

STEM & Play Multi-Sport Camp Daily Overview - K-2nd Grade



Skyhawks Sports Academy - Private and Confidential

Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Sport Station #1	Sport Station #2	Snack Break	Camp Game	STEM Activity	Camp Game	Sport Station #3	Camp Close
10 minutes 8:50 - 9:00am	15 minutes 9:00 - 9:15am	30 minutes 9:15 - 9:45am	30 minutes 9:45 - 10:15am	10 minutes 10:15 - 10:25am	10 minutes 10:25 - 10:35am	45 minutes 10:35 - 11:20am	10 minutes 11:20 - 11:30 am	25 minutes 11:30 - 11:55am	5 minutes 11:55am-12:00pm
Coaches should be playing a game with the children as Director checks in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Split into groups based on age & skill level. Each group is assigned to a different sport station. See Sport Station Breakdown below for more detail.	Rotate groups to a new sport station.			Can stretch 30 minute STEM lessons by discussing STEM careers. 60 minute lessons will remove a camp game block.		Rotate groups to final sport station.	Review Sport & Life Skills of the Day before dismissal.

Sport Station Breakdown

Sport Specific Concepts	Activity #1	Water Break	Activity #2	Water Break	Activity #3
8 minutes Introduce basic sport concepts and rules of the game. -How many teams play? How do you score points? What is the #1 rule of this sport? Choose 1-2 activities that focus on fundamentals of the sport from the lists below. -Footwork, baserunning, ball-handling, throwing & catching, etc.	10 minutes Choose an activity from the lists below.	1 minute	10 minutes Choose an activity from the lists below.	1 minute	10 minutes Choose an activity from the lists below.

Multi-Sport Weekly Skill-of-the-Day

	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
Main Skill-of-the-Day	Soccer & Basketball: Dribbling Baseball: Throwing	Soccer & Basketball: Passing Baseball: Hitting	Soccer & Basketball: Shooting Baseball: Fielding	Soccer & Basketball: Defense Baseball: Base Running	Review Skills
STEM Lesson-of-the-Day Half Day	Module 4.0 Catch Me If You Can (45 mins) *Use baseballs instead of footballs	Module 1.1 - Playing Footsie: Forces in Soccer (45 mins)	Module 2.0 Penalty Shootout: Kicks and Probability (60 mins)	Module 5.0 Basketball Matters (60 mins)	Module 6.0 - Design a Shoe (60 mins) and discuss various STEM jobs in Sports
STEM Equipment Needed	STEM Worksheet (pg 22-23), pencils, soft baseballs or wiffle balls, tape measures, disc cones	STEM Worksheet (pg 10), pencils, soccer balls, disc cones, digital stopwatches	STEM Worksheet (pg 14-15), pencils, soccer balls, disc cones, digital stopwatches	STEM Worksheet (pg 26), pencils, calipers, basketball cut swatches, ballons, air pump, flat basketballs, basketballs, other balls: tennis balls, baseballs, golf balls, lacrosse balls etc.	STEM Worksheet (pg 29-30), pencils, sample shoes: cleats, dress shoes, basketball shoes, etc. STEM Jobs - list of STEM jobs in sports, discussion questions, pencils, paper
STEM Jobs in Sports	Soccer Analyst, Director of Facilities and Operations, Stadium/Arena Designer, Building Engineer, Statistician, Sports Coach, Athletic Director, Director of Operations, Equipment Manufacturer, Materials Engineer, Market Researcher, Product Development Scientist, Safety Inspector, Personal Trainer, Sports Doctor, Strength & Conditioning Coach, Arena/Stadium Operations Coordinator, Soccer ball Engineer, Equipment Manager, Facilities Supervisor, Director of Operations, Team Doctor, Nutritionist, Athletic Trainer, Dietitian, Scout, Videographer, Video Producer, Computer/Application Coder, Broadcasting Engineer, Orthopedic Doctor, Sales and Marketing Director, Supply Chain Coordinator, Team Merchandise Designer, Sports Equipment Manufacturer, Systems Engineer, Materials Scientist, Materials, Chemist, Groundskeeper, Soccer Official, Meteorologist, Environmental Scientist, Patent Agent, Referee, Statistician, Soccer Metrics Analyst, Internet Sports Producer, Sports Information Director, Assistant Coach, Scoreboard Operator, Official, Bioinformatics, Biomedical Engineer, Sports Physicists., Event/Gameday Coordinantor, Athletic Quality Control Coordinator, Sports Statistical Analyst.				
Discussing STEM Jobs in Sports	Discuss the various STEM jobs in sports. Have kids choose a job that interests them, talk about it at camp and have them research it at home. What do they do?, What would a day/week look like for this job?, What kind of education or degree do you need?, What kind of experience do you need?, What skills are the most crucial to succeeding in this career?, What is the average salary?, Why did you choose this job to research? What interests you about this job?, Do you think you would like this job?, How can you achieve this career path?				

Multi-Sport Activities

Below are suggested activities to implement during the Sport Stations at a Mini-Hawk camp. If you would like to schedule an activity that is not listed below, make sure it age-appropriate for 5-7 year olds. Instructions on how to play all sport-specific activities below are found in the coresponding sport's SuperTots Games Manaul (i.e. BaseballTots, HoopsterTots, SoccerTots).

Baseball Activities <i>Activities for Baseball Concepts</i>	Basketball Activities <i>Activities for Basketball Concepts</i>	Soccer Activities <i>Activities for Soccer Concepts</i>	Camp Games
Big Catch! Clean up the Field Fancy Fingers Partner Pursuits Tracking Tag	Agility Dribble Fancy Fingers Jump & Catch Pivot on the Spot Shoot & Score!	Dribble Down & Back Fancy Feet Follow the Leader Get a BIG Goal! Score on Coach	Buffalo Stampede Busy Bees Four Corners Jurassic Park Larry, Curly & Moe Ships and Sailors
1,2,3,GO! Airplanes & Airports Ball Tag Base Race Base Recognition Beat the Clock Boom-a-Rang Bullpen Bullz-Eye Coach Pitch Get Out of My Field Grand Slam Hit and Run Scoop and Run Soft Toss Strike Out Strike Zone Battleship Swing, Swing, Hit Throw It Home Zap the Coach	Around the World Attack the Ship Basketball Battleship Busy Ball Dribble Directions Dribble Freeze Freeze Fish Gotcha! Guard the Tree House Half Court Game Island Hop Knock Out Obstacle Course One on One Pac Man Races Red Light, Green Light Sharks and Minnows Steal the Bacon What Time is Mr. Fox	Asteroids Battleship Bullz-eye Bumper Cars Celebrate Cops and Robbers Egg Hunt Gates Get Me Out of Jail Good Monkey/Messy Monkey Island Hop Keep the Coconut Monkey in a Tree Numbers Out of my Yard Red Light, Green Light Soccer Freeze Tag Steal the Bacon Relay Traffic Cop What Time is it Mr. Fox? Zap the Gorilla	Mini-Hawk Notes *Youngest summer camp offering (Ages 4-6 years) *Game-based curriculum (games are designed to teach sport skills and *Be prepared for children not wanting to participate. Make it fun and give them other options within the game (Coach's helper, referee, etc.) *Bathroom breaks must be done in groups. Schedule them into your day. *Scrimmage time can be added towards the end of the week if you feel the group is skilled enough. *This daily lesson plan is designed to work for each day of camp. As a director, your responsibility is to fill in the games section with your favorites from the lists to the left. The games in the lists below have worked best in our previous programs. *Some games work for certain groups, but not others. You will have to use your best judgement based off the ability of the group at your camp.

