



ALLIANCE

Spring 2022 Tryout Tune-Up Clinics

PROGRAM DESCRIPTION

Tune-Up Clinics are designed for all athletes – regardless of club affiliation of participation – who are looking for additional touches and feedback before their middle school/high school try-outs. 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!

CLINIC DESCRIPTIONS

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 arm swing & footwork. Coaches will introduce athletes to correct posture, hand control, and applicable footwork patterns.

Passing & Defense: If you can pass the ball to the setter consistently, your team will likely win a lot of games. Defense is about eyework, posture, contact, & movement, but primarily about attitude!

Setting: A combination of footwork, hand positioning and set location will give players the opportunity to improve their overall setting technique.

All-Skills: These sessions are designed for players who are looking for reps in all five of the primary skill categories: Serve, Pass, Set, Attack, & Defend. Focus will be more “live” 5 v 5 and 6 v 6 play with a multi-touch emphasis.

HOW DO I REGISTER?

1. www.alliancevbc.com --> click on “sign-in” in the top right-hand corner of the page. Follow prompts to create an Alliance account
2. After creating your account, you’ll see an option to register for available programs --> select clinic(s) you wish to attend. (No refund will be issued if cancelled less than 24 hours prior to session)
5. For additional questions, please contact Brianna Legieza, Alliance Programming Manager at blegieza@alliancevbc.com

DATES/TIMES: FRIDAY 5/6 (Middle & High School clinics will be run separately)

6:00 - 7:00

SERVING & PASSING: Middle & High School Players (2022-2023 school year)

- Maximum # of Participants: 24 for each Middle and High School group
- Cost: \$25/player per date

7:00 - 8:00

SETTING or ATTACKING: Middle & High School Players (2022-2023 school year)

- Maximum # of Participants: 24 for each Middle and High School group
- Cost: \$25/player per date

DATES/TIMES: FRIDAYS 5/13, 5/20, 5/27

4:30 - 5:30

SERVING: Middle School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

SERVING: High School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

5:30 - 6:30

PASSING & DEFENSE: Middle School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

PASSING & DEFENSE: High School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

6:30 - 7:30

ATTACKING: Middle School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

ATTACKING: High School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

SETTING: Middle School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

SETTING: High School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$25/player per date

DATES/TIMES: MONDAYS 4/25, 5/2, 5/9, 5/16, 5/23

6:30 - 8:00

ALL-SKILLS: Middle School Players (2022-2023 school year)

- Maximum # of Participants: 24
- Cost: \$35/player per date