

ALLIANCE

LIL' DIGGERS

WHEN: Thursdays starting **October 21st** from **4:45-6:15pm** for 5 weeks
October 21st, 28th and November 4th, 11th and 18th

COST: \$165

LEAD COACH: Laura Burk

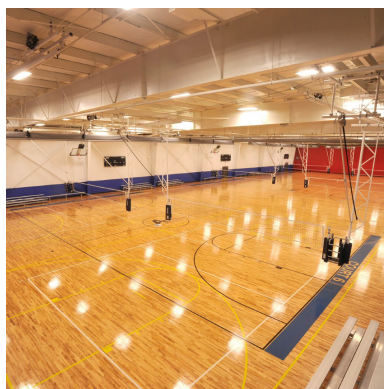
WHERE: Alliance Training Center @ TOA, 215 Gothic Ct., Franklin, TN 37067

LIL' DIGGERS LEVEL 1 **Suggested Ages: 4-5**

- First Touch Ball (lightweight, soft cloth & foam cover, 5oz)
- Designed to emphasize ball control & court movement. Each session will consist of a skill emphasis that will be incorporated into series of small group games that are competitive in nature.

LIL' DIGGERS LEVEL 2 **Suggested Ages: 6-9**

- Lite Balls Only (Lightweight, Micro-Fiber composite cover, 8.1oz - players 12 & under)
- Teach and train volleyball fundamentals for beginners, as well as focusing on motor skill development and hand eye coordination.
- This level 2 session will give younger players a chance to use their newly acquired skills in a small game-like setting.



How to Register

www.alliancevbc.com. Click on "Sign In" to create an Alliance account.

Planning Ahead...

Next Lil' Diggers will begin in February

Additional Questions

Laura Burk, Alliance Youth Program Manager e-mail: lburk@alliancevbc.com