STEM & Play Multi-Sport Camp Daily Overview 3rd Grade and Older



Skyhawks Sports Academy - Private and Confidential

Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Sport Station #1	Sport Station #2	Snack Break	Camp Game	STEM Activity	Camp Game	Sport Station #3	Camp Close
10 minutes 8:50 - 9:00am	15 minutes 9:00 - 9:15am	30 minutes 9:15 - 9:45am	30 minutes 9:45 - 10:15am	10 minutes 10:15 - 10:25am	10 minutes 10:25 - 10:35am	45 minutes 10:35 - 11:20am	10 minutes 11:20 - 11:30 am	25 minutes 11:30 - 11:55am	5 minutes 11:55am-12:00pm
Coaches should be playing a game with the children as Director checks-in the rest of the group.	Include a discussion about the Life Skill of the Day during this period. On Tues-Fri, play Camp Games that incorporate sport skills taught earlier in the week to review.	Split into groups based on age & skill level. Each group is assigned to a different sport station.	Rotate groups to a new sport station.			Can stretch 30 minute STEM lessons by discussing STEM careers. 60 minute lessons will remove a camp game block.		Rotate groups to final sport station.	Review Sport & Life Skills of the Day before dismissal.

Full-Day Extended 12-3pm Schedule*

*Refer to Half Day Schedule above for 9am-12pm schedule

Lunch	Camp Game	STEM Activity	Camp Game	Scrimmage Activities	Camp Close
60 minutes 12:00 - 1:00pm	15 minutes 1:00 - 1:15pm	45 minutes 1:15 - 2:00pm	15 minutes 2:00 - 2:15pm	35 minutes 2:15 - 2:50pm	10 minutes 2:00 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Can stretch 30 minute STEM lessons by discussing STEM careers. 60 minute lessons will remove a camp game block.		See Tournament Day page for ideas. Okay to start scrimmage 10-15 min earlier on 3rd & 4th days.	Review Sport & Life Skills of the Day before dismissal.

Multi-Sport Weekly Skill-of-the-Day - 3rd-5th Grade

	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
Main Skill-of-the-Day	Soccer & Basketball: Dribbling Football: Passing	Soccer & Basketball: Passing Football: Running/Receiving	Soccer & Basketball: Shooting Football: Flag Pulling/Defense	Soccer & Basketball: Defense Football: Kicking/Punting	Review Skills
STEM Lesson-of-the-Day Half Day	Module 3.1 - Properties of a Football and Foam Football (60 mins)	Module 4.1 - Advancements in Shoe Technology (60 mins)	Module 2.1 Probability and Penalty Kicks (60 mins)	Module 8.2 Shot Tracking (60 mins)	Module 7.1 - The Evolution of the Football Helmet (60 mins) and discuss various STEM jobs in Sports
STEM Equipment Needed	STEM Worksheets (pg 20-21), pencils, youth football, foam footballs, scale, tape measures	STEM Worksheets (pg 24-25), pencils, shoe timeline, student shoes or sample shoes: cleats, dress shoes, basketball shoes, etc.	STEM Worksheets (pg 16-17), pencils, calculators, soccer balls, tape measures	STEM Worksheets (pg 40-41), pencils, basketballs, notecards or blank paper, music player	STEM Worksheets (pg 36-37), pencils, STEM Jobs - list of STEM jobs in sports, discussion questions, pencils, paper
Main Skill-of-the-Day	Soccer & Basketball: Dribbling Football: Passing Volleyball: Serving	Soccer & Basketball: Passing Football: Running/Receiving Volleyball: Passing	Soccer & Basketball: Shooting Football: Flag Pulling/Defense Volleyball: Setting	Soccer & Basketball: Defense Football: Kicking/Punting Volleyball: Spiking/Blocking	Review Skills
STEM Lesson-of-the-Day Full Day	Module 3.1 - Properties of a Football and Foam Football (60 mins) Module 1.1 Improving Serving (60 mins)	Module 4.1 - Advancements in Shoe Technology (60 mins) Module 6.1 - Calculating Calories and Heart Rate	Module 2.1 Probability and Penalty Kicks (60 mins) Module 8.2 Shot Tracking (60 mins)	Module 5.1 - Adaptive Technology (2 - 45 min sessions)	Module 7.1 - The Evolution of the Football Helmet (60 mins) Have kids share about the STEM job they researched and the discussion questions. They can create a poster at home or at camp with information about the job and present to group.
STEM Equipment Needed	Module 3.1 - STEM Worksheets (pg 20-21), pencils, youth football, foam footballs, scale, tape measures Module 1.1 - STEM Worksheets (pg 12-13), pencils, volleyballs, tape measures	Module 4.1 - STEM Worksheets (pg 24-25), pencils, shoe timeline, student shoes or sample shoes: cleats, dress shoes, basketball shoes, etc. Module 6.1 - STEM Worksheets (pg 32-33), pencils, soccer balls, digital timers, pinnies, heart rate monitors	Module 2.1 - STEM Worksheets (pg 16-17), pencils, calculators, soccer balls, tape measures Module 8.2 - STEM Worksheets (pg 40-41), pencils, basketballs, notecards or blank paper, music player	Module 5.1 - STEM Worksheets (pg 28-29), pencils, fishing line, toothpicks, straws, ribbons, volleyball net, cardboard, blank paper	Module 7.1 - STEM Worksheets (pg 36-37), pencils STEM Jobs - list of STEM jobs in sports, discussion questions, pencils, paper Optional: Posterboard or large paper, pencils, markers, crayons.
STEM Jobs in Sports	Soccer Analyst, Director of Facilities and Operations, Stadium/Arena Designer, Building Engineer, Statistician, Sports Coach, Athletic Director, Director of Operations, Equipment Manufacturer, Materials Engineer, Market Researcher, Product Development Scientist, Safety Inspector, Personal Trainer, Sports Doctor, Strength & Conditioning Coach, Arena/Stadium Operations Coordinator, Soccer ball Engineer, Equipment Manager, Facilities Supervisor, Director of Operations, Team Doctor, Nutritionist, Athletic Trainer, Dietitian, Scout, Videographer, Video Producer, Computer/Application Coder, Broadcasting Engineer, Orthopedic Doctor, Sales and Marketing Director, Supply Chain Coordinator, Team Merchandise Designer, Sports Equipment Manufacturer, Systems Engineer, Materials Scientist, Materials, Chemist, Groundskeeper, Soccer Official, Meteorologist, Environmental Scientist, Patent Agent, Referee, Statistician, Soccer Metrics Analyst, Internet Sports Producer, Sports Information Director, Assistant Coach, Scoreboard Operator, Official, Bioinformatics, Biomedical Engineer, Sports Physicists, Event/Gameday Coordinator, Athletic Quality Control Coordinator, Sports Statistical Analyst.				
Discussing STEM Jobs in Sports	Discuss the various STEM jobs in sports. Have kids choose a job that interests them, talk about it at camp and have them research it at home. What do they do?, What would a day/week look like for this job?, What kind of education or degree do you need?, What skills are the most crucial to succeeding in this career?, What is the average salary?, Why did you choose this job to research? What interests you about this job?, Do you think you would like this job?, How can you achieve this career path?				

