



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

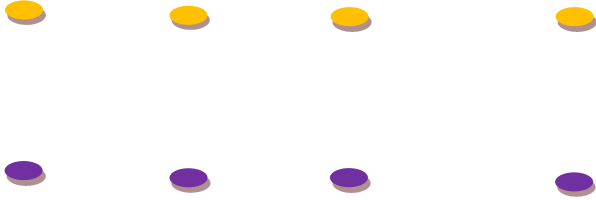


Centipede Relay Race - Volleyball Setting Edition

Purpose: Setting

Equipment: Cones/Flags, Large Spots, Volleyballs, Hula Hoops

Set Up: Use colored spots to create 2-team lines (For this Example, Orange and Purple). At the far end of the play-area, put down two color matching Hula Hoops with a Flag or Cone inside. Break kids into team and assign each kid to their team standing spot. The distance between the Team Standing Spots, and their Flag, should be age appropriate. Start close and scoot back each round.



Execution:

- Break players into two teams and assign each team to a Colored Spot
- The Ball starts on the Spot furthest from the Flag/Cone
- One coaches whistle, the person on the back spot tosses the ball to the teammate on the spot front of them. That person then sets it to the next teammate, who sets it to the person on the Front Spot.
- When the person on the Front Spot gets the ball, they run as down to their teams' cone/flag, go around the hula hoop, and sprint back to their team line as fast as they can
- While the person is running, everyone waiting in line scoots up 1-spot so the back spot should now be open.
- When the runner gets back to the empty back spot, they throw ball to the person in front of them, and so on back to the front of the line.
- The first team to get back in their original order wins the race
- Review proper throwing/catching and play again as time permits.
- Have all players give a high-five to the other team and tell them good game.

Execution:

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots.
- Review/demonstrate proper Bumping/Passing Technique
- Narrate storyline - The Blue Team is R2D2. The Orange Team is BB8. They have to build a spaceship for their Jedi's (Luke and Rey). The cones in the far hoop/bucket are the scraps they need to build the spaceships.
- Coach blows his/her whistle and the first player on each team runs to the other side of the net, stands on their Force Field Shot, and gets ready to return a pass from the coach.



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- Coach feeds the ball to each player who try to pass it back over the net.
- **If they pass the ball inbounds/over the net:** The Force Field is down. They run to the scrap pile, grab ONE cone, and return it to their team Hula Hoop.
- **If they do not pass the ball inbounds/over the net:** The Force Field stays up and they do not get to grab a cone.
- **EITHER WAY:** The player goes back to the end of their team line and the next player runs around the net to the Force Field Spot.
- **The first team to complete the StarShip wins the round.**
- Review Passing and have players demonstrate Sportsmanship.

Comments:

- How to build a Rebel Star Ship (you will need 19 cones for each rebel starship)
 - Put 9 Cones down in a square
 - Put 4 cones upside down in gaps****This is the key*
 - Put 4 cones right-side up on top of upside down cones.
 - Put 1 cones upside down in gaps
 - Put 1 cones right-side up on top of upside down cones