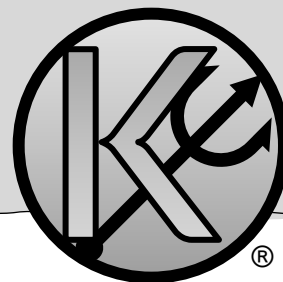


KINGTIDE VOLLEYBALL®

ESSENCE OF SYSTEMATIC TRAINING:
THE BUILDING BLOCKS FOR SUCCESS
LESSONS FROM HAWAIIAN TEACHING PRINCIPLES



HE KEIKI ALOHA NA MEA KANU.

Children, like plants, need love and attention to grow.

We develop 4 areas to improve your overall game:

PHYSICAL SKILLS	HANDS/EYES/FEET
PHYSICAL STRENGTH	BODY
BRAIN	SMART THINKING, MENTAL TOUGHNESS TRAINING
HEART	DESIRE

MASTER the skills necessary for **personal competition**. **"Real Winning"** is to never lose to oneself.

AA COURSE: ALL AMERICAN SKILLS			
PO'OKELA	6/10	10/10/10	110
CHAMPIONS <i>E ho'o na'au pono.</i> Do what is right. Act with a good spirit	Team Work Work on team work Work on team heart Work on team 'ohana	Perfect Work 10 out of 10 Perfect practice makes perfect	Excellent Work Work with enthusiasm Work with compassion Work to exhaustion

LEARN advanced team skills necessary for successful **competitive** team play.

A COURSE: ADVANCED TEAM SKILLS			
KOA	Transition	Offense	Attitude
WARRIORS <i>E ho'omau.</i> Persist. Persevere.	Go when you know Call: I pass, I set, I cover Active Audible Alert Adaptive	Get to Spot, Track Approach, Attack Sets, Play Sets, Audible Sets	What can I do for you Want to do it Can do it, Will do it

DEVELOP basic team skills for **successful team play**.

B COURSE: BASIC TEAM SKILLS			
KU'I	Hit	Block	Defense
SKILLED ATTACKERS <i>Kū like Kākou.</i> Stand together.	Drop, Spot, Track Lock, unlock, re-lock Stretch-Hit, Hold-Snap	Hands, Ears, Stretch Seal, Strong, Press	Read, Guess, Go Dig, Dive, Sprawl

DEVELOP core skills needed to **begin playing volleyball**.

C COURSE: CORE BASIC INDIVIDUAL SKILLS			
HOKU HIKI	Serve	Pass	Set
RISING STARS <i>Ae, hiki no.</i> Yes, can do.	Aim, Load, Fire Step, Lift, Lean	Position, Platform, Pass Stretch, Squeeze, Lock	Feet, Head, Hands Catch Deep Dish, One Two

DEVELOP foundation building blocks necessary for **learning volleyball skills**.

D COURSE: DEVELOPMENTAL INDIVIDUAL SKILLS			
KEIKI `OPIO	Fun	Enthusiasm	Movement
YOUNG CHILDREN <i>Ala i ka na'au.</i> Awaken/excite the spirit.	Happy Hearts Happy Faces Happy Kids	Attitude: Talk, Talk, Talk Talk More, Talk Louder Talk Faster	Feet: Basic, Skilled, Quick Go when you know Read Court Flow