Multi-Sport Weekly Skill-of-the-Day - 6th-8th Grade

	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
Main Skill-of-the-Day	Soccer & Basketball: Dribbling Football: Passing	Soccer & Basketball: Passing Football: Running/Receiving	Soccer & Basketball: Shooting Football: Flag Pulling/Defense	Soccer & Basketball: Defense Football: Kicking/Punting	Review Skills
STEM Lesson-of-the-Day Half Day	Module 3.1 - Properties and Behavior of Footballs (60 mins)	Module 4.1 - Advancements in Shoe Technology (60 mins)	Module 2.1 Probability and Penalty Kicks (60 mins)	Module 8.2 Shot Tracking with Technology (60 mins)	Module 7.1 - The Evolution of the Football Helmet (60 mins) and discuss various STEM jobs in Sports
STEM Equipment Needed	STEM Worksheets (pg 50-51), pencils, youth football, foam footballs, scale, tape measures	STEM Worksheets (pg 54-55), pencils, shoe timeline, student shoes or sample shoes: cleats, dress shoes, basketball shoes, etc.	STEM Worksheets (pg 46-47), pencils, calculators, soccer balls, tape measures	STEM Worksheets (pg 70-71), pencils, basketballs, iPhone or iPad, HomeCourt App	STEM Worksheets (pg 66-67), pencils, copies of articles, diagrams of the brain, spinal cord, and nerves throughout the body
Main Skill-of-the-Day	Soccer & Basketball: Dribbling Football: Passing Volleyball: Serving	Soccer & Basketball: Passing Football: Running/Receiving Volleyball: Passing	Soccer & Basketball: Shooting Football: Flag Pulling/Defense Volleyball: Setting	Soccer & Basketball: Defense Football: Kicking/Punting Volleyball: Spiking/Blocking	Review Skills
STEM Lesson-of-the-Day Full Day	Module 3.1 - Properties and Behavior of Footballs (60 mins) Module 1.1 Improving Serving (60 mins)	Module 4.1 - Advancements in Shoe Technology (60 mins) Module 6.1 - Heart Rate and Calories	Module 2.1 Probability and Penalty Kicks (60 mins) Module 8.2 Shot Tracking with Technology (60 mins)	Module 5.1 - Adaptive Technology (2 - 45 min sessions)	Module 7.1 - The Evolution of the Football Helmet (60 mins) Have kids share about the STEM job they researched and the discussion questions. They can create a poster at home or at camp with information about the job and present to group.
STEM Equipment Needed	Module 3.1 - STEM Worksheets (pg 50-51), pencils, youth football, foam footballs, scale, tape measures, calculators, various 3D objects Module 1.1 - STEM Worksheets (pg 12-13), pencils, volleyballs, tape measures	Module 4.1 - STEM Worksheets (pg 54-55), pencils, shoe timeline, student shoes or sample shoes: cleats, dress shoes, basketball shoes, etc. Module 6.1 - STEM Worksheets (pg 62-63), pencils, calculators, soccer balls, digital timers, pinnies, heart rate monitors	Module 2.1 - STEM Worksheets (pg 46-47), pencils, calculators, soccer balls, tape measures Module 8.2 - STEM Worksheets (pg 70-71), pencils, basketballs, iPhone or iPad, HomeCourt App	Module 5.1 - STEM Worksheets (pg 58-59), pencils, fishing line, toothpicks, straws, ribbons, volleyball net, cardboard, blank paper	Module 7.1 - STEM Worksheets (pg 66-67), pencils, copies of articles, diagrams of the brain, spinal cord, and nerves throughout the body STEM Jobs - list of STEM jobs in sports, discussion questions, pencils, paper Optional: Posterboard or large paper, pencils, markers, crayons.
STEM Jobs in Sports	Soccer Analyst, Director of Facilities and Operations, Stadium/Arena Designer, Building Engineer, Statistician, Sports Coach, Athletic Director, Director of Operations, Equipment Manufacturer, Materials Engineer, Market Researcher, Product Development Scientist, Safety Inspector, Personal Trainer, Sports Doctor, Strength & Conditioning Coach, Arena/Stadium Operations Coordinator, Soccer ball Engineer, Equipment Manager, Facilities Supervisor, Director of Operations, Team Doctor, Nutritionist, Athletic Trainer, Dietitian, Scout, Videographer, Video Producer, Computer/Application Coder, Broadcasting Engineer, Orthopedic Doctor, Sales and Marketing Director, Supply Chain Coordinator, Team Merchandise Designer, Sports Equipment Manufacturer, Systems Engineer, Materials Scientist, Materials, Chemist, Groundskeeper, Soccer Official, Meteorologist, Environmental Scientist, Patent Agent, Referee, Statistician, Soccer Metrics Analyst, Internet Sports Producer, Sports Information Director, Assistant Coach, Scoreboard Operator, Official, Bioinformatics, Biomedical Engineer, Sports Physicists, Event/Gameday Coordinator, Athletic Quality Control Coordinator, Sports Statistical Analyst.				
Discussing STEM Jobs in Sports	Discuss the various STEM jobs in sports. Have kids choose a job that interests them, talk about it at camp and have them research it at home. What do they do?, What would a day/week look like for this job?, What kind of education or degree do you need?, What skills are the most crucial to succeeding in this career?, What is the average salary?, Why did you choose this job to research? What interests you about this job?, Do you think you would like this job?, How can you achieve this career path?				

