



**BALLYHOO**  
SPORTS ACADEMY AT HHAC

# VOLLEYBALL PERFORMANCE TRAINING

## **Program Benefits Include:**

Proper Training Techniques • Access to State-of-the-Art Equipment • Body Weight Mastery, Especially of the Athletic Position • Spatial Awareness • Jumping and Landing Mechanics • Athletic Positioning • Balance & Coordination • Change of Direction • Power and Strength • Mobility and Flexibility • Increase Vertical Jump Height • Increase Conditioning Level

*All programs are updated to maximize progress*

## **Program Levels:**

Youth (10-12) • Junior (12-14) • Senior (14-15) • Advanced (16+)

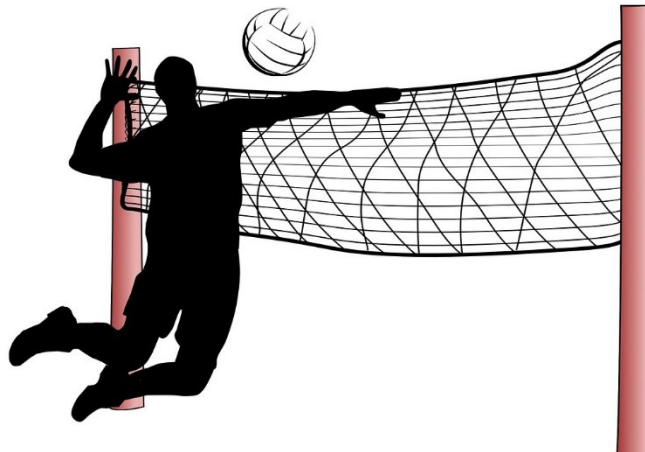
## **Skill Specific Programs:**

Power Program • Vertimax Training Program • Speed & Agility Training • Advanced Strength Training

## **Training Group Options**

1 on 1 • Small Group, 2-6 Athletes • Classes, 4-12 Athletes • Team Training

Programs will have lengths of 30, 45, 60, 75 and 90 minute options.



Inquire online at [BallyhooSportsAcademy.com/sports-performance](http://BallyhooSportsAcademy.com/sports-performance)  
or contact Mike at [Mike.Malone@hhgr.com](mailto:Mike.Malone@hhgr.com)

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