



# ***Rob Kaleikau Volleyball***

Read on in the next 2 min. to understand how your child can develop greater confidence, and learn the skills of volleyball faster and smarter than ever before !

RKV teaches players proper skills development unlike any other place you've trained - HOW ?  
Using the RKV created 4-CORE platform - knowledge/attitude/mechanics/performance, here are the top 10 reasons !

- 1) Rob teaches from a base of practical experience and versatility of skills, having been an all-around player as a D1 setter/hitter/backrow player (Loyola Marymount Univ., Los Angeles, CA.), 2-Time NAIA All-American, National Tournament MVP, award winning coach, with over 45 years of experience playing/teaching/coaching the game. He knows how to train setters/hitters/ds-liberos! Why? Because he's actually played the positions !
- 2) During every training session, RKV uses the "Socratic" method of teaching (developed by the Greek philosopher Socrates) which simply means constant dialogue between teacher and player with heavy emphasis on "questions" (from player). Professors used this method when Rob studied at Harvard, and he applied and refined it after starting RKV back in 1995. Since then, RKV has trained thousands of players over the years with the RKV 4-CORE method - knowledge-attitude-mechanics-performance.

- 3) RKV's core principle? - During trainings we **strongly encourage** players to **ask questions**, as that's the fastest way to learn since it shows what you "don't know," and **it's the "don't know" that needs answers**. The more an athlete can "fill in the gaps" to gain knowledge, the faster you learn, and the more you retain. **Questions are the key!**
- 4) RKV uses **easily remembered** "**sequences**," a mental "**road map**" so to speak, to enhance learning - concepts like "**hitting sequence**," "**passing sequence**," "**setting sequence**." At RKV, **priority 1 is mental, not physical**.
- 5) And RKV's most important **concept we instill within each player**? If you **misfire a skill**, always ask yourself 2 questions, **1) "Why"** (Reasons for misfires?), and **2) "Fix"** (How do I fix it?) We call it the "**Why-Fix**" principle. It's the only way an athlete can truly say, "**I get it**."
- On a scale of 1-10, RKV teaches athletes to perform at their "**Power of 10**" (weakest to strongest). For example, your "**on court performance**" should be **moving** at the "speed of 10, **jumping** at the "strength of 10," **hitting** at the "intensity of 10." Not 5, not 7, not 9 - **10!** That's your max, your SUPER POWER!
- 7) Details! Details! Details! - Rob is **very specific and clear** in how he teaches skills, from placement of hands and feet, to "reading" a set, proper footwork, arm positions, timing, and on and on . . . **his strength is in the "details."**
- 8) **Bottom line** - RKV teaches players to **retain** the information learned during each training, so **they can walk out the door with **greater confidence**, **knowledge**, and **intelligence** - it's called your "**take away I.Q.**"**
- 9) A player can **learn more at a RKV 30 minute lesson than they ever thought possible**.
- 10) RKV's pricing model equates to providing the highest quality skills training around, while also keeping costs **flexible and affordable** for working families. We know price is important, and believe our track record of results **reflects the stability of our cost!** There's many trainers out there - **but only 1 RKV!**
- Lastly - The final test - - **ask ANY parent or player** who's trained with RKV, and they'll tell you, all of the above is true - **this is how it works!** **Integrity, quality, results!** **Give us a try - see for yourself!**

**Thank you for choosing RKV - - KC's #1 skills training only academy, this is our passion, our purpose, why we're here, and our hope is to help your child succeed to their Power of 10 - in volleyball and life !**

