



# ALLIANCE

## Spring 2020 Tune-Up Clinics

### PROGRAM DESCRIPTION

Tune-Up Clinics are designed for all athletes – regardless of club affiliation or participation – who are looking to get in the gym and get additional touches on the ball. Clinics will be particularly beneficial for non-club players who are looking to brush up on their skills or try out for their school team for the first time!

### OUR CLUB

Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel and compete successfully at the interscholastic, regional and/or national level of youth volleyball. We are a community-based non-profit organization committed to training and developing student athletes through competitive participation in the sport of volleyball.

### SKILL DESCRIPTIONS TO BE TRAINED

#### SERVING

Arguably the most important skill in volleyball. Coaches will introduce mechanically sound overhead serving principles including the coordination of the lift/toss and swing, the lift/toss location, and the ideal contact point of the ball.

#### ATTACKING

A combination of armswing & footwork. Coaches will introduce athletes to correct posture, hand control, and applicable footwork patterns.

#### PASSING

If you can pass the ball to the setter consistently, your team will likely win a lot of games.

#### DEFENSE

Defense is about eyework, posture, contact, & movement, but primarily about attitude!

### DATES/TIMES: MONDAYS 5/4, 5/11, 5/18, WEDNESDAY 5/20

#### 6:30-8:00

**ALL-SKILLS:** Middle School Players (as of 2020-2021 school year)

- Maximum # of Participants: 30
- Cost: \$35/player

### HOW DO I REGISTER?

1. [www.alliancevbc.com](http://www.alliancevbc.com) → click on “sign-in” in the top right hand corner of the page.
2. Follow prompts to create an Alliance account, which is registration interface used by Alliance Volleyball Club.
3. After creating your account, you’ll see an option to register for available programs → select clinic(s) you wish to attend.
4. Submit your payment information. (**No** refund if cancelled less than 24 hours prior to session)
5. For additional questions, please contact Bri D’Errico, Alliance Programming Manager



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