

Du Quoin Health Center is pleased to announce Volleyball Hitting/Setting Lessons are now Available!

Hitters will focus on:

- Blocking/Transition footwork
- Proper approach footwork, jump, and landing
- Snap and follow through
- Arm Speed
- Transition from defense/serve receive to hitting
- Advanced players will learn off-speed shots and placement

Setters will focus on:

- Proper footwork and hand placement
- How to set outsides, quicks, slides, and back sets
- How to set from multiple positions on the court
- Jump setting
- Advanced players will work on attacking second ball

All players will work on additional skills as necessary



Instruction will be given in small group settings of 3-4 hitters and 1-2 setters

*Cost: \$30/hour (includes an individual gym membership)
Gym members pay \$20/hour*

*Private/Semi-private lessons are available for gym members only
Cost: \$50/hour*

Lessons must be purchased on a monthly basis

Players will be grouped based on ability/skill level

Please contact Jo C Dill at jdill62@gmail.com or Du Quoin Health Center at 618-542-6680 for further information