



# PRIVATE/INDIVIDUAL/SMALL-GROUP LESSONS

## Instruction from Laguna Beach Volleyball Complex!

Participant's Name: \_\_\_\_\_

If under 18yrs old, Parent/Guardian's Name(s): \_\_\_\_\_

Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gender: \_\_\_\_\_ Experience Level (Beginner, Intermediate, Advanced, etc.): \_\_\_\_\_

Volleyball Teams/Leagues that you've participated in/with: \_\_\_\_\_

If you want specific skills addressed, please **rank** the skills below by checking the appropriate box:

### Passing / Defense

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Setting

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Hitting/Attacking

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Serving

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Blocking

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Conditioning/Strength

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Offense/Defense Transition

- Work on this the most
- Include some instruction during lesson
- Neutral
- Not my top priority
- Not at all important

### Other Skills & Techniques *List here:*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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