



# June 4th & 5th Grade Training Program

## Grades

4th & 5th (as of 2018-19 school year)

## Program Description

Emphasis on technical training of the five primary volleyball skills: serving, passing, setting, attacking, defense. Athletes will progress from single-touch drills to multi-touch drills: serve ➡ pass; pass ➡ set; set ➡ attack; attack ➡ defend. Training will also cover game-specific strategies such as rotating, serve receive patterns, and system vs. out-of-system play.

## Suggested Participant

Player who has completed multiple sessions of Little Diggers program and/or has already been introduced to basic volleyball skills through fall / winter league ball. Player should have previous experience playing organized volleyball to fully benefit from this program. This is not an introductory program, but is intended to help further develop skills for participants who enjoy playing volleyball and are highly motivated to improve their skills.

## Lead Coach

Laura Burk

## About Laura

Laura has been a staple of the midstate youth volleyball community for more than ten years. A native of the great state of Wisconsin, Burk received her Kinesiology degree from the University of Wisconsin-Milwaukee. Laura is passionate about teaching the game to the youngest members of the volleyball community, and that passion is evident in the energy and positivity she brings to the gym. Laura is a certified yoga instructor, Head Coach of Alliance's 12 Mizuno team, and a mom to four wonderful children (Bella, Ben, James, and Isaac).

## Cost

- \$400 ("all-in")
- \$250 (Tuesdays ONLY)
- \$250 (Thursdays ONLY)
- \$75 ("per diem")

## Meeting Dates

- Tuesdays: 10:00am – 1:00pm
  - Dates: 6/5, 6/12, 6/19, 6/26
- Thursdays: 10:00am – 1:00pm
  - Dates: 6/7, 6/14, 6/21, 6/28

## Meeting Location

All 4th & 5th Grade Training Program sessions will meet @ A-Game Sportsplex (215 Gothic Ct, Franklin, TN 37067)

## How to Register

- Please visit the Alliance web site, [www.alliancevbc.com](http://www.alliancevbc.com), and click on "Register" in the top right hand corner to create a Blue Sombrero account.
- If you already have a Blue Sombrero account, please "Log In" and register through your Blue Sombrero account.
- You will have the option to register "all-in", Tuesdays ONLY, Thursdays ONLY, or "per diem"

## Additional Questions

- Laura Burk  
4th & 5th Grade Training Program Lead Coach
  - e-mail: [lbark@alliancevbc.com](mailto:lbark@alliancevbc.com)
- Peter Lienert  
Alliance Programming Manager
  - e-mail: [plienert@alliancevbc.com](mailto:plienert@alliancevbc.com)

### **Who Alliance is...**

- Community-based, Non-Profit Organization
- *"Alliance believes that every child should be offered the opportunity to develop skills that will enable them to excel...We strive to provide a solid foundation of fundamental and technical skills to help participants develop, not only as athletes, but also as individuals..." — Alliance Mission Statement*