

# 1ST - 5TH GRADE TRAINING CAMP

**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.



## **Dates**

6/3, 6/4, 6/5, 6/6

## **Time**

9AM - 3PM

*Kids bring their own lunch  
Concessions will not be open*

## **Cost**

\$275/athlete

## **Registration Opens**

February 1, 2024



## **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 sign in. If you don't already have an account, you will still click "sign-in" to create your Alliance account. Please make sure you have your player listed as a dependent on your account and their t-shirt size is up-to-date.*

**Who is Alliance:** *"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

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