

BEACH VOLLEYBALL | A SPORT RAPIDLY RISING

Outdoor Program Director, Erica Hozeska, takes pride in providing all her training programs with purpose. She sees value in the development and growth of each individual athlete and continues to find ways to grow the sport in the State of Wisconsin.

Learn the game of beach volleyball, advance your sand skills, & better your indoor game with valuable instruction and personalized coaching. With our partnership, [Better at Beach](#), each camp will breakdown the individual skill with plenty of repetition, feedback and advanced training.

Camp Breakdown @ The Sandlot 2024

- Where: The Sandlot - N54 W13904 Northpark Dr., Menomonee Falls, WI 53051
- Time: 8:30am-10:30am
- Age Group: 7th-12th Grade (Fall of 2024)

Week One

Passing Camp | June 17

- Fundamentals of passing in the sand, ball control with weather conditions
- Consistency and confidence

Defense Camp | June 19

- Dive deep into everything defense
- Blocking & peeling and emergency touches, defensive posture, chasing shots, movement, reading the hitter

Week Two

Serving Camp | June 24

- Power, accuracy, and strategy
- Choosing your angles, timing and tempo
- Different types of serves and why we use them
- Wind consideration

Serve Receive Camp | June 26

- The middle ball and partnership responsibilities
- Passing mechanics and positioning
- Footwork & eyework
- How to find the right mindset

Week Three

Setting Camp | July 15

- Setting fundamentals, bump setting, hand setting, transition setting
- Having the perfect touch

Attacking Camp | July 17

- Offensive spacing and timing
- Arm swing mechanics and accuracy
- Different tools to use in the sand
- Vision & footwork

Week Four

All Skills Camp/Game Play | July 22 & 24

All Skills Camp | Stationed camp utilizing all skills of the beach volleyball game.

Game Play | Organized games will provide a competitive opportunity to use what was learned in a doubles format.

