

Lil' Diggers



When: Wednesday's starting **September 6th** from **4:45-6:15pm** for 5 weeks • **September 6th, 13th, 20th, 27th and October 4th**

Where: All **Lil' Diggers** sessions will meet at **A-Game Sportsplex** located at 215 Gothic Court, Franklin, TN 37067

Cost: \$150

Lead Coach: Laura Burk

Lil' Diggers Level 1

Suggested Ages: 5-7

QR Code for Molten
First Touch Ball V140



- First Touch Ball V140 (lightweight, soft cloth & foam cover, 5oz – players 8 & under) <http://www.allvolleyball.com/product/molten-first-touch-volleyball-v140/>
- Teach and train volleyball fundamentals for beginners, as well as focusing on motor skill development, hand-eye coordination.
- This level 1 session will be for beginners and those with some introductory experience (recreation leagues, other basic camps & clinics). A wide range of skill levels is acceptable and expected.

Lil' Diggers Level 2

Suggested Ages: 8-10

QR Code for Molten
Lightweight VB-U12



- Lite Balls Only (Lightweight, Micro-Fiber composite cover, 8.1 oz – players 12 & under) <http://www.allvolleyball.com/product/molten-lightweight-vb-u12?gclid=CNf54eng3skCFdgNgQodx5wMsQ>
- Designed to emphasize ball control & court movement. Each session will consist of a skill emphasis that will be incorporated into a series of small group games that are competitive in nature.
- This level 2 session will give younger players a chance to use their newly acquired skills in a small game-like setting.
- *Some volleyball experience or Youth volleyball is required.*

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.

www.AllianceVBC.com

ALLIANCE

Additional Questions:

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