Seminar Title: Win More with Age & Skill Appropriate Training and Strategies

Speaker(s): Kyle Mashima

Learning Objectives: Understand the capabilities of your teams based on their age and skill level. Focus on the key skill groups and method for teaching these skills to stay in the game, win more and have fun.

Key Points:

- Physical abilities change dramatically from middle school to high school
- Training the right set of basics, the right way will directly impact your team’s performance
- Keeping the ball alive should be a core focus rather than bump-set-hit because if the ball does not stay in play, there is no game time learning
- Serving well is a critical skill. We will show simple ways to serve better without diverging from a compact style
- Encouraging effort by rewarding players who are willing chase balls down, will dramatically improve team’s attitude and performance

Conclusion:

- Understanding your game objectives is key to providing the right drills
- Tuning your training to both development and competitiveness for the age and skill level of your team will reap great rewards for your players and you