



SPRING BREAK 2019 TRAINING OPPORTUNITIES

Defensive Dandies

Description: Participants will train to reinforce the technical mechanics as well as the mental approach to individual defense which leads to the success of a “first ball specialist”. Posture, eyework, court positioning and non-linear movement will all be point of emphasis.

Group Size: First 24 athletes to register

Cost: \$20 (Alliance club members only)

Times: 13s-14s: 10:00 – 11:00: March 19, 20, 21
15s-18s: 11:00 – 12:00: March 19, 20, 21

Registration: Must be completed via your Alliance account! For planning purposes, walk-up registration will not be accepted!

Registration Deadline: Sunday, March 17th

Attacking School

Description: Attacking is one of the game’s most “open” skills, meaning there is a number of different, random variables preceding the execution of the skill that can and will impact the final outcome. In spite of this, it is imperative for attackers to “look” the same on every swing, that is, at least putting the ball on their hitting shoulder.

Group Size: First 24 athletes to register

Cost: \$20 (Alliance club members only)

Times: 13s-14s: 11:00 – 12:00: March 19, 21
15s-18s: 10:00 – 11:00: March 19, 21

Registration: Must be completed via your Alliance account! For planning purposes, walk-up registration will not be accepted!

Registration Deadline: Sunday, March 17th

Spring Break Training Opportunities are exclusively for Alliance club members only! All sessions will be held @ ATC.

Serve & Pass: Simplicity & Repeatability Wins

Description: The two most important skills in the game are such because the level of success with which they are executed is frequently the greatest determining factor in whether or not your team will win or lose the subsequent rally.

Group Size: First 24 athletes to register

Cost: \$20 (Alliance club members only)

Times: 13s-14s: 12:00 – 1:00: March 19, 20, 21
15s-18s: 12:00 – 1:00: March 19, 20, 21

Registration: Must be completed via your Alliance account! For planning purposes, walk-up registration will not be accepted!

Registration Deadline: Sunday, March 17th

Setters Boot Camp

Description: Setters are responsible for both the accuracy of their ball as well as the decisions of who to set, where, and when. Posture, hand shape, hand positioning, and delivery are all elements of setting a “good” ball. Bump setting in an emergency situation is a necessary skill, as well.

Group Size: First 24 athletes to register

Cost: \$20 (Alliance club members only)

Times: 13s-14s: 1:00 – 2:00: March 19, 21
15s-18s: 1:00 – 2:00: March 19, 21

Registration: Must be completed via your Alliance account! For planning purposes, walk-up registration will not be accepted!

Registration Deadline: Sunday, March 17th