

Skills	Track 1	Track 2	Track 3	Track 4
Serving	•Basics of Overhand Serving-Topspin	•Basics of Overhand Serving-Float	•Jump Serving-Topspin •Jump Serving-Float	
Forearm/ Overhead Passing	•Basics of Forearm Passing-Form •Basics of Overhead Passing-Form	•Serve Receive Passing (run throughs & shuffle movements)	•Defensive Passing-Form	•Defensive Passing-Movements •Emergency Moves-rolls, sprawls and overhand movements
Setting	•Basics of Setting-Form	•Setting Movements-footwork	•Setting Advanced-Jump Setting	•Setting Advanced-Out of System Movements
Spiking	•Basics of Spiking	•Basics of Outside Hitting •Basics of Right Side Hitting •Basics of Middle Hitting	•Transition from Defense to Offense-Middle Hitters •Transition from Defense to Offense-Outside/ Right side hitters	•Hitting Advanced-Off Speed & Roll Shots •Hitting Advanced-Tips and Tooling the block
Blocking	•Basics of Blocking	•Basics of Outside/Right Side Blocking •Basics of Middle Blocking	•Blocking Practice for Middle Blockers •Blocking Practice for Outside/Right Side Blockers	
Training	•Introduction to Jump Training •Introduction to core body development •Introduction to speed and agility training	•Jump Training •Core body development •Speed and agility training		

Southwind is introducing a new model of training for volleyball athletes. Our Training Track series is designed to work specific skills for advanced players interested in becoming stronger at their primary position on the court. It is also set up and designed for athletes new to the sport of volleyball. Our model of training ensures athletes learn, in depth, the body movement and control to execute the various skills needed to be successful in the sport of volleyball.

Athletes are allowed to choose from the different tracks (1 hour long) and create a training system best suited for them. The model is designed that athletes start with track 1 in any of the skills before choosing from the following tracks. Example, you must complete track 1 of setting (basics of setting) before moving to track 2 of setting (setting movements) and so on. Athletes are encouraged to attend tracks more than once to provide a thorough understand and ability to execute the skills. Exception to skip a track is by permission only and is given by the club director. (rachelmagana@southwindvb.com)

Description of the Training Skills Tracks 1 - 4

Track 1

The "Basics of" Track 1 modules are designed for athletes new to the sport of volleyball or struggling with fundamental skills. These tracks are necessary for athletes who have never worked with Southwind Volleyball and is highly recommended for athletes working on consistence and ball control. Athletes are encouraged to attend tracks more than once to provide a thorough understand and ability to execute the skills.

- Basics of Overhand Serving-Topspin
- Basics of Forearm Passing:
- Basics of Overhand Passing
- Basics of Setting
- Basics of Spiking
- Basics of Blocking

The "Introduction" Track 1 modules are designed for athletes who have not trained in the specific area of interest. It consist of a workout and education of training so the athlete will be able to continue with their own training outside the gym. This training is also good for youth coaches or beginning coaches interested in gaining more knowledge to enhance their coaching.

- Introduction to Jump Training
- Introduction to core body development
- Introduction to speed and agility training

Track 2

Skill training in Track 2 is designed for athletes who have completed the modules in the Track 1 skill set and are consistent in basic skills. These modules move beyond the fundamental form of the skills to more game like use, teaching the athlete movement and understanding of the skills in action. Athletes are encouraged to attend these tracks more than once to provide a thorough understand and ability to execute the skills.

- Serve Receive Passing
- Setting Movements

The "Basics of" Track 2 modules are designed for athletes working towards better ball control in a specific position as well as better understanding of the positions. These modules drill athletes in specific movements used in each position. Athletes are encouraged to attend these tracks more than once to provide a thorough understand and ability to execute the skills.

- Basics of Overhand Serving-Float
- Basics of Outside Hitting
- Basics of Right Side Hitting
- Basics of Middle Hitting
- Basics of Outside/Right side Blocking
- Basics of Middle Blocking

The Track 2 training modules are designed for athletes who have been training throughout the summer and would like to continue with their intense workouts. These modules will assume athletes taking part in the training have already developed strong techniques and are well prepared for high intensity workouts. Athletes can take these modules frequently but not to exceed 3 times a week, preferable every other day to ensure time for muscle recovery.

- Jump Training
- Core Body Development
- Speed and Agility Training

Track 3

Advanced skill training is found in Track 3, athletes registering for these modules need to have strong basic skills. These modules move beyond the basic skills to more advanced skills for the competitive game. Athletes will learn, train, and drill over these advance skills. Athletes are encouraged to attend these tracks more than once to provide a thorough understand and ability to execute the skills.

- Jump Serving-Topspin
- Jump Serving-Float
- Defensive Passing-Form
- Setting Advanced-Jump Setting

The "Transition" modules found in Track 3 take the athletes from one focus of the game to another. These modules are for the more advanced athlete and are designed to drill the player in very specific movements and skills used to move from offense to defense. Athletes registering for these modules need to have a good understanding of the game as well as strong basic skills. Athletes are encouraged to attend these tracks more than once to provide a thorough understand and ability to execute the skills.

- Transition from Defense to Offense-Middle Hitters
- Transition from Defense to Offense-Outside/Right Side Hitters

The Track 3 "Blocking Practice" modules were created to drill specific position athletes in blocking movements. These modules are high intensity workouts for the development of stronger blocking skills. Athletes are encouraged to attend these tracks more than once to provide a thorough understand and ability to execute the skills.

- Blocking Practice for Middle Blockers
- Blocking Practice for Outside/Right Side Blockers

Track 4

Track 4 skills training modules are specifically designed for the advanced athlete already playing at the competitive level. Athletes will learn, train, and drill over advanced defensive aspects of the game. Athletes registering in these modules must obtain permission by the club director (rachelmagana@southwindvb.com) in order to take part in these training sessions.

- Defensive Passing-Movements
- Emergency Moves

The "Advanced" training modules in Track 4 move beyond the basic skills to the more advanced skills in the competitive game. These modules are for the elite athlete who already compete at a high level. Athletes registering in these modules must obtain permission by the club director (rachelmagana@southwindvb.com) in order to take part in these training sessions.

- Setting Advanced-Out of System Movements
- Hitting Advanced-Off Speed & Roll Shots
- Hitting Advanced-Tips and Tooling the Block