



## 6<sup>th</sup> Grade Training Program - June

**Grades:** 6<sup>th</sup> (as of 2019-20 school year)

**Program Description:** Reinforcing the technical training of fundamental volleyball skills and also exploring more advanced volleyball strategies which athletes would likely be introduced to playing middle school volleyball for the first time. There will be a strong emphasis on first touch skills (serving & passing) as well as general ball control. Training will also cover game specific strategies that will be prerequisites for playing middle school volleyball such as rotating, serve receive patterns, and system vs. out of system play.

**Suggested Participant:** Player who may or may not have already tried out for their middle school team for the first time. Player should have previous experience playing organized volleyball (e.g. Fall/Winter League) and have already been introduced to basic volleyball skills in order to fully benefit from this program. This is not an introductory program, but is intended to help further develop the skill set of a highly motivated athlete who enjoys playing volleyball and is looking for extra gym time, repetitions, and feedback before the start of their middle school season.

**Lead Coach:** Tatiana Alvarez

**About Tatiana:** Tatiana has established herself as an excellent trainer in club and high school volleyball in the midstate over the last four years. Tatiana played three seasons of Division I volleyball as DS/L for the University of Miami and graduated in 2011 with her Bachelor of Music degree. Tatiana is currently serving as Head Coach of Alliance's 15-1 Ren team. She is also entering her fourth season as Head Varsity Coach @ Battle Ground Academy.

**Cost:** \$300

**Meeting Dates:**

June 6/10, 6/11, 6/12, 6/13

- 9AM – 12PM

**Meeting Location:** All 6<sup>th</sup> Grade Training Program sessions will meet @ ATC (Alliance Training Center, 1850 General George Patton Dr., Franklin, TN 37067)

**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 create an Alliance account.
  - If you already have an Alliance account, please "sign-in" and register through your Alliance account.

**Additional Questions:**

- Tatiana Alvarez, 6<sup>th</sup> Grade Training Program Lead Coach e-mail: [tatiana.alvarez@mybga.org](mailto:tatiana.alvarez@mybga.org)
- Bri D'Errico, Alliance Programming Manager e-mail: [bderrico@alliancevbc.com](mailto:bderrico@alliancevbc.com)