Soccer Skill Drills & Games	
Dribbling Drills	Passing Drills
<p>1. Fancy Feet - *Tap the Coconut – tap the ball with alternating feet like marching in place. Keep increasing speed. *Circle Around Earth and Land on the Moon – balance on one foot, circle one foot around the ball, set foot on ball in soccer stance (landing on the moon). Repeat 4 times. *Ping Pong – tap the ball back and forth between feet. *Spinner – pull the ball back while moving in a circle. *Rock 'N Roll – continuously roll the ball under your foot from heel to toe. Progress to rolling the ball from the inside to outside of the foot.</p> <p>2. Dribble Directions - Coach stands at one end of the play area. Kids stand at other end with ball. When coach says "GO", the kids start dribbling towards coach. Coach uses hand signals to get the kids to change directions. Point left = turn left. Point right = turn right. Parallel arms at chest level = dribble at coach. Crossed forearms in an "X" formation = STOP in the soccer stance</p> <p>3. Dribble, Turn & Escape - Divide players into pairs, with one ball each. Players dribble the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.</p> <p>4. Shake & Bake Drill - Two cones should be placed approximately ten yards apart. Two players are positioned on each side of the cones. No player may cross over the imaginary line, and the defender may not try to steal the ball. The player in possession of the ball must use body fakes, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. Try to face the defender at all times.</p> <p>5. 30 Sec Shielding - Divide your group into pairs. One ball per pair. One player starts with possession of the ball in the center of a grid approximately five yds by five yds. On the coach's command, the defender has 30 sec to see if they can win the ball from their partner. The player with the ball must protect the ball within the boundaries of the grid. If the player with the ball loses it, they then become the defender. The player who has the ball at the end of 30 sec wins a point.</p> <p>6. Show Me the Moves - The group is positioned in a grid 20 by 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are: "Stop" – Stop the ball using the sole of the foot. "Turn" – Change direction 180 degrees. "Step Over" – Perform a step over move over the ball. "Fake" – Fake to pass or cross the ball. "Explode" – Change speed rapidly into an open area.</p>	<p>1. Partner Passes - Pair up the kids and have them spread out in the play area. Tell the kids to pass back and forth to each other for a set amount of time (ex. 2 minutes). Make sure they trap (or stop) the ball with their foot before passing it back to their partner. To increase difficulty, increase the amount of space between partners and/or limit the amount of touches before passing back to partner.</p> <p>2. Pass on the Run Drill - Two lines face each other about 10 yds apart. First player in one line passes the ball to the first player in the other line. After making the pass, player runs forward to follow their pass and joins the back of the other line. Receiving player traps the ball, passes back to the other line, follows pass, and joins the back of the other line. Keep repeating this cyclical pattern.</p> <p>3. Numbers Passing Drill - Divide your players into groups of fives. Position each group inside a 20 yd x 20 yd grid, with one ball per group. Each player has a number one through five. The drill starts with number 1 passing to number 2, number 2 must pass to number 3, number 3 must pass to number 4, number 4 passes to number 5 and number 5 must pass to number 1. This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player. Modify this activity by changing the order of passes (ex. 5,4,3,2,1 or something random like 3,5,2,1,4).</p> <p>4. 3v1 Passing - Three players are positioned within a grid ten by ten yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's objective is to steal the ball. The defender switches on coaches' command, when a ball is stolen or after a bad pass.</p> <p>5. Target Passing - A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball "first time" through the two cones, turn and join the end of the group. A point is awarded for each pass returned on the ground and through the cones.</p> <p>6. Rolling Donut - Line up the kids in a straight line, each with a ball. Coach stands at one end of the line with all the Hula hoops. Stand about 5-10 ft away from the line of kids. Coach rolls the Hula hoops one at a time in front of the line of kids. The kids try to knock over the hoop with a smooth pass. Once coach has rolled all the hoops, collect them off the ground and start over at the opposite end of the line.</p>
Dribbling Games	Passing Games
<p>1. Knock Out - Players dribble around while trying to knock each others ball out of the grid. If their ball gets knocked out they need to dribble to the coach, complete some dribbling moves and then can re-enter the game.</p> <p>2. Gates - Create 6-8 "gates" all around the play area. A gate is a pair of cones set side by side about 2-3 ft apart. Try to keep the cones color coordinated. One ball per pair of players. When coach says "GO", partners pass through as many gates as they can in 1 minute. They should be counting their score. Play this game for 3-5 rounds.</p> <p>3. Steal the Bacon - Form two teams. Each team lines up on the sidelines. The coach will give each pair of players a number. Players must remember their number. When players hear their number, they run towards the bacon (soccer ball). Players will play 1v1 for 30 seconds. First player to dribble the ball back across their team's line scores a point for their team. The team with the most points wins!</p> <p>4. Octopus - Mark off a square about 15 x 15 yards. Choose one or two volunteers to be "Driver Dans". Line up the rest of the kids at one end of the square. The object of the game is to dribble the ball from one end of the square to the other, then stop. If a players ball is kicked from the square then he or she is to sit down on the exact spot and become an Octopus. An Octopus may not move his bottom from the ground, but if he succeeds in picking the ball from a dribbler's foot, then that person is also out and must sit down. Last child with a ball is the winner.