



June 7th & 8th Grade Training Program

Grades

7th or 8th (as of 2018-19 school year)

Program Description

Emphasis will be placed on drills that are “multi-touch” in nature: serve ➡ pass; pass ➡ set; set ➡ attack; attack ➡ dig; dig ➡ set. Training will take place in both smaller and larger groups where specific positional responsibilities will be introduced, discussed, and reinforced in addition to primary skills. Participants will be placed in “live play” scenarios (5v5, 6v6) with the goal of improving each player’s all-around skill set. More advanced tactical concepts will be introduced such as different defensive systems, playing out-of-system, and “shaping” the court in different scenarios.

Suggested Participant

Player who has already completed a season of middle school volleyball and/or has previous experience playing organized volleyball (e.g. Fall/Winter League). This is not an introductory program, but is intended to help further develop the skill set of a highly motivated athlete who enjoys playing volleyball and is looking for extra gym time, repetitions, and feedback before the start of their middle school season.

Lead Coach

Tatiana Alvarez

About Tatiana

Tatiana has established herself as an excellent trainer in club and high school volleyball in the midstate over the last three years. Tatiana played three seasons of Division I volleyball as DS/L for the University of Miami and graduated in 2011 with her Bachelor of Music degree. Tatiana is currently serving as Head Coach of Alliance’s 14 Premier team and Assistant Coach of Alliance’s 18 Molten team. She is also entering her third season as Head Varsity Coach @ Battle Ground Academy.

Cost

- \$400 (“all-in”)
- \$250 (Mondays ONLY)
- \$250 (Wednesdays ONLY)
- \$75 (“per diem”)

Meeting Dates

- Mondays: 1:00pm – 4:00pm
 - Dates: 6/4, 6/11, 6/18, 6/25
- Wednesdays: 1:00pm – 4:00pm
 - Dates: 6/6, 6/13, 6/20, 6/27

Meeting Location

All 7th & 8th 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, 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”, Mondays ONLY, Wednesdays ONLY, or “per diem”

Additional Questions

- Tatiana Alvarez
7th & 8th Grade Training Program Lead Coach
 - e-mail: tatiana.alvarez@mybga.org
- Peter Lienert
Alliance Programming Manager
 - e-mail: 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*