

Alliance Volleyball Club

4th-6th Grade Training - July

ENTERING GRADES 4-6 IN THE 2025-2026 SCHOOL YEAR

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PROGRAM DESCRIPTION

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.

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TRAINING DATES, TIME AND COST

Tuesdays and Thursdays 5-6:30pm

Tuesdays: 7/8, 7/15, 7/22 and 7/29

Thursdays: 7/10, 7/17, 7/24 and 7/31

Cost: \$225 Location: ATC @ 215 Gothic Ct. Franklin

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HOW TO REGISTER

Registration opens on February 1, 2025. To register for 4th-6th Grade Training, please visit the Alliance website, 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 dependent on your account and their t-shirt size is up-to-date.



QUESTIONS?

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QUESTIONS?

CALL OFFICE PHONE

615-712-9265