</p> <p>5. Tiger in the Middle - Mark off a square 20 by 20 yards. Have all players move about with their balls in the square. Choose one player to be the "tiger". When he/she is released, all players try to avoid him/her and shield their ball from being knocked out. Players who lose their ball become tigers too. The last player left is the winner.</p> <p>6. Hold the Line - Three players with a ball each are positioned on the end line of a grid ten by 20 yards. A defender is placed on the halfway line. On the whistle, the players dribble as quickly as possible and try to get to the opposite end line while avoiding the defender. A goal is awarded for each successful attempt. The drill is then repeated from the opposite side. If a player is disposed by the defender, they then take the role as the defender.</p> <p>7. Stuck in the Mud - Mark off a square 20 by 20 yards. Choose two or three volunteers. Players enter the square with their balls and dribble around. Those that are it try to tag as many people as possible. If a player gets tagged he picks up his/her ball and holds it above his head and shouts, "I'm stuck". If another player is able to kick a ball through his legs that player can move again. The game ends when all the players are frozen.</p> <p>8. Zap the Gorilla - Each player has their own ball. Coach is the Gorilla. Coach slowly moves around the field. Kids dribble around and follow the gorilla. They try to kick their soccer ball at the gorilla's feet or legs. This is how they "zap" the gorilla. If they zap the gorilla, coach will react loudly and say, "Ooh ooh, aah, aah, you hit me...aaaaahhh!" Repeat for 1-2 min.</p>	<p>1. Gates - Same set up as the dribbling version. This time, players pair up and must pass the ball through the gates to score points.</p> <p>2. Soccer Marbles - Use the center circle or mark off a circle approximately ten yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point.</p> <p>3. Knock Down the Cone - Four players are positioned in a grid ten by ten yards. Players work in pairs with their partner on the opposite side of the grid. On the coaches' command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down. First pair to knock down the cone five times wins.</p> <p>4. Mine Field - Divide your group into pairs, one ball per pair. Place a large amount of cones throughout the grid. Pairs work together to get the ball to the opposite side of the grid while passing around as many cones as possible. A point is awarded for each good pass. The ball may not hit the cone. Once the entire group has reached one side, repeat in the opposite direction.</p> <p>5. Three, Two, One Blast Off - Two players are positioned opposite each other in a grid ten yards by ten yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone. Players work as a team to knock down all the standing cones, starting with the set of 3.</p> <p>6. Out of My Yard - Set up a line across the play area with disc cones. Divide up the balls and the kids evenly and place half of the balls and kids on one side of the line and the rest of the balls and kids on the other side. Tell the kids the objective is to "Get those balls out of their yard and into their friends' yard!" Have the kids kick the balls for a couple of minutes. Whichever team has the least in their yard, wins. Repeat 3-4 times.</p>
Shooting Drills	Shooting Games
<p>1. Shooting Basics - Two players are positioned in a grid ten yards by ten yards. One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones and rolls the ball towards the receiver. The receiver steps towards the ball and lightly shoots the ball at the goal.</p> <p>2. Shooting Both Sides - Three players are positioned in a grid 20 by 20 yards, using one ball. One player is placed on each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the cones and below head-height of the goalkeeper to count. The shooter on the other side retrieves the ball and gives it back to the goalie. After five shots, the goalie passes it to the other shooter. Rotate the goalie.</p> <p>3. Give, Go & Shoot - The first player in line passes the ball to the coach for a return pass. The coach returns the pass "one touch" for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the end of the line.</p> <p>4. Shooting Relay - Four players are positioned in a grid ten yards by 15 yards with one player as the goalkeeper. The practice starts when the first shooter in line pushes the ball forward and shoots at goal. After shooting, the players must retrieve the ball and return to the starting position and join the end of the line. Players should alternate roles of the goalkeeper.</p>	<p>1. Power & Finesse - If using a large goal, one player is the goalie. If using a small PUGG goal, no goalie. All other player line up about 20 yards from the goal. Each player will have two shots on goal. Coach rolls the first ball out to the player, who strikes a long shot on goal. Immediately after the long shot, the player sprints towards the goal where coach will roll another ball softly - player uses a softer touch to shoot on goal. Player must score on one of the two shots or else he is eliminated and helps retrieve balls. Keep playing until all but one player is eliminated.</p> <p>2. World Cup Shooting - Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group is split equally and positioned at two cones placed at the edge of the penalty area. The coach serves the ball from the side of the goal. Serve the ball on the ground and between the two cones placed approximately ten yards from the goal line. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate.</p> <p>3. Shooting Race - Three players are positioned in a grid 20 by 40 yds, using one ball. One player is placed on each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to the field player. Once the ball is controlled, the two players step off the line, one is offense the other defense. Commence 2v1 play, trying to score on the goalkeeper.</p> <p>4. Battle of the Champions - Players are divided into groups of 3 players. Two groups are placed inside the penalty area, the remaining groups positioned outside the perimeter of the box. The coach starts the game by serving the ball into the penalty area. Players play 3v3. First team to score stays on. Losers leave grid and position themselves on the outside of the grid. New team comes into the box. Teams stay on as long as they keep winning. Team in possession can use the outside players to pass too.</p>

