



7th and 8th Grade Training Program - June

Grades: 7th and 8th (as of 2019-20 school year)

Program Description: Emphasis will be placed on drills that are “multi-touch” in nature: serve → pass; pass → set; set → attack; attack → dig; dig → set. Training will take place in both smaller and larger groups where specific positional responsibilities will be introduced, discussed, and reinforced in addition to primary skills. Participants will be placed in “live play” scenarios (5v5, 6v6) with the goal of improving each player’s all-around skill set. More advanced tactical concepts will be introduced such as different defensive systems, playing out-of-system, and “shaping” the court in different scenarios.

Suggested Participant: Player who has already completed a season of middle school volleyball and/or has previous experience playing organized volleyball (e.g. Fall/Winter League). 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 6/17, 6/18, 6/19, 6/20

- 9AM – 12PM

Meeting Location: All 7th and 8th 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, 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 you Alliance account.

Additional Questions:

- Tatiana Alvarez, 7th and 8th Grade Training Program Lead Coach e-mail: tatiana.alvarez@mybga.org
- Bri D’Errico, Alliance Programming Manager e-mail: bderrico@alliancevbc.com