

# Lil' Diggers



**When:** Thursday's starting **January 10th** from **4:30-5:45pm** for 5 weeks • **January 10th, 17th, 24th, 31st, February 7th**

**Cost:** \$150

**Lead Coach:** Laura Burk

**Where:** Alliance Training Center, 1850 General George Patton Dr., Franklin, TN 37067

## Lil' Diggers Level 1

**Suggested Ages:** 5-7

QR Code for Molten  
First Touch Ball V140



- First Touch Ball V140 (lightweight, soft cloth & foam cover, 5oz – players 8 & under) <http://www.allvolleyball.com/product/molten-first-touch-volleyball-v140/>
- Teach and train volleyball fundamentals for beginners, as well as focusing on motor skill development, hand-eye coordination.
- This level 1 session will be for beginners and those with some introductory experience (recreation leagues, other basic camps & clinics). A wide range of skill levels is acceptable and expected.

## Lil' Diggers Level 2

**Suggested Ages:** 8-10

QR Code for Molten  
Lightweight VB-U12



- Lite Balls Only (Lightweight, Micro-Fiber composite cover, 8.1 oz – players 12 & under) <http://www.allvolleyball.com/product/molten-lightweight-vb-u12?gclid=CNf54eng3skCFdgNgQodx5wMsQ>
- 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.
- This level 2 session will give younger players a chance to use their newly acquired skills in a small game-like setting.
- *Some volleyball experience or Youth volleyball is required.*

### How to Register:

- Please visit the Alliance web site, [www.alliancevbc.com](http://www.alliancevbc.com), and click on "Register" in the top right hand corner to create a Blue Sombrero account.
- If you already have a Blue Sombrero account, please "Log In" and register through your Blue Sombrero account.

*Planning ahead.....*

*Next Lil' Diggers will begin May*

**Additional Questions:**

Laura Burk, Alliance Youth Program Coordinator • e-mail: [lburk@alliancevbc.com](mailto:lburk@alliancevbc.com)