



10's & 11's Training

* * WHAT TO BRING * *

- Athletic Shoes
- Athletic attire
 - Kneepads
 - Waterbottle
- Do NOT bring a ball



Tuesdays: 9/13, 9/20, 9/27, 10/4
Thursdays: 9/15, 9/22, 9/29, 10/6

Time: 5:00-6:30pm

Cost: \$225

Location: 215 Gothic Ct., Franklin

Program Description:

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

Training Program Includes:

Ages 10 & 11

Lead Coach:

Laura Burk

More About Our "Training Program":

Will create a cooperative learning environment for newcomers to the game or those who have limited experience but enjoy learning the game of volleyball. The goal of our training program is to cultivate the love and enjoyment of the game as skills are trained in a safe and fundamentally sound manner. We believe in technique progressions and high repetitions.

Everyone, regardless of skill level, will begin with the fundamental skills of volleyball. We will end each sessions with competitive game play. Training program members will receive training in all positions. Participant:Instructor ratio will be ~8:1.

How to Register

Families can register online at www.alliancevbc.com.

Click on "Sign In" to create an account if you don't have one already.

Please make sure you have your player listed as a dependent on your account.

Additional Questions

Laura Burk, Alliance Youth Programming Coordinator e-mail: lburk@alliancevbc.com