

# Alliance Volleyball Club

## FALL YOUTH TRAINING



### Program Description

Introducing and implementing volleyball fundamentals training in a small group setting. The program will employ small group training, station work and ability - tailored instruction.

**WHEN: Mondays & Thursdays** starting **August 10th** from 6:30-8:00pm

**Mondays:** 8/10, 8/17, 8/24, 8/31, 9/14 **Thursdays:** 8/13, 8/20, 8/27, 9/3, 9/10

**COST:** \$225

**LEAD COACH:** Primary coach is Laura Burk (Alliance Youth Program Coordinator, 13-1 Head Coach, Alliance Coach Representative on the Board)

**WHERE: Alliance Training Center**, 1850 General George Patton Dr., Franklin, TN 37067

**HOW TO REGISTER:** Families can register online at [www.alliancevbc.com](http://www.alliancevbc.com). Click on "Sign In" to create an account.

### 11 Year Olds and Under

We use a lighter ball, smaller court segments and lower nets. The program's focal point is fun and enjoyment; at the same time developing agility, hand eye coordination, body movement and ball control work. All aspects of the game are taught through drills and game play. Coaches work closely with player on the court to ensure positive and constructive feedback. Each session will be an 9:1 player/coach ratio.

### 12 - 13 Year Olds

The purpose is to teach player proper technique and execution of all fundamental skills in volleyball; serving, passing, setting and attacking. During each session, players participate in drills which foster skill development and proper mechanics. Athletes will participate in small group and 6v6 games. Coaches work closely with players on the court to ensure they receive positive and constructive feedback. Each session will be an 9:1 player/coach ratio.

### Additional Questions

**Laura Burk**, Alliance Youth Program Manager e-mail: [lburk@alliancevbc.com](mailto:lburk@alliancevbc.com)