Basketball Skill Drills & Games	
Dribbling Drills	Passing Drills
<p>1. Triple Threat: Catch & Pivot - Pass a ball to each player. After receiving the ball, player does a half turn pivot and passes back to coach.</p> <p>2. Stationary Dribbling: Start off dribbling in place 5 x right/left hand and progress up to 20 x right/left hand. Add in crossover dribbles.</p> <p>3. Dribbling w/ Movement: Start off walking from 1/4 court, 1/2 court, 3/4 court, full court. Right hand down, left back. Progression: Move from walking to jogging with right hand down, left back. Progression: Move from jogging to running and right hand down, left hand back. Progression: Move to crossover dribbles while running down and back.</p> <p>4. Dribbling with Obstacles: Put down cones, pinnies, or discs that kids will need to avoid when dribbling.</p> <p>5. Crossover Dribbling: Set up cones in a zig-zag formation. Kids will dribble to each cone and perform a crossover at each one.</p> <p>6. Dribble Directions: Coach uses traffic cop arm gestures to direct the kids as they dribble across the court.</p>	<p>1. Partner Passing: Pairs of kids face each other about 5-7 yards apart. Practice bounce, chest, and overhead passes 20-30x each. Progression: Count # of passes in 30 sec. Repeat each pass type 2x before switching to different pass. Progression: Kids pass ball back and forth while they shuffle feet across the court. Progression: Coach holds hula hoop between two kids. Partners pass ball through hoop while shuffling across the court.</p> <p>2. Hot Potato: Kids in circle or semi circle and coach passing to each kid. Emphasize quickness. Randomize order. Use all passes.</p> <p>3. Rolling Donut: Kids stand on a line of the court. Coach rolls hula hoop and kids attempt to pass ball through hoop as it passes.</p> <p>4. Wally Ball: Kids in straight line, facing wall and trying bounce pass against wall.</p>
Dribbling Games	Passing Games
<p>1. Red Light/Green Light: Use red/green pinnies or poly spots as kids progress.</p> <p>2. Numbers Game: Hold up numbers with fingers as kids dribble across court. They must call out the number as they see it.</p> <p>3. Dribble Knockout: Kids spread out within 3 point line. Players must dribble their own ball while attempting to knock others out of playing area. Time for 1 minute. Rounds 1-3: Non-elimination - players perform a skill-related task to re-enter game (i.e. 30 dribbles) Final Round: Elimination - If a kid is knocked out, they remain out. Shrink playing area as players get eliminated.</p> <p>4. Dribble Relays: Create multiple teams to run relay races. Get creative with each round.</p> <p>5. Pac Man: Kids can only dribble ball on the lines of the court. Two kids are Ghosts (w/o ball) and attempt to tag players with the ball. When a player is tagged, he is eliminated until next round. No skipping lines. Play 3-4 rounds. Choose new Ghosts each round.</p> <p>6. Steal the Bacon: Create 2 teams. Assign #'s to players on each team. When a # is called, corresponding players race to ball in middle of court. Players score a point for team in two ways: 1. Player dribbles back across their team's line 2. Defensive player tags offensive opponent before he/she crosses team line</p> <p>7. Clean Up Your Backyard: Set up cones/discs on half court and pinnies on other half of court. Kids must dribble around cone/discs and pick up pinnies. Only pick up one pinnie at a time and get one point.</p> <p>8. Hungry Hungry Hippos: Place all cones in center circle. Create 3-4 even teams and place them in corners of the gym. In relay race format, one kid from each time dribbles to center circle, collects one cone for team, and returns it back to their corner. Players on team take turns collecting cones. Team with most cones wins.</p> <p>9. Dribble Freeze: Freeze tag with basketball. To get unfrozen, a free player must roll ball through legs.</p> <p>10. Sharks & Minnows: Minnows line up baseline with ball. Shark stands in center circle w/o ball. Minnows dribble across court and avoid getting tagged by shark. If tagged, minnows place ball to side and become a shark. Play until final minnow is tagged.</p>	<p>1. Passing Relay: Teams in line across gym. Players pass ball down the line to each player. First team to pass ball down & back wins.</p> <p>2. Keep Away: Create 2 even teams. Each team attempts to keep ball away from other team for as long as possible. No dribbling.</p> <p>3. Alien in the Middle: Kids stand on line of center circle. One kid in the middle is the alien. Kids pass ball across the circle keeping it away from alien. If the alien steals the ball or a bad pass is made, player at fault switches role with alien.</p> <p>4. Freeze Fish: Each kid places pinnie in back of shirt (fish fin). Kids pass the ball to each other. Coach tries to pull fish fin of player with the ball. If the fin is pulled, coach tosses the fin and the player is frozen until a friend picks up their fin and hands it back to them.</p> <p>5. Ultimate Basketball: Same rules as Ultimate Frisbee. Two teams. Player with ball cannot move, only pivot. Teams attempt to chest pass ball down the court. Completed passes into the end zone score a point. Change possession after incomplete passes or interceptions. First team to 7 wins.</p>
Shooting Drills	Shooting Games
<p>1. Shooting Technique: Kids in semi circle or straight line without ball practicing form shooting. Progression: Add basketball Progression: Kids 5 feet away from wall, standing on poly spot shooting at a mark on the wall.</p> <p>2. 10 on the Line: Line up on free throw line. Start with 10 points. Continuously take turns shooting free throws. Lose a point with each miss.</p> <p>3. Catch & Shoot: Kids take shots within shooting range. Partner rebounds ball and passes back. Switch roles after 1-2 minutes.</p> <p>4. Lay-Up Lines: Two lines - one on each side of hoop. Alternate performing right or left-handed lay ups. Switch lines after each turn.</p> <p>5. Spot Shots: Scatter different colored spots within shooting range. Coach calls out a kid's name & color. Player dribbles to spot and shoots.</p> <p>6. Noodle Block: Kids take turns shooting from various spots. Coach adds pressure by waving pool noodles in their face.</p>	<p>1. Make It, Take It: Scatter spots within shooting range. Kids dribble to spot and attempt shot. If successful, they keep the spot. If they miss, they rebound and shoot again from any open spot. Player/team with most spots wins.</p> <p>2. Drag Races: Create 2 teams. Assign #'s to players on each team. When a # is called, corresponding players each grab a ball from center court. Both kids race to make a basket. First to score a basket scores a point for their team.</p> <p>3. Time Trials: Total points team makes in 1/2/3 minutes. Layouts, mid-range or three-point shooting.</p> <p>4. Shooting Completion: Coach picks spot from which each team shoots. First team to 10 wins.</p> <p>5. Home Run Derby: Offensive team dribbles around "bases" while team on defense is shooting. Every player on defense must make basket to get an "out". Offense scores one point, when entire team dribbles around bases.</p> <p>6. Around the World: Place 5 spots in various shooting locations. Kids assign a country to each spot. Kids line up at one spot and take turns shooting their ball. Team must make 3 baskets (non-consecutive) to move on to next spot.</p> <p>7. Dizzy Lizzy: Create multiple teams for a relay race. One player on each team dribbles to half court, places ball on head, spin in place 7x, and then dribbles back to the basket to make a</p>
Defense & Rebounding Drills	
<p>*NOTE: Several physical education/playground/camp games can be modified to incorporate a basketball and dribbling.</p>	
<p>1. Defensive Slides: Kids in line shuffling back and forth, side to side. Coach dictates direction.</p> <p>2. Zig-Zag Drill: Set up cones in zig-zag formation. One player dribbles to each cone. Defensive partner shadows by shuffling from cone to cone. Progression: Defensive player is allowed to swipe at ball to steal.</p> <p>3. Rebounding Drill: Coach tosses ball against backboard and player races to catch ball before it hits ground.</p> <p>4. Cone Protection: Pair up kids - one on offense, one on defense. Offense has 5 seconds to get around defense to knock over cone. Switch.</p> <p>5. Box Drill: Set up cones in a square. Start at one corner. Close out to 1st cone. Shuffle to 2nd cone. Backpedal to 3rd cone. Shuffle to start.</p>	

