



Alliance Volleyball Club

Middle School Skill Camps

Middle School Skill Camps are offered for middle school aged players in the 2023-2024 school year. Each session will continue to build off what was introduced the previous day. Although beneficial, it is not a requirement for a player to attend each session. Players will be grouped with like-skilled players to maximize skill development. Alliance strives to maintain a participant to coach ratio of 10:1 for each camp.

CONTACT

Website www.alliancevbc.com

Phone 615-712-9265

Email blegieza@alliancevbc.com

INFORMATION

COST PER SESSION

All sessions purchased "a la carte"

\$30/session/date

* There will be a \$5 processing fee for any refunds

* Because these camps are capped for maximum participants, there will be no refund if canceled within 48 hours prior to the day of that particular clinic

LOCATION

Alliance Training Center at TOA

215 Gothic Ct., Franklin, TN 37067

REGISTRATION

REGISTRATION OPENS:

Saturday, April 1, 2023

With a limited number of openings in each camp, it is strongly encouraged you register sooner rather than later if you are interested in attending camp.

HOW TO REGISTER

www.alliancevbc.com

Click on "sign in" to log into or create your Alliance account. Make sure your player is listed as a dependant on your account. Select your desired session(s), add to cart and pay!

SKILL CAMPS

SERVING/PASSING

Dates: June 26 -June 29

9:00am - 10:00am

SERVING: Fundamental elements of serving successfully will be reinforced including proper, lifting/tossing mechanics, proper ready position, and the value of simplicity, and repeatability with respect to serving mechanics. Emphasis will be placed on executing a proper float serve and serving to different locations on the court.

PASSING: Fundamental elements of passing successfully will be reinforced, including correct posture, platform, formation, and efficient foot work patterns. Platform management principles will also be discussed, including the creation of lines and angles to control the ball.

ATTACKING

Dates: June 26 -June 29

10:00am - 11:00am

Biomechanically safe, efficient arm swing and approach foot work will be emphasized along with posture and ball contact, as well as safe explosive finish to the arm swing. Approach speed and foot work patterns will also be trained. Attacking both in-system and out-of-system will be explored.

SETTING OR DEFENSE

Dates: June 26 -June 29

11:00am - 12:00pm

SETTING: Fundamental setting keys and principles will be reinforced including footwork, hand positioning, and set location to give players the opportunity to improve their overall setting technique.

DEFENSE: Fundamental defensive keys and principles will be reinforced including correct posture, movement, and contact. Individual responsibilities while playing in a defensive system and when/where/why/how to move within that system will be explored. Reading the opposition and correct eye work for "playing in order" will be emphasized.

MEDIA

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ALLIANCE VOLLEYBALL CLUB IS A COMMUNITY-BASED NON-PROFIT ORGANIZATION COMMITTED TO TRAINING AND DEVELOPING STUDENT ATHLETES THROUGH COMPETITIVE PARTICIPATION IN THE SPORT OF VOLLEYBALL.