

1ST - 5TH GRADE TRAINING CAMP

Program Description: Emphasis is on technical training of the five primary volleyball skills: serving, passing, setting, attacking, defense. Athletes will progress from single-touch drills to multi-touch drills: serve --> pass; pass --> set; set --> attack; attack --> defend. Training will also cover game-specific strategies such as rotating, serve receive patterns, and system vs. out of system play.



Dates

6/5, 6/6, 6/7, 6/8

Time

9AM - 3PM

*Kids bring their own lunch
Concessions will not be open*

Cost

\$275/athlete

Registration Opens

February 1, 2023



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

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

A: 215 Gothic Ct., Franklin, TN 37067

P: (615)-712-9265

E: lburk@alliancevbc.com