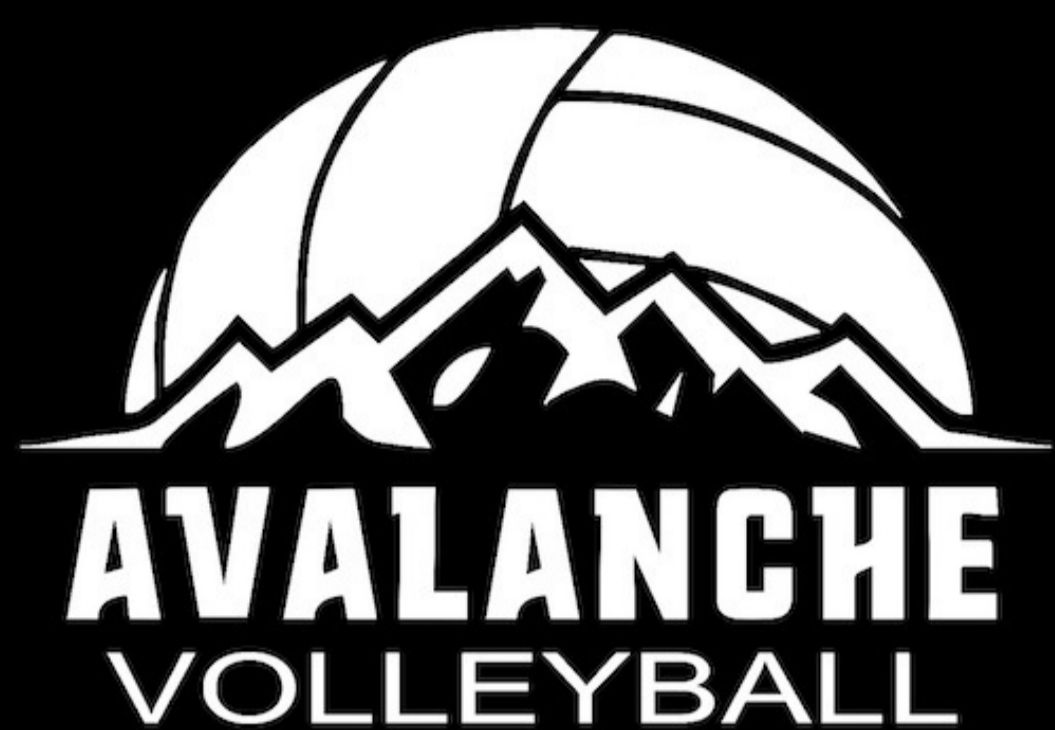


# WINTER 10-12U VB TRAINING PROGRAM



- **FORMAT**
  - **9-11U**
    - **THURSDAYS 6-7:15PM**
  - **12-15U**
    - **THURSDAYS 7:30-8:45PM**
  - **TRAINING ONLY**
  - **FOR THE NOVICE & ADVANCED BEGINNER**
- **REGISTRATION**
  - **\$120 PER PLAYER**
  - **\$25 FOR WEEKLY DROP-INS (IF WE HAVE SPACE)**



## TRAINING WEEKS

Week 1 - Attacking - Footwork, Timing, Ball Contact

Week 2 - Serving & Serve / Receive

Week 3 - Ball Control - Hand & Forearm, Pass Location

Week 4 - Setting Basics and Fundamentals

Week 5 - Defensive Strategies

Week 6 - Offensive Strategies

**LOCATION: THUNDERBIRDS BGCS  
20199 N 78TH PL.  
SCOTTSDALE, AZ 85255**

## Program Dates

**THUR. JAN. 20, 27**

**THUR. FEB. 3, 10, 17, 24**

**REGISTRATION NOW OPEN!**

\*BGCS Membership is required for all participants.