

Alliance Volleyball Club®

MS SKILL CAMPS JUNE 22-25



Serving and Passing 9AM-10AM

- **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 10AM-11AM

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.

Setting or Attacking 11AM-12PM

- **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.
- **ATTACKING:** 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.

Middle School Skills 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.

Cost

All sessions purchased “a la carte” \$30/session per date

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

Address

Alliance Training Center at TOA
215 Gothic Ct., Franklin

Facebook: Alliance Volleyball Club
Instagram: @alliancevolleyball

Registration Opens April 6, 2026

TO REGISTER on 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!