



Alliance Volleyball Club

Middle School Skill Camps

Middle School Skill Camps are offered for middle school aged players in the 2026-2027 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 per date

* For complete information on our refund policy, please visit our website.

LOCATION

Alliance Training Center at TOA

215 Gothic Ct., Franklin

REGISTRATION

REGISTRATION OPENS:

Monday, April 6, 2026

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 dependent on your account. Select your desired session(s), add to cart and pay!

SKILL CAMPS

SERVING/PASSING

Dates: June 22 -June 25

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.

DEFENSE

Dates: June 22 -June 25

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 ATTACKING

Dates: June 22 -June 25

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

Facebook

[Alliance Volleyball Club](#)

Instagram

[@alliancevolleyball](#)

Hello! I'm Nelly.

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CONTACT

Location City Name, State, Country
Email nelly@example.com
Website www.example.com
Phone 311-555-8967

EDUCATION

SCHOOL NAME

Degree Name goes here
20xx - 20xx

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SCHOOL NAME

Degree Name goes here
20xx - 20xx

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ACHIEVEMENTS

AWARD NAME

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AWARD NAME

Awarded 20xx
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EXPERIENCE

JOB POSITION

Company
20xx - 20xx

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JOB POSITION

Company
20xx - 20xx

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JOB POSITION

Company
20xx - 20xx

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REFERENCES

MARY SMITH

Job Position

311-555-5678

123 Street Name
City Name
State, Country

ARTFUL DODGER

Job Position

311-555-5678

123 Street Name
City Name
State, Country

JANE SMITH

Job Position

311-555-5678

123 Street Name
City Name
State, Country

SKILLS

Special Skill 01 Special Skill 03 Special Skill 05
Special Skill 02 Special Skill 04 Special Skill 06