



Desert Springs

Junior Beach Volley Ball Programme



3 DAY PROGRAMME

Day 1

Morning session two hours.

Stretching session in gymnasium followed by Serving, Setting & Passing instruction.

1 hour Lunch @ the Crocodile Club included.

Afternoon session 1hr 30 mins.

Specific drills covering morning session, using video technology & freeze-frame to pinpoint and address faults.

Day 2

Morning session two hours.

Stretching session in gymnasium followed by Spiking, Digging & Blocking instruction.

1 hour Lunch @ the Crocodile Club included.

Afternoon session 1hr 30 mins.

Singles and doubles matchplay using video technology to assess technique.

Day 3

Morning session two hours.

Stretching session in gymnasium followed by: Offensive/Defensive positioning, team communication skills & concluding with tactical awareness on court.

1 hour Lunch @ the Crocodile Club included.

Afternoon session 1hr 30 mins.

Matchplay covering all points covered on programme using video technology.

At The Sierra Sports & Fitness Club, we have put together a 3 day tuition programme for your children which will suit either a long weekend or midweek break whilst you are at the resort.

Open to children under the age of 16 years, beginners are introduced to the basic fundamentals including; Passing, Setting, Serving, Spiking, Digging & Blocking. Instruction focuses on developing a good technique and having fun!

Each daily session lasts for 4.5 hours which includes an hours break for lunch at the Crocodile Club with the children being supervised by our trained Croc Club personnel.

The good news for parents is that this service allows you to escape with the peace of mind that your children are in the safe and capable hands of our professional team!

Take advantage of this OPPORTUNITY FOR QUALITY TIME TOGETHER, enjoy a round of golf on the Indiana course, relax by your pool in the sun, partake in some pampering at the Elemis Day Spa, take the time to visit one of the many local places of interest or simply take time out to read that book that's been on the shelf for too long!



RESERVATIONS:

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The prices reduce as more pupils enrol in the programme. So try to organise a group and/or discuss with us, we may know of others wanting to participate.

The maximum number of Juniors in the Programme will be 4. This will ensure safety and the best balance between instruction and practice time.

Resident	Price Per Pupil
1 Pupil	137€
2 Pupils	79€
3 Pupils	60€
4 Pupils	50€

Public	Price Per Pupil
1 Pupil	152€
2 Pupils	88€
3 Pupils	67€
4 Pupils	56€