

# Alliance Volleyball Club

## 4th-6th Grade Training - July

ENTERING GRADES 4-6 IN THE 2023-2024 SCHOOL YEAR

### PROGRAM DESCRIPTION

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Emphasis is on technical training of the five primary volleyball skills: serving, passing, setting, attacking and defense. Training will also cover game-specific strategies such as rotations, serve receive patterns and in-system vs. out of system play. Players will be assessed throughout the training sessions and grouped with like skilled players.

### TRAINING DATES, TIME AND COST

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Tuesdays and Thursdays 5-6:30pm

Tuesdays: 7/11, 7/18, 7/25 and 8/1

Thursdays: 7/13, 7/20, 7/27 and 8/3

Cost: \$225

Location: 215 Gothic Ct. Franklin, TN

### HOW TO REGISTER

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Registration opens on February 1, 2023. To register for 4th-6th Grade Training, please visit the Alliance website, [www.alliancevbc.com](http://www.alliancevbc.com), and click on "Sign-In" in the top right hand corner to sign in to or create your Alliance account. Please make sure your player is listed as a dependant on your account and their t-shirt size is up-to-date.

