

6TH GRADE TRAINING CAMP

Program Description: Reinforcing the technical training of fundamental volleyball skills and also exploring more advanced volleyball strategies which athletes would likely be introduced to playing middle school volleyball for the first time. There will be a strong emphasis on first touch skills (serving & passing) as well as general ball control. Training will also cover game specific strategies that will be prerequisites for playing middle school volleyball such as rotating, serve receive patterns, and system vs. out of system play.



Suggested Participant: Player who may or may not have already tried out for their middle school team for the first time. Player should have previous experience playing organized volleyball (e.g. Fall/Winter League) and have already been introduced to basic volleyball skills in order to fully benefit from this program. This is not an introductory program, but is intended to help further develop the skill set of a highly motivated athlete who enjoys playing volleyball and is looking for extra gym time, repetitions, and feedback before the start of their middle school season. (School grade is based off the athlete's 2022-2023 school year)

Lead Coach

Christina Saenger

Dates

6/13, 6/14, 6/15, 6/16

Time

9AM - 12PM

(Kids bring their own snacks. Concessions will NOT be open)

Cost

\$275/athlete



How to Register:

Please visit the Alliance website, www.alliancevbc.com, and click "sign-in" in the top right hand corner to sign in. If you don't already have an account, you will still click "sign-in" to create your Alliance account.

Who is Alliance: *"Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel... We strive to provide A solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals..."*
-Alliance Mission Statement

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