



August Events at the Uno Training Center

781 S. Larkin Ave
Joliet, IL 60436

7th and 8th Grade Boys and Girls Fall Ball Training-Session 1:

Each Monday night (in August) from 5-7PM, 7th and 8th Graders will be trained each volleyball skill. Setting, hitting, passing, serving, blocking and defense will be covered. The last ½ hour of the night will be dedicated to scrimmaging and mini-games, focusing on transition off the net, etc... Fees: \$100 for the month, Uno t-shirt included, sign up online at Camps/Clinics- www.unovbc.com

4th-6th Grade Boys and Girls Fall Ball Training-Session 1:

Each Tuesday night (in August) from 5-7PM, 4th-6th Graders will be trained with volleylite volleyballs. They will focus on overhand serving, passing, setting and hitting. They will be playing modified games to teach the pass, set, hit over aspect of the game. They will be taught defense when the opponent is hitting at them. Fees: \$100 for the month, Uno t-shirt included, sign up online at Camps/Clinics- www.unovbc.com

1st-3rd Grade Boys and Girls Fall Ball Training-Session 1:

Each Tuesday night (in August) from 5-6:30PM. This group of Little Diggers will be taught the mechanics of throwing and footwork, related to volleyball. They will attempt to over hand serve with volleylites and volley trainers. They will learn to pass, set and hit the ball over the net. This will be a fun filled hour of sports activities. Fees: \$80 for the month, Uno t-shirt included, sign up online at Camps/Clinics- www.unovbc.com .

Fees are due the first day of session. Please register online for these classes. Contact Terri@unovbc.com or 815-791-2626 with questions.