



Alaska Volleyball Association

Developmental Volleyball Grades 5th, 6th, 7th & 8th

The developmental program will focus on individual skills, combination play, and larger team tactics. Age appropriate games and activities will be used to teach volleyball skills, rules and movement patterns in a fun way! In addition, each session will include "small sided" games in a 2v2, 3v3, and 4v4 format. At this level, training sessions will include significant periods of technical repetition and small-sided play to reinforce and refine each player's technical base. Players at this stage will be encouraged to embrace basic ideas of positioning and roles within a team. Volleyball specific fitness will also be introduced as players learn the benefits of training for speed, agility, quickness, balance, and strength. Each player will receive 10 training sessions, an AVA t-shirt and seasonal membership in USA Volleyball. Club and Technical Director, Shelly Bryant, will supervise each session.

Training nights will be **Tuesdays and Thursdays beginning September 1st, and continuing until October 6th. 5th/6th graders will train from 5:30-7 and grades 7 and 8 will train from 7-8:30pm.** All sessions will be held in Wasilla at Larson Elementary School. **The cost is \$145.**

Space is limited to 20 players in each group.

To Register, please go to Alaskavolleyball.org

AVA is Alaska Volleyball!