



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

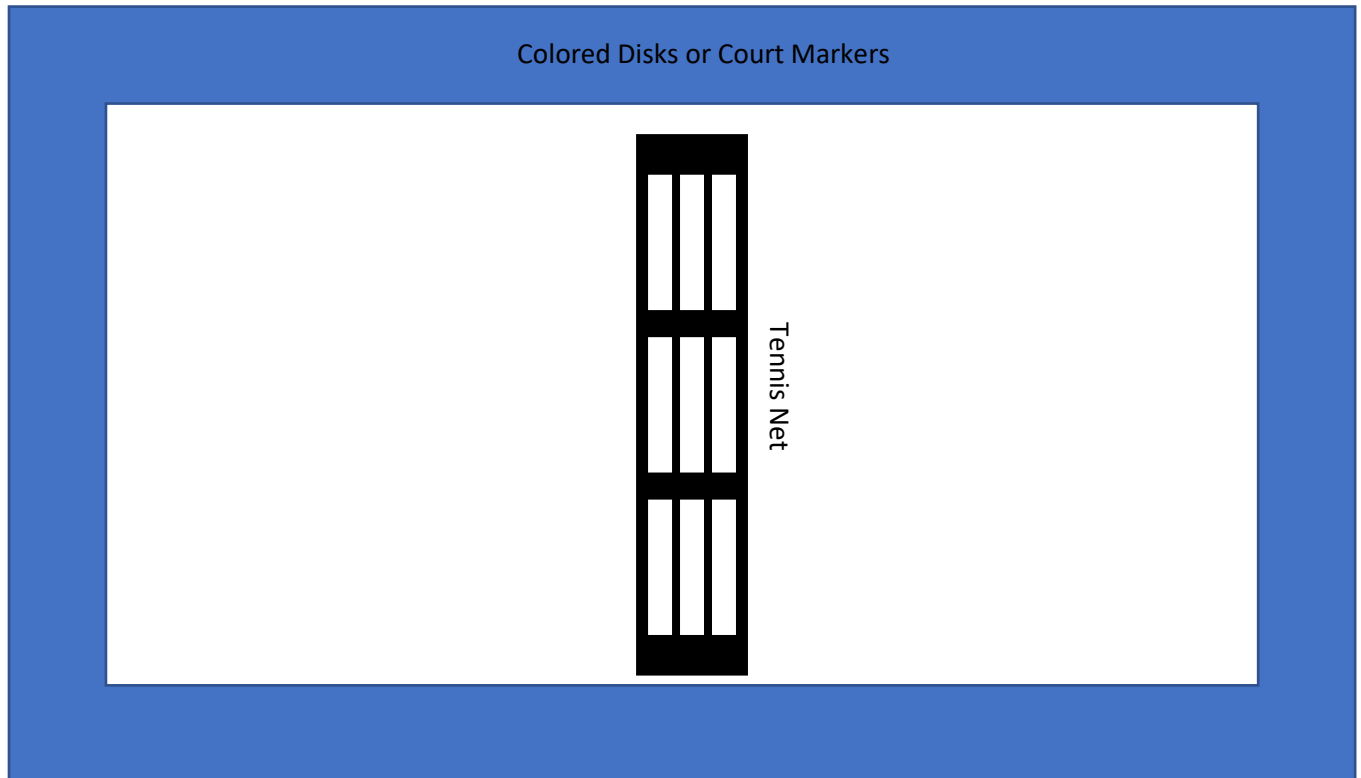


Get Out Of My Yard (Volleyball Edition)

Purpose: Throwing

Equipment: Volleyball Net and Volleyballs

Set Up: Set-up a Volleyball Court with colored disks or court markers to show the boundaries. Scatter the Volleyballs on both side of the net.



Execution:

1. Split the kids into two teams and assign one team to each half of the court
2. Tell the players that you and they are neighbors, the net is the fence that divides your backyards. The Volleyballs are the Garbage, and they do not want any garbage on their side of the net
3. On the coach's whistle, both teams are going to try to pass or set the Volleyballs over the net onto the other team's side of the court.
4. If a player is able to pass/set the ball over the net without it hitting the ground, they receive 1-point.
5. Players can only pass/bump, set, or underhand serve the ball over the net. NO SPIKING, THROWING, or OVERHAND SERVES. We don't want kids getting hit in the head with the ball.
6. Coach blows his/her whistle and the game ends. Coach counts up how many balls are on each side of the yard and awards each team with 1-point for every ball on the other team's side of the yard.
7. If the ball is out of bounds it does not count as a point
8. Coach adds up the end of game score (balls on each side of the court) with the in-game score (successful bumps & sets over the net without the ball hitting the ground). The team with the most total points wins that round
9. Continue as time permits. Change teams and continue as time permits.