



# MIDDLE SCHOOL TEAM CAMP

JULY 23-25, 2018

## DESCRIPTION

- Middle School Team Camp is designed for middle school programs in the Middle Tennessee area who are seeking a comfortable, yet competitive environment to foster both individual and team growth.
- Each school program is partnered with a member of the Alliance Volleyball Club coaching staff who – while working in cooperation with the middle school coach – designs and implements drills, along with offensive and defensive strategies, to assist that team in achieving the level of excellence it is striving for.
- Individual players will receive position-specific training from an Alliance coach who has an exceptional level of competence in both the fundamental and advanced concepts required to be successful at that position.
- Middle School Teams will have the opportunity to compete against one another in scored games and live play to reinforce the concepts and strategies learned earlier in the day.

## ADDITIONAL INFORMATION

- Each school is welcome to bring multiple teams from its program (Varsity, Junior Varsity, 6th Grade Team)
- While we do encourage each school's middle school coach to attend camp, it is not necessary for the coach to be present for the entire camp in order for their program to attend.
- Camp Cost: \$175/player (early bird discount is available; contact Peter for details!)
- To register, middle school coach must contact **Peter Lienert**, Alliance Programming Manager, directly.

E-mail: [plienert@alliancevbc.com](mailto:plienert@alliancevbc.com)

Mobile: 201-693-1994

## QUESTIONS

- For more information or questions, please contact Peter Lienert, Alliance Programming Manager.

[www.AllianceVBC.com](http://www.AllianceVBC.com)

## TEAM CAMP SCHEDULE

### Monday, July 23 – Day 1

- **Session I (9:00 – 11:30)**
  - Individual Passing: Efficient Movement
  - Serving: Preparing to Serve a Good Ball
  - Individual Passing: The Ball Knows Angles
  - 1st Contact Battle: Servers vs. Passers
- **LUNCH (11:30 – 12:30)**
- **Session II (12:30 – 3:30)**
  - Attacking: Armswing Mechanics ➡ Get “Radical”
  - Positional Training I: Setters, Pin Attackers, Middles, Defensive Specialists
  - Individual Defense: Eyework and Posture
  - Team Defense: “Shape” Up (Base, Serve Receive, Free Ball, vs. Hut)
- **SNACK (3:30 – 4:00)**
- **Session III (4:00 – 5:00)**
  - Cooperative Training: Wash Drills

### Tuesday, July 24 – Day 2

- **Session IV (9:00 – 11:30)**
  - Setting: Posture, Hand Shape, Hand Positioning
  - Positional Training II: Setters, Pin Attackers, Middles, Defensive Specialists
  - Offense vs. Defense: Implementing Systems Based on Personnel
  - Competitive Training: Wash Drills
- **LUNCH (11:30 – 12:30)**
- **Session V (12:30 – 3:30)**
  - Serve Receive: Eyework and Feedback
  - Out-of-System: Hope is NOT a Strategy!
  - Team Time
  - Warming Up: Ball? No Ball? Start Slow? Start Fast?
- **SNACK (3:30 – 4:00)**
- **Session VI (4:00 – 5:00)**
  - Positional Training III: Setters, Pin Attackers, Middles, Defensive Specialists
  - Competitive Training: Win Your Shape!

### Wednesday, July 25 – Day 3

- **Live Play (9:00 – 11:30)**
- **LUNCH (11:30 – 12:30)**
- **Live Play (12:30 – 1:30)**
- **Alliance Coach Wrap-Up (1:30 – 1:45)**
- **Closing + Camp Awards (1:45 – 2:00)**