

ALLIANCE

LITTLE DIGGERS

AGES: 4-9

WHEN: Wednesdays starting **May 3rd** from **4:30-6:00pm** for 4 weeks
May 3rd, 10th, 17th, 24th

COST: \$135

LEAD COACH: Laura Burk

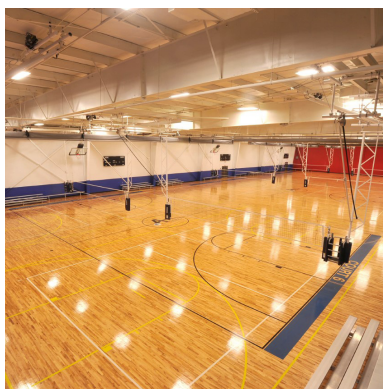
WHERE: Alliance Training Center @ TOA, 215 Gothic Ct., Franklin, TN 37067

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.

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

Registration opens March 1, 2023. www.alliancevbc.com. Click "Sign In" in the top right-hand corner to sign into or create your Alliance account. Please make sure your player is listed as a dependent on your account and their t-shirt size is up-to-date.

* You do not need to bring your own volleyball.

Planning Ahead...

Next Little Diggers will begin in August

Additional Questions

Laura Burk, Alliance Youth Programming Coordinator e-mail: lburk@alliancevbc.com