



# ALLIANCE

## Spring 2019 Try-Out Tune-Up Clinics

### PROGRAM DESCRIPTION

Tune-Up Clinics are designed for all athletes – regardless of club affiliation of participation – who are looking for additional touches and feedback before their middle school/high school try-outs. Clinics will be particularly beneficial for non-club players who are looking to brush up on their skills or try out for their school team for the first time!

### CLINIC DESCRIPTIONS

**Serving:** Arguably the most important skill in volleyball. Coaches will introduce mechanically sound overhead serving principles including the coordination of the lift/toss and swing, the lift/toss location, and the ideal contact point of the ball.

**Attacking:** A combination of arm swing & footwork. Coaches will introduce athletes to correct posture, hand control, and applicable footwork patterns.

**Passing & Defense:** If you can pass the ball to the setter consistently, your team will likely win a lot of games. Defense is about eyework, posture, contact, & movement, but primarily about attitude!

**All-Skills:** These sessions are designed for players who are looking for reps in all five of the primary skill categories: Serve, Pass, Set, Attack, & Defend. Focus will be more “live” 5 v 5 and 6 v 6 play with a multi-touch emphasis.

### DATES/TIMES: WEDNESDAYS 5/1, 5/8, 5/15, 5/22, 5/29

#### 4:30 – 5:30

**SERVING:** Middle School Players (as of 2019-20 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

**SERVING:** High School Players (as of 2019-20 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

#### 5:30 – 6:30

**PASSING & DEFENSE:** Middle School Players (as of 2019-20 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

**PASSING & DEFENSE:** High School Players (as of 2019-20 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

#### 6:30 – 7:30

**ATTACKING:** Middle School Players (as of 2019-20 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

**ATTACKING:** High School Players (as of 2019-20 school year)

- Maximum # of Participants: 24
- Cost: \$20/player

### DATES/TIMES: MONDAYS 4/29, 5/6, 5/13, 5/20

#### 4:30 – 6:00

**ALL-SKILLS:** Middle School Players (as of 2019-20)

- Maximum # of Participants: 24
- Cost: \$30/player

### HOW DO I REGISTER?

1. [www.alliancevbc.com](http://www.alliancevbc.com) → click on “sign-in” in the top right hand corner of the page.
2. Follow prompts to create an Alliance account, which is registration interface used by Alliance Volleyball Club.
3. After creating your account, you'll see an option to register for available programs → select clinic(s) you wish to attend.
4. Submit your payment information.
5. For additional questions, please contact Bri D'Errico, *Alliance Programming Manager*



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ALLIANCE VOLLEYBALL CLUB