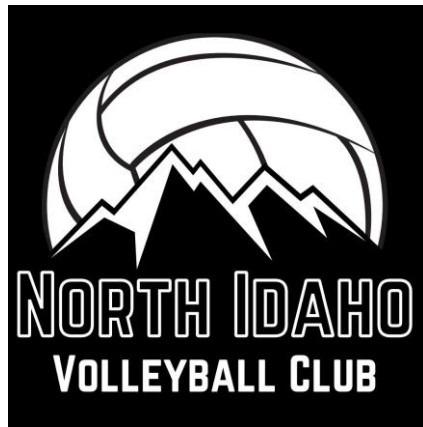
Parents:

- If less than 3 players' sign up for any given week we will have to cancel that session. We will refund you for that session if this occurs.
- We will notify all signed up via the email address that you registered with. We will also post on our website calendar / social media. PLEASE keep an eye on our website calendar located at the bottom of the main page of our website, as that will reflect the most up to date information as the weeks go on.
- If there are any cancellations due to extreme weather we will follow the same process. There is no refund if cancellations are required due to extreme weather.
- **ERVA Memberships are required for insurance.** If your player does not have a current Evergreen Region membership they can purchase a Juniors Spring/Summer membership or full year membership (for those who are participating in the full outdoor season and/or our other indoor programs throughout the year.) Here is the link to their website <https://evergreen-region-volleyball.sportsengine-prelive.com/memberservices>
 - **This membership must be purchased prior to your practice otherwise you are not eligible to participate**

Please meet the coaches at the Sandpoint City Beach sand courts at [58 Bridge St. Sandpoint, ID 83864](#) . You will see our NIVBC Banner and coaches waiting there. We will always “corner up” on the main court and demo the drills we are going to work on before splitting up onto separate courts. **Courts will be separated by skill level, as best as we can.** During the warm up, coaches will try to identify which girls might fit into these three different skill levels for when we split them up later in practice.

Here is a general outline for what the 7 weeks will look like.

Practices will be 20-30 minutes warm up, 1 hour drilling, and 30 minutes of game play. This may vary depending on the week, and we will try to add more time for game play towards the end of the season. This may also vary due to skill level.



Daily we will go over a dynamic warm up, as well as a ball control warm up that the girls can get started with before every practice. Whoever arrives first can start the dynamic warm-up.

Week 1 - Introduce Dynamic Warm-Up, Ball Control Warm-Up, Practice Focus: Setting

Week 2 - Dynamic Warm-Up, Ball Control Warm-Up, Practice Focus: Serve and Pass, teach hand signals, play serve and pass

Week 3 - Dynamic Warm-Up, Ball Control Warm-Up, Practice Focus: Offense, teach the option (introduce vollis, teach where to approach from right side vs. left side, different shot options (cut, high line, jumbo)

Week 4 - Same as week 3, add Small Court games... Short Court and Half Court

Week 5 - Vollis, Dynamic Warm-Up, Ball Control Warm-Up, Practice Focus: Defense, defensive footwork to dig cut shot or high line, touch 10 with a partner

Week 6 - Vollis, Dynamic Warm-Up, Ball Control Warm-Up, Practice Focus: Game Play, Line-Angle Cooperative

Week 7 - Vollis, Dynamic Warm-Up, Ball Control Warm-Up, Practice Focus: Game Play