Flag Football Skill Drills & Games	
Passing Drills	Receiving Drills
<p>1. Coach Line Throw - Coach stands 5-10 yards in front of a line of players. Players take turns throwing to coach. Progress to Hula hoop modification - using the same set up, players attempt to throw their ball through the hoop that coach is holding. One point for each successful pass through the hoop.</p> <p>2. Distance Throwing Contest - Using the same set up as Coach Line Throw, players attempt to throw the ball as far as possible. Play multiple rounds and encourage the players to throw it further with each throw.</p> <p>3. Opposite Foot Throws/Partner Throws - Start with both feet positioned directly under your shoulders and hips. Take one step forward with the foot opposite your dominant throwing arm. While stepping forward, simultaneously pass the football to a partner with an overhand throw.</p> <p>4. 4-Cone Position Throws - Set cones in a square, 5 or 10 yards to a side. One player stands in the center of the square and shuffles to a designated cone as called by the coach and throws a pass downfield.</p> <p>5. 2v1 Read the Defender - Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a 3-step drop while the receivers run a slant/arrow or fade/flat concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.</p> <p>6. Clockwork Hands Passing - Challenge the passers to throw the ball to the different clock positions represented by the receiver's hands (i.e., twelve o'clock is above the head, six o'clock is below the waist, etc...)</p>	<p>1. Route Running (Coach QB) - Use cones or spots to mark off various receiver routes. Refer to the Route Tree when setting up routes. Players will take turns running route and receiving passes from the quarterback (coach).</p> <p>2. Multi-Directional Get Up & Go - Create a square space with cones (10 yards long and 5 yards wide). Have one player enter the space at a time, and on the coach's command, allow the player to run freely. After five seconds, the coach/QB can throw the ball anywhere within that designated area, forcing the player to adjust, accelerate or decelerate to catch the ball.</p> <p>3. Colored Ball Drill - You can use tennis balls, rubber balls or any balls of different colors. Starting at the line of scrimmage, the coach calls out a route. On the coach's command, the receiver runs the called route and the coach throws one of the balls. The receiver must identify and call out the color of the ball while it is still in the air.</p>
Passing Games	Receiving Games
<p>1. Target Practice - Using 12-16 cones, create 3-4 "target zones" at various distances. A target zone is made up of 4 cones in a square formation. Assign point values to the target zones. Players will attempt to pass the ball into the target zones to score points.</p> <p>2. Shark Attack - Players line up, each with a ball in hand. For the first round, the coach jogs slowly about 10 yards in front of the players from one end of the line to the other. While the coach moves down the line, players will attempt to pass their balls and hit the coach. Players collect their balls and return back to their original position. Any time a player's ball hits the coach, that player is awarded a point. For each new round, the coach moves further away from the line of players.</p> <p>3. Football Golf - Set up 4-5 golf holes with a tee-box and green. Use tall cones to create the boundaries for the tee-box and disc cones for the boundaries of the green. Just in like traditional golf, players will attempt to throw their balls onto the green in the least amount of throws. The numbers of throws needed to land on the green will be the players' score for that hole.</p> <p>4. Passing Relay - Divide the group into two teams. Teammates stand in a straight line with about 7-10 yards between each player. Teams pass their ball down the line from player to player. First team to pass the ball down the line and back wins the race.</p> <p>5. Dunk Tank - Players stand on their spots. The coach sits on a bucket in front of them about 10-15 feet holding one spot in each hand. The coach calls out each name individually and they try to throw/aim at either of the spots dangling in the coach's hands. If a player hits a spot ("bullseye"), the coach tips over backwards and says, "oooooh, you got me!" Repeat twice per player, then have all players throw at the same time (Firing Range!)</p>	<p>1. Pattern Pass - Have the kids make a group of 5 or more. Players pass the ball to one another in a specific order. After each player receives the pass, add a second ball so that two balls are being passed at the same time. If successful, add a third ball. If a ball is dropped, drop back to one ball.</p> <p>2. Rapid Fire - While the players are standing in a circle or straight line, coach throws the ball to each player in a rapid fire manner. The goal is to complete the most amount of catches in one minute as possible.</p> <p>3. Choose Your Route - Assign point values to different routes with the longest passes having the highest value. Players take turns choosing a route and running it against a defender. Coach is the QB and throws passes to the receiver. Any completed pass is awarded the point value for that route. If the ball is intercepted, the defender is awarded the point value.</p> <p>4. Ultimate Football - Similar to Ultimate frisbee. Coach marks off a playing field with "endzones". Form 2 teams. The ball can be thrown forward or backward. Throwers need arms length from defender. Receivers have 2 steps to stop after a catch. If the ball is intercepted or knocked down it is a turnover. Points are scored by a completed catch in the endzone.</p>
Flag Pulling/Defense Drills & Games	
<p>1. Quick Hands - Each player must find a partner. Partners face each other in an athletic stance with their hands on their hips. When the coach says "Go!", players attempt to pull the flag of their opponent before their own flag is pulled. Progress from "Go!" to a snap count.</p> <p>2. Defense Gauntlet - Set cones to outline an area of 10 yards by 10 yards. This creates the gauntlet. Separate class in two evenly sized teams. One team will be ball carriers and the other team will be defenders. One player from each team will participate in the drill at a time. To start the drill, the coach hands a ball off to the first ball carrier. The offensive player attempts to run through the gauntlet without getting his flag pulled by the defender. If the attempt is successful, the offensive team gets one point. If the offensive player steps out of bounds or gets his flag pulled, the defensive team gets a point. Continue until each player has a chance to participate and then switch offense and defense roles.</p> <p>3. Deer Hunter - Map out a square or circle with cones. The square is approximately 30 yards by 30 yards. Choose four players as "hunters" and put yellow shell jerseys on them to distinguish them from the "deer." Put the four hunters in the center of the square and ask everyone else to spread out within the square. At the coach's signal, the hunters try to tag the deer. Once tagged, the deer move outside the box.</p> <p>4. Flag Tag - Use the same boundaries as Deer Hunter. The object of the game is for players to avoid their flags getting pulled. In this game, everyone is "it". When a flag is pulled, the player must hold it in their hand and can remain playing until their second flag is pulled. When a player's second flag is pulled, they must stand in place and try to pull the flags of other nearby players.</p> <p>5. Sharks & Minnows - Using the same boundaries as above, place two players in the center of the square. These players are the sharks. All other players line up on one side of the square. They are the minnows. When the coach says "Go!", all minnows attempt to run across the play area without getting their flags pulled by the sharks. Minnows are safe if they reach the other side of the square and wait for the next round. Players who have their flags pulled must sit down where their flag was pulled. For the remaining rounds, the sitting players can tag the ankles of other minnows as they run past. Just like getting a flag pulled, tagging of the ankle results in the player sitting for the rest of the game.</p> <p>6. YAC (Yards After Catch) - Have players partner up. They will need a flag belt and a football. Have players play catch for about 30 seconds. At or around 30 seconds, the coach will blow the whistle and the player who has the ball must run from their partner, who will try to pull their flag off. Allow 20 to 30 seconds for each "chase" before starting again.</p>	
Kicking/Punting Drills & Games	
<p>1. Multi-Step Approach - Starting with a football on a tee, take between six and 12 steps with proper mechanics to approach the ball and kick it forward.</p> <p>2. Contact Dots Drill - Place dots on the center or "sweet spot" of a football. Then, put a dot on top of the punter's or kicker's shoe where contact should be made. Practice punting and kicking by lining up sweet spots between the ball and shoe.</p> <p>3. HORSE - Starting with a ball on a tee, kick at predetermined lengths and angles into a hula hoop or toward another target. If player 1 succeeds, player 2 must replicate the kick. For each failed attempt to replicate, the player gains one letter towards spelling "horse."</p> <p>4. Around the Post - Start 5 yards from a field goal post. With a 3-step approach, as if kicking for points, strike the ball and attempt to hit the post. Move around the post like the hands of a clock to change angles.</p>	

