



IMG ACADEMY

VOLLEYBALL CAMP

CAMP BREAKDOWN

- Grouped by age.
 - 13-15
 - 16-18
- Provide position-specific training through both drills based on court training as well as competitive scenarios.

TRAINING FOR EVERY POSITION AND SKILL

Depending on your position, here are just some of the skills you will learn from our expert coaches:

- **TECHNICAL:** Dribbling, shooting form, rebounding, footwork and finishing skills
- **ADVANCED TECHNIQUES:** Reading a defense, managing fast break situations, post moves (high and low post), running a team as a point guard, creating your shot, and helping defense
- **PHYSICAL:** Increase speed/agility, build explosive power, increase endurance and aerobic capacity, and reduce the chance of injury
- **GAME SITUATIONS:** Floor spacing, movement off of a screen, 1-on-1 attacking and defense, and ball penetration
- **COMPETITION:** Peripheral vision, team building, executing new plays, exploiting weaknesses, scoring under pressure
- **MENTAL:** Learn mental toughness and discipline; Build player confidence, superior focus, game preparation and improved attitude

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12:1 Player to Coach Ratio.

- Includes 2 volleyball sessions with 4 hours of training per day.
- 1 hour of APD (Athlete and Personal Development); 4 days a week.
 - 3 Strength & Conditioning and 1 Mental toughness session per week.
- Coach Training Evaluation.
- Will cover all aspects and positions of Volleyball

TOTAL ATHLETE (TA)

- **IMG Academy Camp + 1 additional hour of Specialized Training - 5 days a week.**
 - Speed/Agility – NOT RECOMMENDED
 - Strength/Power
 - Mental/Vision*
 - Recovery+ *(Summer Only).
 - Leadership & Communication* (Summer only)
 - Injury Prevention* (Summer Only)
 - ESL (English as a Second Language).

* Specialty recommended for sport.

BREAKTHROUGH (BT)

IMG Academy Camp + 1 hour of Personalized/Small Group Training – 4 days a week

- 4:1 Player to Coach Ratio
- Individual Athlete Focus
 - Work on position, tactic, strategy, or other components of athlete's game
 - Progressive workouts ▪ Tailored drills and training based on athlete performance in camp group sessions.

GAME CHANGER (GC)

IMG Academy Camp + Breakthrough + Total Athlete

- Ultimate training experience – Most Comprehensive training experience



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VOLLEYBALL CAMP

1 WEEK VS 3 WEEK CAMP

- 1-week campers and 3-week campers are all grouped together. They will just separate by age.



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VOLLEYBALL CAMP

DATES AVAILABLE

SUMMER 2025

1 WEEK		
WEEKLY SUMMER CAMP	6/1/2025	8/16/2025

3 WEEK		
3 WEEK SESSION 1	6/8/2025	6/28/2025
3 WEEK SESSION 2	6/29/2025	7/19/2025
3 WEEK SESSION 3	7/20/2025	8/9/2025

WHAT'S INCLUDED

WITH EVERY IMG ACADEMY CAMP?

ALL CAMPERS RECEIVE THE FOLLOWING:

- Elite sport instruction and core performance training
- Two sport-specific training sessions (AM/PM) per day
- Four core strength & conditioning sessions per week
- One core mental toughness session per week
- Coach's training evaluation
- Bed sheets & laundry service (boarding campers only)
- Toiletry kit (boarding campers only)
- Daily meals & hydration
- Under Armour gear kit
- IMG Academy+ essentials membership

[FOR MORE INFORMATION](#)

CAMP-TRAINING AGES

FALL

CAMP: 13+
TOTAL ATHLETE: 13+
BREAKTHROUGH: 13+
GAME CHANGER: 13+

HOLIDAY

CAMP: 13+
TOTAL ATHLETE: 13+
BREAKTHROUGH: 13+
GAME CHANGER: 13+

SPRING

CAMP: 13+
TOTAL ATHLETE: 13+
BREAKTHROUGH: 13+
GAME CHANGER: 13+

SUMMER

CAMP: 13+
TOTAL ATHLETE: 13+
BREAKTHROUGH: 13+
GAME CHANGER: 13+



IMG ACADEMY SPORT CAMPS

Nord Anglia Education Exclusive Offer

Receive 10% off IMG Academy camps in
Bradenton, Florida and get a gear kit with promo code:

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WHAT IS CAMP?

If you want to hone your skill to improve competitive performance, IMG Academy sport camps provide the platform to maximize your potential. IMG Academy camps in Bradenton, Florida offer customizable programming options unique to your age, skill level and athletic goals. With camps available all year round, you can find a program to improve your game during nearly every break in your school or sport calendar.

YOUTH CAMPS:



BASEBALL



BASKETBALL



FOOTBALL



GOLF



LACROSSE



SOCCER



TENNIS



TRACK & FIELD



VOLLEYBALL



TENNIS

ADULT CAMPS:

SUMMER CAMPS AVAILABLE JUNE- AUGUST



CREATING UNFORGETTABLE EXPERIENCES

With a supportive campus environment, campers can feel safe and encouraged to develop and reach the next level. Boarding options are available for campers to enjoy a fun-filled environment, recreational activities, including off-site excursions and more.

UNMATCHED FACILITIES

Feel right at home on campus with IMG Academy's state-of-the-art sports facilities accommodating various disciplines, a brand new campus center with dining and food outlets, retail store, lounge spaces, and more, and a hotel onsite.

Visit imgacademy.com/sport-camps to learn more.



IMG ACADEMY

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