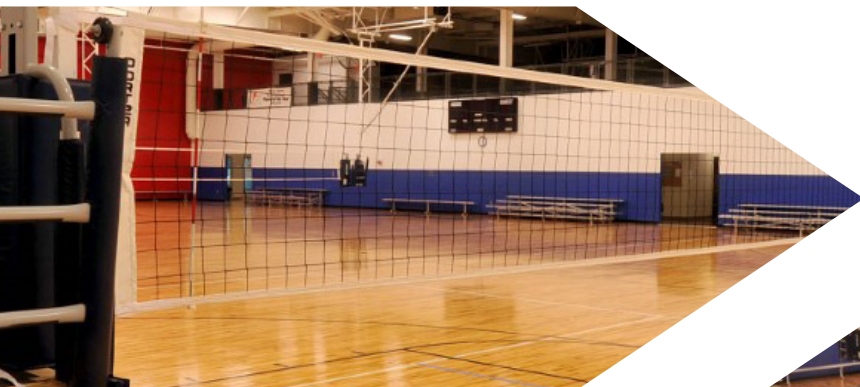


Alliance Volleyball Club

FALL YOUTH TRAINING 2024



Program Description

Introducing and implementing volleyball fundamentals training in a small group setting. The program will employ small group training, station work and ability - tailored instruction.

WHEN: Mondays & Thursdays starting **August 5th** from 5:30-7:00pm

Mondays: 8/5, 8/12, 8/19, 8/26, 9/9 **Thursdays:** 8/8, 8/15, 8/22, 8/29, 9/5

COST: \$275 *There will be a \$10 processing fee for any cancellation or refund

LEAD COACH: Primary coach is Laura Burk (Alliance Youth Program Coordinator, 15-1 Head Coach, Alliance Coach Representative on the Board)

WHERE: Alliance Training Center, 215 Gothic Ct., Franklin

HOW TO REGISTER: Families can register online at www.alliancevbc.com.

Click "Sign In" to log into or create your Alliance account. Please make sure your daughter is listed as a dependent on the account and her *t-shirt size is up to date*.

11 Year Olds and Under

We use a lighter ball, smaller court segments and lower nets. The program's focal point is fun and enjoyment; at the same time developing agility, hand eye coordination, body movement and ball control work. All aspects of the game are taught through drills and game play. Coaches work closely with player on the court to ensure positive and constructive feedback. Each session will be an 9:1 player/coach ratio.

12 - 13 Year Olds

The purpose is to teach player proper technique and execution of all fundamental skills in volleyball; serving, passing, setting and attacking. During each session, players participate in drills which foster skill development and proper mechanics. Athletes will participate in small group and 6v6 games. Coaches work closely with players on the court to ensure they receive positive and constructive feedback. Each session will be an 9:1 player/coach ratio.

Additional Questions

Laura Burk, Alliance Youth Programming Coordinator e-mail: lburk@alliancevbc.com