

## Montana Juniors Volleyball Club

### Private Lessons

Learn basic or advanced volleyball skills. Instruction is given for elementary, junior high or high school players. Lessons are available for all positions. Each lesson will be conducted on a per hour basis at a time that is convenient for you.

The best aspect of private lessons is that you choose what you want to work on. There is no set agenda. Players can concentrate on one skill, or brush up on all skills in a single session.

Learn proper fundamental techniques or polish up on your existing skills.

- Work on all skills collectively or specialize in your area of choice (i.e. serving, passing, setting, attacking, blocking, defense, footwork)
- Videotaping is available for athletes to speed up the improvement process through visual learning.

Before the lesson, it is very important to think about discuss your specific goals with the coach. The more you think about what you want to get out of a lesson, the more you will benefit from it.

### Frequently Asked Questions

Q: How far in advance do families need to schedule lessons?

A: Typically, lessons are scheduled 1-3 weeks prior to occurring.

Q: Is there an assessment that takes place to determine where the player is and what specifically needs to be worked on?

A: At a minimum, players/families need to come in with an idea of what skill or skills they would like to work on. Of course, I will provide the instruction (and therefore an assessment) on these skills.

Q: What is the recommendation for how many sessions are needed?

A: Players and/or families also determine how many sessions to take part in. Some individuals may have a lesson once a week over many weeks. Others come in when they can.

**Q: After each session are the players sent away with items to work on prior to the next lesson?**

**A: It's generally understood that players should work on whatever changes were addressed within the lesson in future training opportunities on their own. While private lessons do provide the opportunity to get many reps in a short amount of time, it's impossible to change skill habits in a single hour. Players should continue to work on what was taught within the lesson.**

### **Private ~ \$45 per hour**

**This a lesson for one individual wanting to work on the skill or skills of their choice.**

### **Semiprivate ~ \$35 per hour for each athlete**

**This is a lesson for 2 or more individuals wanting to work on the skill or skills of their choice. The skills being taught are best for learning when all want to work on the same skill.**

### **Team**

**The team lesson can focus on just skills or team aspects such as offense or defensive systems, transition movement, etc.**

**To get the best quality lesson, working with 2, 3, or 4 athletes at a time can create the best learning environment. An athlete working on the more dynamic skills of attacking, defense, and blocking cannot perform well after too many reps in a row. Their technique will break down causing errors, while the athletes try to correct the error they may change to incorrect technique to get the result they want, when it is really fatigue that is causing the error - not technique or effort. So, working with others gives each person excellent quality reps, with just enough rest time to continue to perform these skills for the full hour lesson.**

**\*Note: Semi private lessons are most productive with players of comparable abilities.**

### **Notification**

If you are interested in lessons, contact me at [wellsw@usadig.com](mailto:wellsw@usadig.com) or call 696.4139.

### **Payment**

Make your checks out to the Wade Wells and mail your checks, registration, & medical consent forms to me at 3700 Old Hardin Road, Billings, MT 59101.

### **Important**

If you cancel giving less than 48 hours notice, you will still be charged the full amount for the lesson if we cannot find a replacement. The only exception is for a medical reason with a doctors excuse.