



1st - 5th Grade

Training Camp

How To Register

Please visit the Alliance website, 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 account.



Program Description

Emphasis is on technical training of the five primary volleyball skills: serving, passing, setting, attacking and 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.

Cost/Meeting Time/Dates

\$275/athlete
June - 6/7, 6/8, 6/9, 6/10
9AM - 3PM
Kids bring their own lunches
Concessions will not be open



About Laura Burk

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.

Suggested Participant

- 1st - 5th Grade Athletes (2021-2022 school year)
- 1st - 3rd 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.
- 4th & 5th 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.