

POSITION-SPECIFIC TRAINING



PROGRAM DESCRIPTION

@ **SSVC RENO**

Learn the specific responsibilities and techniques of your position to have more success as a player and contribute to your team. Designed so players can improve in their primary and secondary positions.

RECOMMENDED for SSVC Club Team Players

POSITION	DATE	TIME	LOCATION
Middle Blocker	Saturday - Nov 20	11:15 am - 12:45 pm	SSVC Reno
Pin Hitter	Saturday - Dec 4	11:15 am - 12:45 pm	SSVC Reno
Libero	Saturday - Dec 11	11:15 am - 12:45 pm	SSVC Reno
Middle Blocker	Saturday - Jan 22	11:15 am - 12:45 pm	SSVC Reno
Middle Blocker	Saturday - Jan 29	11:15 am - 12:45 pm	SSVC Reno
Pin Hitter	Saturday - Feb 5	11:15 am - 12:45 pm	SSVC Reno
Pin Hitter	Saturday - Feb 12	11:15 am - 12:45 pm	SSVC Reno
Libero	Saturday - Feb 26	11:15 am - 12:45 pm	SSVC Reno
Libero	Saturday - Mar 5	11:15 am - 12:45 pm	SSVC Reno
Middle Blocker	Saturday - Mar 26	11:15 am - 12:45 pm	SSVC Reno
Middle Blocker	Saturday - April 2	11:15 am - 12:45 pm	SSVC Reno
Pin Hitter	Saturday - April 16	11:15 am - 12:45 pm	SSVC Reno