

## Volleyball Camp

### **Monday: Passing**

9:30-10:00am Rides In (Temperature Check/Questionnaire/Wash Hands)

10:00-10:15am Character Development (Devotion/Activity)

10:15-10:35am Drill #1 Keep Ups (Stretch Beforehand)

10:35-10:38am Sanitize

10:38-10:58am Drill #2 Run Thrus

10:58-11:20am Snack & Bathroom Break

11:20-11:40am Drill #3 Pit Drill

11:40-11:43am Sanitize

11:43am-12:15pm Keep Up Challenge

12:15-12:30pm Rides Out

**Keep Ups: As simple as it sounds. Kids take a ball, hit it to themselves and try to keep it up. To add in challenges, have them do little bumps then big bumps.**

**Run Thrus:** Start on stomach, as they push up bounce the ball, stay low when they come up, use your arms to run, keep running through after passing

**Pit Drill:** One player in the middle, the others circle around. Coach hits ball towards player, player must hit it to a teammate in the circle who must catch it for it to count. Goal is to hit 10 catchable passes.

**Keep Up Challenge:** Players pair up, Challenge is to pass it back and forth with teammate without dropping. Team that lasts the longest wins. Add in moving distances to make more challenging.

During Drills, if kids are standing around, have them hit against the wall until their turn is up.

## Volleyball Camp

### Tuesday: Setting and Hitting

9:30-10:00am Rides In (Temperature Check/Questionnaire/Wash Hands)

10:00-10:15am Character Development (Devotion/Activity)

10:15-10:35am Drill #1 Setting to the wall (stretch beforehand)

10:35-10:38am Sanitize

10:38-10:58am Drill #2 Side To Side Drill

10:58-11:20am Snack & Bathroom Break

11:20-11:40am Drill #3 Hitting

11:40-11:43am Sanitize

11:43am-12:15pm Two Player Under The Net

12:15-12:30pm Rides Out

Setting To the wall: Show kids the proper form to set, have them set against the wall. Have them set it to themselves as well. If this gets old, have them set back and forth with a partner.

Side to Side DRILL: partners face each other and stand about 10 feet apart. Set balls back and forth and focus on using proper technique. One partner stands still while setting and sets balls to the right and left of the other player forcing him to move laterally to get to the ball. This player then sets the ball directly and accurately. Switch after 2-3 minutes.

Hitting: Have kids practice hitting form against the wall. After that, have them work on hitting over the net. If you have time, throw in a setter and have them set into a hit.

**Two-Player Under the Net-** Divide your group into two-player teams, featuring a receiver and a hitter. Stand on one side of the net and line up the teams on the other side. The first two players stand parallel to the net, about 10 feet apart. Throw the ball to the receiver, who tries to propel the ball to the hitter. The hitter tries to hit the ball over the net. Either player can hit the ball one more time, if necessary, to get it over the net. If they fail, they lose one of their three lives and go to the end of the line. If they succeed, they come under the net. Once all the teams are on your side of the net or eliminated, switch sides and continue until only one team is left. Alternate receivers and hitters each round. When you get down to the last few teams, move them further from the net. This teaches the concepts of receiving, passing and hitting.

## Volleyball Camp

### Wednesday: Serving

9:30-10:00am Rides In (Temperature Check/Questionnaire/Wash Hands)

10:00-10:15am Character Development (Devotion/Activity)

10:15-10:35am Drill #1 Serving Basics (Stretch Beforehand)

10:35-10:38am Sanitize

10:38-10:58am Drill #2 Amoeba Serving

10:58-11:20am Snack & Bathroom Break

11:20-11:40am Drill #3 Target Practice

11:40-11:43am Sanitize

11:43am-12:15pm Dead Fish

12:15-12:30pm Rides Out

**Serving Basics- Underhand serving:** Keep the ball in your non-dominant hand, ball in front of your dominant hand, hitting with the heel of your hand, shifting your weight forward **Overhand serving:** Toss in front of your dominant hand, step through, hit the middle of the ball. Practice against the wall and over the net.

**Amoeba Serving:** To start, have a helper or the coach go and sit in the back middle of the opposite side of the court. This is serving zone number 6 and a good target for children to learn how to serve to. Get all of the players to line up on the serving line and at the blow of a whistle, everyone will serve, aiming for the back middle. Once the serves go over, the single person sitting in serving zone 6 has to try and catch a serve.

**Target Practice:** Set up cones on the opposite side of the court as targets for the kids to hit with their serves.

**Dead Fish:** Split your group into two teams. Have the players from one team spread out and lay down on the court in a stationary position. Players on the other team take turns serving into that court. Give the serving team 1 point for serving onto the court and 2 points for hitting one of the dead fish, er, players. Subtract 1 point for serves into the net or otherwise out of play. After two rounds of serving, have the teams reverse roles.