Volleyball Skill Drills & Games	
Serving Drills	Passing Drills
<p>1. Serve to Coach: Campers form a circle with coach in the middle, players individually practice serving the ball to coach. Progression: Campers take turns standing in the middle of the circle and practice serving to each player around the circle. Progression: With camper in the middle, add a second ball to be served for added challenge.</p> <p>2. Phantom Net: Have the campers practice their serves against the wall; toss ball to themselves and follow through w/ correct form.</p> <p>3. Partner Serving/Play Catch: Have the campers pair up and underhand serve back and forth to each other. Progression: Have the campers serve to each other over the net.</p> <p>4. Mouse Trap: Against the wall, have the players practice trapping the ball in an overhead serving motion. Progression: Have the campers practice overhead serves against the wall.</p>	<p>1. Pass to Coach: Campers form a circle with coach in the middle, players individually practice passing the ball to coach. Progression: Campers take turns standing in the middle of the circle and practice passing to each player around the circle.</p> <p>2. Partner Passing: Each camper has a partner and they take turns tossing the ball for the other to pass back. Progression: See if the campers can pass the ball back and forth continuously. How many passes can they get in a row?</p> <p>3. Serve and Return: Have the campers get into groups of 3-4 and spread out. One camper will serve to the others and the others must call the ball and return it. Switch positions.</p> <p>4. Over & Under: From a toss, camper attempts to pass the ball over the net.</p> <p>5. Target Practice: From a toss or serve, camper attempts to pass the ball into a designated receiving area.</p>
Serving Games	Passing Games
<p>1. Hoop Target: Place hoops on opposite end of court and see how many times kids can serve into the hoops. Progression: Have different hoops be worth different point amounts; campers keep their own score.</p> <p>2. Dead Fish: Split campers into two teams; teams start serving. If a camper misses their serve (goes out or falls into the net), that player must sit on the opposite side of the net. Other servers on the team aim for the players who are seated. Once tagged by a serve, that player can return to the serving side. Continue until one team doesn't have any servers left.</p> <p>3. Beat the Clock: How many serves can each camper get over the net in one minute</p> <p>4. Around the World: Split campers into 2 teams, each team with a single file line on the serving line and one of their teammates on the opposite side of the court in zone 1. First in line will attempt to serve the ball to their teammate in zone 1. Once a teammate serves it to the player in zone 1, the server will sit in zone 2 and the teammate in zone 1 will move to the serving line, and so on through all 6 zones.</p> <p>5. Serve and Sprint: Split campers into 2-3 teams in single file lines on one side of the court. One camper from each team will serve at a time. If the campers serve is successful, they will shag the ball for their teammate and take a seat, if their serve is unsuccessful, they will shag the ball and return to the line to serve again. First team to have everyone seated, wins!</p> <p>6. Tic-Tac-Toe: Use disc cones to set up a tic-tac-toe board on each court. Divide campers into 2 groups. Serve to score an X or an O on the other team's court.</p>	<p>1. Slam Coach: Split campers into two groups and place them on the side of the net on the end line. Coach serves to the campers and campers attempt to return the serve with a pass. If they get the return over the net, they slammed coach.</p> <p>2. Passing Ladder: Split campers into groups of 4-6. One player from each group stands at the net, while the others are in a single file line at the serving line. The player at the net will toss/serve the ball to the first camper in line, once the ball is passed back successfully, camper moves forward to return the ball from 10 ft away, and then from 5 feet away. Then that player becomes the tosser. Continue until everyone has done each ladder rung successfully.</p> <p>3. Cone Destroyer: Place cones on opposite side of net. Coach feedsballs to kids and everytime they knock over a cone they get a point.</p> <p>4. Spider Web: All campers line up on one side of court at the serving line. The first in line will serve the ball over the net and sit where it hit on the other side. Second in line will aim for player 1 on the other side of the net. If they hit player 1, they sit on the other side of the net and players touch one foot to the other players (forming a web as more players are successful), and so on until all players are connected.</p> <p>5. Mini-Volleyball: Split campers into two teams on either side of the net (3-4 players per team). Coach will feed ball to one side to start.</p>
Spiking/Blocking	Setting Drills
<p>1. Spiking Technique: Kids spread out practicing spiking footwork and form. Progression: Move campers to net to practice technique. Progression: Coach tosses ball to camper to spike and other campers on opposite side of court to receive and return ball</p> <p>2. Ones: Each camper needs a partner. One tosses the ball in front of the other and take turns hitting.</p> <p>3. Blocking Technique: Campers on the net practicing blocking technique Progression: Coach tosses ball to camper to Progression: Coach stands behind blocker and tosses ball to other camper on opposite side of net. Camper spikes ball and other camper practices blocking (working on timing of block).</p> <p>4. Battleship: Split campers into 2-4 teams. Set up cones about eight yards away to make a battleship. Campers toss to their teammates and they hit trying to knock over the Battleship. To team to sink a battleship wins.</p> <p>5. Slam Coach: One at a time, if kids can spike ball over net without coach returning, they get 1 point.</p> <p>6. Hitting/Spiking Survivor: Coach is at the right side of the court and campers are in a line on the outside. Coach tosses a ball to camper in line and they hit it over. If they make it over without hitting the net, they can get back in line. If their ball goes out or they hit the net, they must shag balls for other campers. Last camper standing wins!</p>	<p>1. Set to Coach: Campers form a circle with coach in the middle, players individually practice setting the ball to coach. Progression: Campers take turns standing in the middle of the circle and practice setting to each player around the circle.</p> <p>2. Wally Ball: Have the campers line up on the wall and practice setting the ball against the wall.</p> <p>3. Triangle Setting: Have campers form groups of three and form a triangle. Campers set the ball to eachother in a triangle formation.</p> <p>4. Setting in Motion: Campers split into two lines - one line on the net, the other about 10 feet from the net, facing each other. One at a time, a camper will set the ball to each camper in line on the net (down the line) while remaining in motion.</p>
Setting Games	
<p>1. Set the Table: Have campers set to the wall trying to set an imaginary plate with food. How many can they get before ball hits the floor.</p> <p>2. Setting Rally: Each camper has a partner, have them try to set the ball back and forth to each other; see which pair can get the most sets in a row.</p> <p>3. Alien in the Middle: Campers in groups of three, with two setting the ball back and forth to each other, while the third camper is in the middle trying to get the ball. If the alien in the middle gets the ball, they become a setter and the setter who set last is now the alien.</p> <p>4. Spider Web: Same game as for passing, but now the campers are only allowed to serve. Same objective as before.</p> <p>5. Over the Mountain: The net is the mountain. Campers in pairs, stand on opposite sides of the net. See how many sets they can do back and forth. Progression: Climb Everest: Have the campers move down the net while setting back and forth.</p>	