



MINI DOME CLUB FALL 2024

Intro Volleyball for Grades 4 to 7

Minis Practices & Gameplay will be at the Volleymore **GYM-10** Stonehill Pl NE #250, Calgary, AB T3N 1T7

Play/Scrimmage days will be informal and use modified gameplay as necessary to teach fundamentals of the game (i.e. one catch, short court, ½ court, triple ball, 3 vs 3 etc.). Each gameplay day will build on concepts from the previous play day with the addition of new skills from practices. The emphasis will be on everyone playing as much as possible and learning long term team skills.

Season Schedule for Minis Group Sept/Oct

Saturday, Sept 7	5:00 – 6:30pm	Organizational practice and individual skills
Thursday, Sept 12	6:00 - 7:30pm	Individual Skills
Saturday, Sept 14	5:00 – 6:30pm	Group and Individual Skills
Thursday, Sept 19	6:00 - 7:30pm	Group Drills and Intro to Gameplay
Saturday, Sept 21	Play Day 4:30-6:30pm	
Thursday, Sept 26	6:00 - 7:30pm	Group and Individual Skills
Saturday, Sept 28	5:00 – 6:30pm	National Truth & Reconciliation/Orange Shirt Practice
Thursday, Oct 3	6:00 - 7:30pm	Teamwork and Game Situation
Saturday, Oct 5	Play Day 4:30-6:30pm	
Thursday, Oct 10	6:00 - 7:30pm	Group and Individual Skills
Saturday, Oct 12	No Practice	
Thursday, Oct 17	6:00 - 7:30pm	Group and Individual Skills
Saturday, Oct 19	5:00 – 6:30pm	Group and Individual Skills
Thursday, Oct 24	6:00 - 7:30pm	Teamwork and Game Situation
Saturday, Oct 26	Final Play Day - 4:30-6:30pm	