

Volleyball Camp Daily Overview

Half-Day 9am-12pm Schedule



Camp Opening	Dynamic Warm Up/Camp Game	Skill of the Day Instruction	Skill of the Day Drills & Games	Snack Break	Camp Game	Skill of the Day Drills & Games	Scrimmage Activities	Camp Close
10 minutes 8:50 - 9:00am	20 minutes 9:00 - 9:20am	5 minutes 9:20 - 9:25am	55 minutes 9:25 - 10:20am	15 minutes 10:20 - 10:35am	15 minutes 10:35 - 10:50am	45 minutes 10:50 - 11:35am	20 minutes 11:35 - 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.	Sports instruction must begin within first 20 minutes of camp. Introduce sport skill using Whole-Part-Whole. Use 3-4 simple coaching cues.	Plan 2 drills & 2-3 games with a water break in between each activity.			Plan 2 drills & 2 games. Okay to use activities that practice skills that have been taught early in the week.	See Tournament Day page for ideas. Start scrimmage 10-15 min earlier on final day.	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	Skill Based Drills & Games	Camp Game	Skill Based Drills & Games	Scrimmage Activities	Camp Close
40 minutes 12:00 - 12:40pm	20 minutes 12:40 - 1:00pm	40 minutes 1:00 - 1:40pm	15 minutes 1:40 - 1:55pm	40 minutes 1:55 - 2:35pm	20 minutes 2:35 - 2:55pm	5 minutes 2:55 - 3:00pm
Refer to "Rainy Day" activities if campers finish eating early.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.		Plan 1 drill & 3 games. Okay to practice skills taught earlier in the week.	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.

Volleyball Weekly Skill-of-the-Day

	Monday: Respect	Tuesday: Teamwork	Wednesday: Inclusion	Thursday: Leadership	Friday: Sportsmanship
Main Skill-of-the-Day	Serving	Passing	Setting	Spiking/Blocking	Review Skills

	Serving	Passing	Setting	Spiking/Blocking
Skill Breakdown	1. Opposite foot forward of striking hand and bent knees 2. Hold ball with opposite hand in front of belly button 3. Make fist, hit ball with heel of hand and follow through	1. One hand laying in palm of the other hand (palm up) w/ thumbs together 2. Athletic stance 3. Lock elbows 4. Contact on forearms 5. Shrug shoulders 6. Weight on toes	1. Athletic stance 2. Make a triangle about forehead w/ soft hands (will only make contact with fingertips) and elbows slightly bent 3. Extend elbows (follow through)	Spiking 1. Left, Right, Left (R handed) 2. Explode straight up 3. Swing through Blocking 1. Athletic stance 2. Hands at shoulder level 3. Legs and arms explode straight up

Volleyball Skill Drills & Games

Serving Drills	Passing Drills
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. 2. Phantom Net: Have the campers practice their serves against the wall; toss ball to themselves and follow through w/ correct form. 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. 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.	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. 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? 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. 4. Over & Under: From a toss, camper attempts to pass the ball over the net. 5. Target Practice: From a toss or serve, camper attempts to pass the ball into a designated receiving area.
Serving Games	Passing Games
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. 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. 3. Beat the Clock: How many serves can each camper get over the net in one minute 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. 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! 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.	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. 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. 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. 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. 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.
Spiking/Blocking	Setting Drills
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 2. Ones: Each camper needs a partner. One tosses the ball in front of the other and take turns hitting. 3. Blocking Technique: Campers on the net practicing blocking technique Progression: Coach tosses ball to camper to block. 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). 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. 5. Slam Coach: One at a time, if kids can spike ball over net without coach returning, they get 1 point. 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!	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. 2. Wally Ball: Have the campers line up on the wall and practice setting the ball against the wall. 3. Triangle Setting: Have campers form groups of three and form a triangle. Campers set the ball to eachother in a triangle formation. 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.
	Setting Games
	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. 2. Setting Rally: Each camper has a partner, have them try to est the ball back and forth to each other; see which pair can get the most sets in a row. 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. 4. Spider Web: Same game as for passing, but now the campers are only allowed to serve. Same objective as before. 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.