**Through the legs:** Let the ball bounce through your legs to know you are in the proper position—work up to passing

## Volleyball Camp

### **Thursday: Reviewing**

9:30-10:00am Rides In (Temperature Check/Questionnaire/Wash Hands)

10:00-10:15am Character Development (Devotion/Activity)

10:15-10:35am Drill #1 Bump, Set Spike (stretch beforehand)

10:35-10:38am Sanitize

10:38-10:58am Drill #2 Stay Low Drill/Positioning

10:58-11:20am Snack & Bathroom Break

11:20-11:40am Drill #3 Piggy in The Middle

11:40-11:43am Sanitize

11:43am-12:15pm King Or Queen Of The Court

12:15-12:30pm Rides Out

**Bump, Set Spike-** Start by having players performing these actions to themselves, then add in a partner and have them perform them to each other.

**Stay Low Drill/Positioning:** Have two players go at a time. Put a cone directly under the net. The player gets into correct position to hit the ball. Coach or another player will toss balls over the net. Once a player hits the ball they must run around the cone under the net and get back into position to hit the next ball. The next ball should come in the air as the player is moving. Stay low, player goes under net to round cone. If needed, have players roll balls underneath each other's legs to work on positioning as well.

**Piggy in the Middle-** Use cones or other markings to create two small boxed areas 10 to 15 feet apart. Put one player in each box and a player between the boxes. The players in the boxed areas volley the ball back and forth and the middle player tries to block the ball. The volley team gets 1 point for five consecutive legal volleys without either player leaving his box. The blocker gets a point for every block. The first to 5 points wins. This game teaches hitting and blocking skills.

**King or Queen of the Court-** Divide your group into small teams of three or four players. Set up the court dimensions appropriately for your group. Have them play games of 3-on-3 or 4-on-4. Either team can win the point. The winning team stays on the court and serves. The losing team exits and the next group steps in. Teams rotate on and off the court quickly, keeping everybody busy. Players learn to hit into open areas and cover more court.

## **Friday: PLAY!**

9:30-10:00am Rides In (Temperature Check/Questionnaire/Wash Hands)

10:00-10:15am Character Development (Devotion/Activity)

10:15-10:35am Drill #1 Pretzel Passing Drill(Stretch Beforehand)

10:35-10:38am Sanitize

10:38-10:58am Drill #2 Volleyball Relay

10:58-11:20am Snack & Bathroom Break

11:20-11:40am Drill #3 Tic-Tac-Toe

11:40-11:43am Sanitize

11:43am-12:15pm Greed Scrimmage

12:15-12:30pm Rides Out

**Pretzel Passing Drill-** Players are in groups of three lined up next to each other on the court. Coach tosses the ball up to one of the players, that player passes it back to the coach. Once a player hits it, they must immediately switch positions with the player next to them. Players must learn to be aware of each other and how they can move around each other on the court.

**Volleyball Relay-** Separate children into lines with three or four children per line. Have two lines face each other with some room in between and give a volleyball to the first child in one of the two lines. The player with the ball goes first, tossing the ball into the air slightly, clasping her hands together with thumbs side by side and pointing up and using her wrists to gently perform a volleyball bump. The goal is to use multiple controlled bumps to travel from one line to the other without dropping the ball. Once the player reaches the opposite line, she bumps the ball to the next player in line and joins the end of the opposite line.

**Tic-Tac-Toe** – break the opposite court into 9 quadrants, just like a tic-tac-toe board. Two teams serve and try to get 3-in-a-row before the other team.

**Greed Scrimmage:** Divide players into two teams. Place six balls on the side of each court. These will be the balls that are played during the scrimmage. Instead of going by a point system, the players will be working to take each other's balls. Begin with one side, they will serve their first ball. When the ball hits the floor, the team who gained a point wins the ball. It will then switch to the other team serving one of their balls. The game will continue in this taking turns serving fashion until one team holds all of the balls, or a time limit is reached. As an added bonus you can let the winning team decide what fun drill they want to do next. Or, if you want to run the Greed Scrimmage drill again then the winning team can pick an exercise for the losing team to do a few reps of.

Alternate Drills-

**Aim For the Corners** – put a bucket or garbage can or cone in the corners (or wherever) – if a ball hits, lands in, or otherwise touches the “target” there’s a reward.

**The Anti-Fundamental Circle** – works for any size group from 2 to 20 – the only rule is to keep the ball in play – with whatever measure needed. Pinky, elbow, forehead, whatever keeps the rally going.

**Practice Setting Drill** – Sit crossed legged on ground. Tosser tosses the ball to person sitting down and person sitting down sets the ball back to tosser.

