

# ALLIANCE

## LITTLE DIGGERS

**WHEN:** THURSDAYS starting **October 20th** from **4:45-6:15pm** for 5 weeks  
**October 20th, 27th** and **November 3rd, 10th and 17th**

**COST:** \$165

**LEAD COACH:** Laura Burk

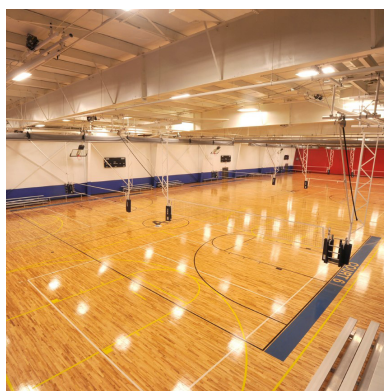
**WHERE:** Alliance Training Center @ TOA, 215 Gothic Ct., Franklin, TN 37067

### LITTLE 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.

### LITTLE 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](http://www.alliancevbc.com). Click on "Sign In" to create or log into your an Alliance account.

#### Planning Ahead...

Next Little Diggers will begin in February

#### Additional Questions

Laura Burk, Alliance Youth Programming Coordinator e-mail: [lburk@alliancevbc.com](mailto:lburk@alliancevbc.com)