

# KOLOHE KIDS VOLLEYBALL TRAINING



## OPTIMAL VOLLEYBALL TRAINING

*We know volleyball...*

WHEN WE TEACH VOLLEYBALL TO BEGINNERS, WE TEACH THE ACTIONS AND MOVEMENTS SO THAT THEY CAN BE THE BEGINNER'S FIRST EXPERIENCE. THEY WILL LEARN HOW TO CATCH, THROW, DRIBBLE AND KICK. YOUNG PLAYERS WILL LEARN HOW TO:

- FAMILIARIZE WITH THE BALL
- LEARN BASIC BALL HANDLING AND BODY MOVEMENTS
- INTRODUCE PRIMARY GAME SITUATION USING UNDERHAND PASS AND SERVICE
- MORE ADVANCE GAME SITUATIONS USING OVERHAND PASS, SET AND ATTACK
- ATTACK RECEPTION, BLOCKING AND SERVICE

CHILDREN NEED TO BE ABLE TO MOVE THEIR BODIES AND BE AS ACTIVE AS POSSIBLE. TO A CHILD PLAY IS A NATURAL STATE. THROUGH PLAY, SOCIAL FOCUS ENSUES AND THIS IS WHERE THE CHILD BEGINS TO DEVELOP FROM BEING AN INDIVIDUAL TO WORKING IN A GROUP. WE INCORPORATE THE FUNDAMENTAL TAUGHT IN MINI-VOLLEY WHERE THE PLAYERS NEED TO EXPERIENCE FUN RIGHT AWAY AND THEN THE ACTIVITIES WILL FOCUS ONTO MOVEMENT GAMES FOR THE YOUNG PLAYER.

OPTIMAL KOLOHE KIDS (OKK) IS A PROGRAM DESIGNED TO ASSIST YOUTH TO EXCEL IN THEIR SKILLS AS A VOLLEYBALL PLAYER. PLAYERS AT OKK ARE COACHED AND EVALUATED IN ALL FACETS OF THE GAME. THIS IS YEAR WILL BE OUR FIRST YEAR INTRODUCING OKK SERIES. ADDITIONALLY, PLAYERS MAY BE EVALUATED TO FORM SEVERAL 10 YEARS OLD AND UNDER AND 12 YEARS OLD AND UNDER CLUB VOLLEYBALL TEAMS.

### MOST IMPORTANTLY IS TO HAVE FUN WHILE LEARNING!!!

#### KOLOHE KIDS TRAINING SCHEDULE

KOLOHE KIDS 7 AND 8 YEARS OLD - 9 AND 10 YEARS OLD (BOYS AND GIRLS) - SUNDAYS

SESSION 1: AUGUST 1<sup>ST</sup> THROUGH OCTOBER 3<sup>RD</sup>

2:00PM - 3:30PM

SPACE LIMITED TO THE FIRST 10 (7-8 YEAR OLD KIDS)

SPACE LIMITED TO THE FIRST 10 (9-10 YEAR OLD KIDS)

KOLOHE KIDS: 7 AND 8 YEARS OLD (BOYS AND GIRLS) - WEDNESDAYS

SESSION 2 - AUGUST 4<sup>TH</sup> THROUGH OCTOBER 6<sup>TH</sup>

SESSION 3 - OCTOBER 13<sup>TH</sup> THROUGH DECEMBER 15<sup>TH</sup>

5:00PM-6:30PM

SPACE LIMITED TO THE FIRST 15 KIDS

KOLOHE KIDS: 9 AND 10 YEARS OLD (BOYS AND GIRLS) - WEDNESDAYS

SESSION 2 - AUGUST 4<sup>TH</sup> THROUGH OCTOBER 6<sup>TH</sup>

SESSION 3 - OCTOBER 13<sup>TH</sup> THROUGH DECEMBER 15<sup>TH</sup>

6:30 PM - 8:00PM

SPACE LIMITED TO THE FIRST 15 KIDS

COST FOR ALL SESSIONS ARE \$450 + TAX\*

\*IF PAYING ONLINE, PROCESSING FEE WILL APPLY



Check out our website for to sign up or for more information

<http://optimaltrainingvolleyball.d4sportsclub.com>

For questions contact Luis Ramirez at 808-349-3107 or email [luisasicshi@aol.com](mailto:luisasicshi@aol.com)

# GENERAL & POSITION SPECIFIC VOLLEYBALL TRAINING



## OPTIMAL VOLLEYBALL TRAINING

*We know volleyball...*

**OPTIMAL TRAINING is a premiere volleyball training program in Hawaii. We offer personalized training designed to help athletes of all ages and abilities achieve at their highest potential. Our program specializes in professionally supervised workouts with emphasis placed on proper technique and honest effort. An abundance of repetition compliments technical instruction, for an unparalleled training experience.**

**Luis Ramirez has been the Director and Head Coach of ASICS Rainbows Volleyball Club since 2002. His teams have a record of successful showings at National Tournaments, with many of his players earning collegiate scholarships. Among his former and current players have been several All-Conference and All-State Selections, including 25 Junior Olympic All Americans and Junior Olympic MVP.**

**Whether novice, intermediate, or advanced, our individualized program can help all athletes achieve their unique goals.**

**Personalizing the learning or training process is really the key to getting athletes to take responsibility for their training. We can accomplish the latter by addressing three key points:**

- 1) To build athlete's self confidence**
- 2) Provide them with individual feedback**
- 3) Give athletes the results they can review and take with them**

**General and Position Specific trainings are targeted at boys & girls ages 11 years or older. We offer 3 levels of training within each training session: Beginner, Intermediate, and Advanced. If you are unsure what level your child may fall into, you may contact Luis at 808-349-3107 to find out more about selecting a program that will best suit your child.**

*All trainings will be held at: 2505 Makiki Heights Drive, Honolulu, Hawaii 96822*

### General Training Schedule

**General Training Session- Beginners**  
(Players with one year or less club or recreational experience)  
August 1 – October 3  
8:00am – 10:00am  
Space limited to the first 15 participants

**General Training Session- Intermediate**  
(Players with 2 to 3 years of club experience)  
August 1 – October 3  
10:00am – 12:00pm  
Space limited to the first 15 participants

**General Training Session- Advanced**  
(Players 3 or more years of club experience)  
August 1 – October 3  
12:00pm – 2:00pm  
Space limited to the first 15 participants

### Position Specific Training Schedule

**Setters training – Beginners and Intermediate**  
(for setters that are either beginners or have been setting for 3 years or less)  
October 10<sup>th</sup> – Dec 12<sup>th</sup>  
8:00am-10:00am  
Space is limited to the first 15 participants

**Libero Training – Beginners and Intermediate**  
October 10<sup>th</sup> – Dec 12<sup>th</sup>  
10:00am – 12:00pm  
Space is limited to the first 15 participants

**Setters Training Advanced**  
October 10<sup>th</sup> – Dec 12<sup>th</sup>  
12:00pm – 2:00pm  
Space is limited to the first 15 participants

**Libero Training – Advanced**  
October 10<sup>th</sup> – Dec 12<sup>th</sup>  
2:00pm – 4:00pm  
Space is limited to the first 15 participants

**COST FOR ALL SESSIONS ARE \$650 + TAX\***  
**\*IF PAYING ONLINE, PROCESSING FEE WILL APPLY**

Check out our website for to sign up or for more information: <http://optimaltrainingvolleyball.d4sportsclub.com>  
For questions contact Luis Ramirez at 808-349-3107 or email [luisasicschi@aol.com](mailto:luisasicschi@aol.com)