



## 1<sup>st</sup> – 5<sup>th</sup> Grade Training Program - June

**Grades:** 1<sup>st</sup> - 5<sup>th</sup> (as of 2020-2021 school year)

**Program Description:** Emphasis is on technical training of the five primary volleyball skills: serving, passing, setting, attacking, defense. Athletes will progress from single-touch drills to multi-touch drills: serve → pass; pass → set; set → attack; attack → defend. Training will also cover game-specific strategies such as rotating, serve receive patterns, and system vs. out of system play.

**Suggested Participant:** 1<sup>st</sup> – 3<sup>rd</sup> is designed to emphasize ball control & court movement. Each session will consist of a skill emphasis that will be incorporated into a series of small group games that are competitive in nature. 4<sup>th</sup> & 5<sup>th</sup> players should have previous experience playing organized volleyball to fully benefit from this program. This is not an introductory program, but is intended to help further develop skills for participants who enjoy playing volleyball and are highly motivated to improve their skills.

**Lead Coach:** Laura Burk

**About Laura:** Laura has been a staple of the midstate youth volleyball community for more than eleven years. A native of the great state of Wisconsin, Laura received her kinesiology degree from the University of Wisconsin-Milwaukee. Laura is passionate about teaching the game to the youngest members of the volleyball community, and that passion is evident in the energy and positivity she brings to the gym. Laura is a certified yoga instructor, Head Coach of Alliance's 13-1 REN team, and a mom to four wonderful children (Bella, Ben, James and Isaac).

**Cost:**  
\$200

**Meeting Dates/Times:**

June – 6/1, 6/2, 6/3, 6/4

- 9AM – 12PM
- Kids bring their own snack and water (concessions will not be open)

**Meeting Location:** All 1<sup>st</sup> – 5<sup>th</sup> Grade Training Program sessions will meet @ ATC (Alliance Training Center, 1850 General George Patton Dr., Franklin, TN 37067)

**How to Register:**

- Please visit the Alliance website, [www.alliancevbc.com](http://www.alliancevbc.com), and click “sign-in” in the top right hand corner to create an Alliance account.
  - If you already have an Alliance account, please “sign-in” and register through your Alliance account.

**Additional Questions:**

**Laura Burk**, Alliance Youth Program Manager  
1<sup>st</sup> – 5<sup>th</sup> Grade Training Program Lead Coach  
e-mail: [lburk@alliancevbc.com](mailto:lburk@alliancevbc.com)

**Who Alliance is...**

Community-based, Non-Profit Organization

*“Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel... We strive to provide a solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals...”*  
– Alliance Mission Statement