



# 10's & 11's Training

\* \* WHAT TO BRING \* \*

- Athletic shoes
- Athletic attire
  - Kneepads
  - Water bottle
- Do NOT bring a ball



Tuesdays: 9/10, 9/17, 9/24, 10/1  
Thursdays: 9/12, 9/19, 9/26, 10/3  
Registration opens 8/1/2024

Time: 5:30-7:00pm  
Cost: \$225

\*There is a \$10 processing fee for any refunds

Location: 215 Gothic Ct., Franklin, TN

## Program Description:

Introducing and implementing volleyball fundamentals trained in a small group setting. The program will employ small group training, station work and ability - tailored instruction.

## Training Program Includes:

Ages 10 & 11

## More About Our "Training Program":

Will create a cooperative learning environment for newcomers to the game or those who have limited experience but enjoy learning the game of volleyball. The goal of our training program is to cultivate the love and enjoyment of the game as skills are trained in a safe and fundamentally sound manner. We believe in technique progressions and high repetitions.

Everyone, regardless of skill level, will begin with the fundamental skills of volleyball. We will end each session with competitive game play. Training program members will receive training in all positions. Participant:Instructor ratio will be ~8:1.

## How to Register

Families can register online at [www.alliancevbc.com](http://www.alliancevbc.com).

Click on "Sign In" to create an account if you don't already have one.

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

## Additional Questions

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