

Memphis Metro presents

Winter Wonderland Clinics

DECEMBER 27-29 2023

December 27th

Session 1: 1:00pm-3:00pm

Defense/Serve
Serve Receive
Scrimmage: Game-like
Learn to be a 6 rotation
player

Session 2: 4:00pm-6:00pm

Attacking/Ball Control
Attack after transition
Attack: Learn to score
Scrimmage: Game-like

December 28th

Session 3: 1:00pm-3:00pm

Defense/Serve
Serve Receive
Scrimmage: Game-like
Learn to be a 6 rotation
player

Session 4: 4:00pm-6:00pm

Setting & Attacking
Set tempo plays/set to score
Attacking: work with a setter
Scrimmage: Game-like

December 29th

Session 5: 1:00pm-3:00pm

Defense/Serve
Serve Receive
Scrimmage: Game-like
Learn to be a 6 rotation
player

Session 6: 4:00pm-6:00pm

Attacking and Blocking
Learn to use your shots
Scrimmage: Game-like



\$55/Training Session

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