

Xtreme Volleyball “Cobra Tots”



Tots can train too!!! This program is 12 weeks long with 12 total hours of training that emphasizes motor learning and development through various volleyball activities. This program is reserved for K through 3rd grade boys and girls.

This program will include:

- Light balls
- Hand-eye development
- Motor skill development
- Foot work and agility
- Court related movement
- Introduction to basic skills
- Lots of fun!!!!

Day: Friday

Sessions: 12 weeks / 12 hrs.

Time: 5:30 pm – 6:30 pm

Cost: \$100.00 (includes T-shirt)

Site: Xtreme Training Center

Xtreme Volleyball “Cobra Mini”



This is a great program for 4th and 5th grade boys and girls. The program is 12 weeks long with 18 total hours of training that incorporates motor learning with focus on skill development. This program will involve 3 on 3 tournament play.

This program will include:

- Lower net
- Bigger and lighter ball
- Physical training
- Fundamental skills
- Group drills
- Multiple contacts
- Much more!!!!

Day: Friday

Sessions: 12 weeks / 18 hrs.

Time: 5:30 pm – 7:00 pm

Cost: \$200.00 (includes T-shirt)

Site: Xtreme Training Center

Xtreme Volleyball “Cobra Youth”



This youth program is for 6th grade boys and girls. The program is 12 weeks long with 21 total hours of volleyball training and individual development. This program will also compete in tournament play 4 on 4.

This program will include:

- Lower net
- Lighter ball
- Physical training
- Focus on skills
- Court awareness
- Team play
- Don't miss out!!!!

Day: Friday

Sessions: 12 weeks / 21 hrs.

Time: 7:00 pm – 8:45 pm

Cost: \$300.00 (includes T-shirt)

Site: Xtreme Training Center

Xtreme Volleyball “Cobra Junior”



This program is for 7th and 8th grade girls. The program will last 12 weeks with 24 total hours of intense volleyball training. The participants of this program will learn the (5-1) and (6-2) offense and will compete in tournament play.

This program will include:

- Standard net and court
- Standard ball
- Transition movement
- Technical focus on skills
- Competition drills
- Team play 6-vs-6
- Play hard!!!!

Day: Friday

Sessions: 12 weeks / 24 hrs.

Time: 7:00 pm – 9:00 pm

Cost: \$400.00 (include T-shirt)

Site: Xtreme Training Center

www.xtremevolleyball.org