



7th & 8th Grade Training Program

Program Overview

Designed for motivated 7th & 8th grade players (2026–2027 school year) with prior volleyball experience. This program focuses on skill development, advanced techniques, and game strategy to prepare athletes for their upcoming season.

Not for beginners - ideal for players with middle school or league experience.

◆ ROUND 1

Dates: June 15–18

Time: 9 AM – 3 PM (Lunch 11:30–12:30)

Cost: \$325

Focus:

- Multi-touch drills (serve → pass → set → attack → dig)
- Positional responsibilities
- Live play (5v5, 6v6)
- Defensive systems & out-of-system play

◆ ROUND 2

Dates: July 6–9

Time: 9 AM – 3 PM (Lunch 11:30–12:30)

Cost: \$325

Focus:

- Review fundamentals
- Advanced techniques
- Game-like drills & situational training
- Skills: passing angles, emergency plays, setting & offensive strategies, blocking

◆ ROUND 3

Dates: July 13–16

Time: 9 AM – 3 PM (Lunch 11:30–12:30)

Cost: \$325

Focus:

- Advanced game strategies
- Reading opponents
- Competitive gameplay
- Mental toughness in high-pressure situations

📝 Registration

Opens February 1, 2026

1. Visit **www.alliancevbc.com**
2. Click **"Sign In"** (top right)
3. Create or log in to your Alliance account
4. Add your player as a dependent
5. Confirm t-shirt size is up to date
6. For complete information on our refund policy, please visit our website.

💰 Discounts

- **Two Rounds:** Save \$50
- **Three Rounds:** Save \$100
- **Maximum Savings:** \$150

📍 **Location:** ATC – 215 Gothic Ct., Franklin

✉️ **Email:** lburk@alliancevbc.com

☎️ **Phone:** (615) 712-9265

🌐 **Website:** www.alliancevbc.com