



## 7th & 8th Grade Training Program

**Suggested Participant:** Player who is entering 7th or 8th grade in the 2023-2024 school year. Player has already completed a season of middle school volleyball and/or has previous experience playing organized volleyball (e.g. Fall/Winter League). 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.

**Program Description ROUND 1:** Emphasis will be placed on drills that are “multi-touch” in nature: serve --> pass; pass --> set; set --> attack; attack --> dig; dig --> set. Training will take place in both smaller and larger groups where specific positional responsibilities will be introduced, discussed, and reinforced in addition to primary skills. Participants will be placed in “live play” scenarios (5v5, 6v6) with the goal of improving each player’s all-around skill set. More advanced tactical concepts will be introduced such as different defensive systems, playing out-of-system, and “shaping” the court in different scenarios.

**Dates:** June 19, 20, 21 and 22

**Time:** 9AM - 3PM (lunch break 11:30-12:30)

**Cost:** \$325

### Program Description ROUND 2

Advancement on skills from Round 1. First session will be a review and emphasis on fundamentals, working towards more advanced techniques with the last session including full gameplay, game-like drills and situational training. Specific key skills include but not limited to: passing angles, emergency play strategies (floor moves, etc.), out of system concepts, setting strategies and offensive concepts, blocking techniques etc.

**Dates:** July 10, 11, 12 and 13

**Time:** 9AM - 3PM (lunch break 11:30-12:30)

**Cost:** \$325

### How to Register

Registration opens  
February 1, 2023

Please visit the  
Alliance website  
[www.alliancevbc.com](http://www.alliancevbc.com)

Click “sign-in” in the top right  
hand corner to sign-in or  
create an Alliance account

Make sure you have your player  
listed as a dependant on your  
account and their t-shirt  
size is up-to-date

### Program Description ROUND 3

Advancement on theories and concepts from Round 2. First session will focus on individual skills in game strategies while the last session will be fast-paced, competitive game-like and situational play. Specific key skills will include but are not limited to: game strategy, out of system concepts, reading the opponent, developing competitive and winning strategies, staying mentally tough in high-pressure situations often experienced in volleyball.

**Dates:** July 24, 25, 26 and 27

**Time:** 9AM - 12PM

**Cost:** \$250

**Two Rounds Discount:** \$50  
**Three Rounds Discount:** \$100  
**Maximum Savings:** \$150