



Middle School Individual Skill Camp – July 2019

Serving

- **Level:** Intermediate
- **Description:** Fundamental elements of serving successfully will be reinforced including proper lifting/tossing mechanics, proper ready position, and the value of simplicity and repeatability with respect to serving mechanics.
- **Dates:** July 1st – July 3rd
- **Time:** 10:00 am to 11:00 am
- **Max # of Participants:** 24
- **Cost:** \$25/session

Serving

- **Level:** Advanced
- **Description:** Participant is capable of serving the ball in the court with consistency, but would like to take their serve to the next level in terms of aggressiveness. Emphasis will be placed on executing a proper float serve and serving to different locations on the court.
- **Dates:** July 1st – July 3rd
- **Time:** 10:00 am to 11:00 am
- **Max # of Participants:** 24
- **Cost:** \$25/session

Passing

- **Level:** Intermediate
- **Description:** Fundamental elements of passing successfully will be reinforced including correct posture, platform formation, and efficient footwork patterns. Platform management principles will also be discussed including the creation of lines and angles to control the ball.
- **Dates:** July 1st – July 3rd
- **Time:** 11:00 am to 12:00 pm
- **Max # of Participants:** 24
- **Cost:** \$25/session

Passing

- **Level:** Advanced
- **Description:** Correct serve receive eye work will be explored with the goal of passing in the player's "strike zone" as much as possible. The shape of a serve receive pattern will be introduced as well as responsibilities of the individual passers within that shape.
- **Dates:** July 1st – July 3rd
- **Time:** 11:00 am to 12:00 pm
- **Max # of Participants:** 24
- **Cost:** \$25/session

Attacking

- **Level:** Intermediate
- **Description:** Biomechanically safe, efficient arm swing and approach footwork will be emphasized along with posture and ball contact, as well as a safe explosive finish to the arm swing. Approach speed and different footwork patterns will also be trained.
- **Dates:** July 1st – July 3rd
- **Time:** 1:00 pm to 2:00 pm
- **Max # of Participants:** 24
- **Cost:** \$25/session

Attacking

- **Level:** Advanced
- **Description:** Approach footwork patterns will be broken down in greater detail, and participants will learn how to attack against a variety of defensive systems. Attacking out-of-system will also be explored.
- **Dates:** July 1st – July 3rd
- **Time:** 1:00 pm to 2:00 pm
- **Max # of Participants:** 24
- **Cost:** \$25/session

Defense

- **Level:** Intermediate
- **Description:** Fundamental defensive keys and principles will be reinforced including correct posture, movement, and contact. Individual responsibilities while playing in a defensive system and when/where/why/how to move within that system will be explored.
- **Dates:** July 1st – July 3rd
- **Time:** 2:00 pm to 3:00 pm
- **Max # of Participants:** 24
- **Cost:** \$25/session

Defense

- **Level:** Advanced
- **Description:** Reading the opposing attacker and correct eye work for "playing in order" will be emphasized along with the introduction of a variety of emergency moves designed to increase the defender's digging radius.
- **Dates:** July 1st – July 3rd
- **Time:** 2:00 pm to 3:00 pm
- **Max # of Participants:** 24
- **Cost:** \$25/session

Middle School Individual Skill Camps

Questions & Answers

(Q) Why Alliance?

(A) Alliance has been serving the greater Middle Tennessee area since 2009, guided by its vision – and motivated by its commitment – to grow the game by offering playing and training opportunities for all ages and skill levels. Our coaches are our greatest resource: unique in their individual experiences and professional backgrounds, but alike in their shared motivation to positively impact the lives of our athletes both on and off the court. Alliance’s culture positioning our athletes within competitive, comfortable environments has led to a rich history of proven results including 29 All-American honorees, 7 Gatorade Player of the Year Award winners, and a national ranking as one of best clubs in the country. Alliance’s 18 Mizuno team captured the 2018 USAV Girls’ 18 Junior National Championship, finishing the tournament with a 9-0 record.

(Q) When Will Registration Open For These Camps?

(A) Registration is now open! With a limited number of openings in each camp, it is strongly encouraged that you register sooner rather than later if you are interested in attending a camp.

(Q) How Do I Register?

- (A)
- 1) Go to our website, www.alliancevbc.com
 - 2) Top right corner of the page, click on “sign in”
 - 3) You’ll need to create an Alliance account (username & password, and all the required information) if you haven’t done so already
 - 4) After you create your account and sign in, you can register through your Alliance account, submit your payment information, and you’re done!

(Q) Where Will Camps Take Place?

(A) All camps will be held at the **Alliance Training Center**, ATC, in Franklin-Cool Springs. Building address is 1850 General George Patton Dr., Franklin, TN 37067.

(Q) How Do I Find Out Who The Coaches Will Be For Each Camp?

(A) Lead Coaches will be posted on the Alliance Instagram and Facebook pages as they are finalized. All Lead Coaches are members of the Alliance Coaching Staff.

(Q) Will Skill Sessions Be The Same Each Day?

(A) Sessions will continue to build off of what was introduced the previous day. It is not a requirement for a participant to attend each session.

(Q) What is Participant:Coach Ratio For Camps?

(A) A Participant:Coach ratio of 8:1 or 6:1 will be targeted for each camp

(Q) My Child Is Planning On Attending Multiple Camps During One Day. Can She Bring Her Lunch?

(A) Yes, if your child is planning to attend multiple camps during one day, she may bring her lunch. The 12:00-1:00 hour is designated “break” time, so lunch may be eaten during this hour.

For more information about Alliance Summer Camps, please visit our website at
www.AllianceVBC.com