



USMC Sports Leadership Academy

Event Day Schedule

- 7:30** USMC Sports staff arrive at JJVA
- 8:00** Coaches and Marines arrive
- 8:15** Event briefing for all coaches, staff and Marines
- 9:00 – 9:45** Check-in/attendees report to the Chin Up bars and then to the courts with their assigned coach
- 9:45 – 10:00** Welcome and Introduction of Marines and Coaches by Event Director
- 10:00 – 10:30** Marines will guide the clinic attendees through PT warm-up session
- 10:30 – 11:30** Skills Evaluation on Each Court (10 Minute Intervals)
- 11:30 – 11:50** Skills Session #1
- 11:50 – 12:10** Skills Session #2
- 12:10 – 12:25** Water Break & Marine Leadership Session #1
- 12:25 – 12:45** Skills Session #3
- 12:45 – 1:05** Skills Session #4
- 1:05 – 1:20** Water Break and Marine Leadership Session #2
- 1:20 – 2:00** Lunch – All clinic attendees will stay in the lunch area until dismissed.
- 2:00 – 2:15** Marines will lead clinic attendees through warm ups for the afternoon session.
- 2:15 – 2:35** Skills Session #5
- 2:35 – 2:55** Skills Session #6
- 2:55 – 3:10** Water Break and Marine Leadership Session #3.
- 3:10 – 4:00** 6 on 6 Competition
- 4:00 – 4:15** Marine Leadership Session #4
- 4:15 – 4:30** “Closing Ceremonies”



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Court Assignments:

- **Evaluation Criteria**
 - Serving
 - Vertical Jump
 - 2 Step Vertical Jump
 - Shuttle Run
 - Chin Ups
- **Court 1: Serving**
 - Standing Float
 - Short
 - Deep
 - Jump Float
 - Zones
 - Jump Top Spin
 - Short
 - Deep
- **Court 2: Blocking**
 - Hands Up and Press
 - Eye sequencing
(ball, setter, ball, hitter)
 - Footwork for Middles
 - Closing the Block
 - Block 3 Ways (XB, WA, Line)
 - Footwork for Pins
 - Attacking the Overpass
- **Court 3: Defensive Passing**
 - Digging
 - Angle, early platform
 - Transition Footwork
 - Move, Balance, Stick
 - Diving and Rolling Safely
 - Setting the Opposite on Second Ball
 - Run Through
 - “The Art of the Pancake”
- **Court 4: Serve Receive Passing**
 - Lanes/Seams
 - Identification and Calling It Out
 - Whose ball is it?
 - Short and deep?
 - Is it float or topspin?
 - Movement and Early Platform
 - Side to Side
 - Forward and Back
- **Court 5: Hitting**
 - Outsides
 - 4’s and 32’s
 - Hitting Off the Block
 - Middles
 - Zero Temp
 - 31’s
 - Slides
 - A’s
 - Opposites
 - Back Row Attacks
- **Court 6: Setting**
 - Footwork, Early Hands, Tight Window
 - Jump Setting – jump early, meeting the ball in the air
 - 4’s, 32’s, huts
 - 2’s, 31’s, 1’s, A’s (back 1’s), slides
 - 8’s and 9’s
 - Back Row Attacks
 - Setter Dumps
 - Donut Dumps, Dump to 4, Dump to 2