Volleyball Tournament Day Overview



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Half-Day 9am-12pm Schedule

Camp Opening	Dynamic Warm Up/Camp Game	Favorite Skill Based Games	Snack Break	Camp Game	Skills Challenge	Scrimmage Activities	Award Ceremony
10 minutes	20 minutes	50 minutes	15 minutes	15 minutes	20 minutes	50 minutes	10 minutes
8:50 - 9:00am	9:00 - 9:20am	9:20 - 10:10am	10:10 - 10:25am	10:25 - 10:40am	10:40 - 11:00am	11:00 - 11:50am	11:50am - 12:00pm
	Campers get to choose their favorite Camp Game after the Dynamic Warm Up.	Play 4-5 of the campers' favorite sport skill games throughout the week. Ask for suggestions on Thursday.		Campers' Choice	See Skills Challenge suggestions below.	See Scrimmage Recommendations below for ideas.	Make it fun for kids!

Full-Day Extended 12-3pm Schedule*

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

Lunch	Camp Game	Favorite Skill Based Games	Camp Game	Scrimmage Activities	Camp Close
40 minutes	20 minutes	50 minutes	15 minutes	45 minutes	10 minutes
12:00 - 12:40pm	12:40 - 1:00pm	1:00 - 1:50pm	1:50 - 2:05pm	2:05 - 2:50pm	2:50 - 3:00pm
Refer to "rainy day" activities if campers finish eating early.	Campers' Choice	Play 4-5 of the camper's favorite games throughout the week. Ask for suggestions on Thursday.	Campers' Choice. Parents may be present, so choose a game that can incorporate a sport skill.	See Scrimmage Recommendations below for ideas. Option to remove previous Camp Game and extend scrimmage to 60 minutes.	Make it fun for the kids!

Volleyball Tournament Day Ideas

Skills Challenge	Three stations that rotate every 10 minutes: Examples are serving relay, Climb the Mountain and Over & Under
Skill Based Games	Three stations that rotate every 10-15 minutes. Pick the favorite games for serving, passing, setting and spiking. Remember to reinforce three to four basic parts of the skill.

Scrimmage Recommendations

*Any time you are doing scrimmage activities, have the kids wear pinnies.

- Monday:** Circle volley game with beach ball or play a game of Nuke Em. Circle volley is to see how many hits they can get in a row. Nuke Em is where the kids will catch ball and toss back to opposing team (6 vs. 6). Introduce some rules, use player rotations.
 - Tuesday:** Circle volley game with beach ball for 15 minutes + 15 minutes of scrimmaging with beach ball. Reinforce player rotations, along with rules.
 - Wednesday:** Scrimmage with beach ball for 15 minutes and volley lite for 15 minutes. Coach will need to play to keep rallies going.
 - Thursday:** Keeping age/ability level in mind, you can do a combination of beach ball/volley lite for scrimmaging.
 - Friday:** You may start with skill showcase where kids will rotate through different stations (serving, setting and passing) Each station will last 5 minutes.
- REMINDERS:** Parents want to see their child participate and having fun. Make sure to include everyone during scrimmage.

Ages	Net Height	Ball	Scrimmage Notes
5-7 year olds	6 feet	Beach ball or volley lite	Encourage and stop play if needed to reinforce rules and violations. Make sure everyone rotates.
7-12 year olds	6 feet	Volley lite or regular ball	Coaches decide teams based on equal ages and ability. Use whistles to signal when the ball is out or rule violations. If possible, run two scrimmages simultaneously. One court hosts 7-9 year olds and the other court hosts 10-12 year olds. Emphasize on the third hit, the ball has to go over. Make sure everyone rotates.
10-14 year olds	6 to 7 feet	Volley lite or regular ball	Coaches decide teams based on equal ages and ability. Use whistles to signal when the ball is out or rule violations. If possible, run two scrimmages simultaneously. One court hosts 10-12 year olds and the other court hosts 13-14 year olds. Emphasize on the third hit, the ball has to go over. Make sure everyone rotates.