



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

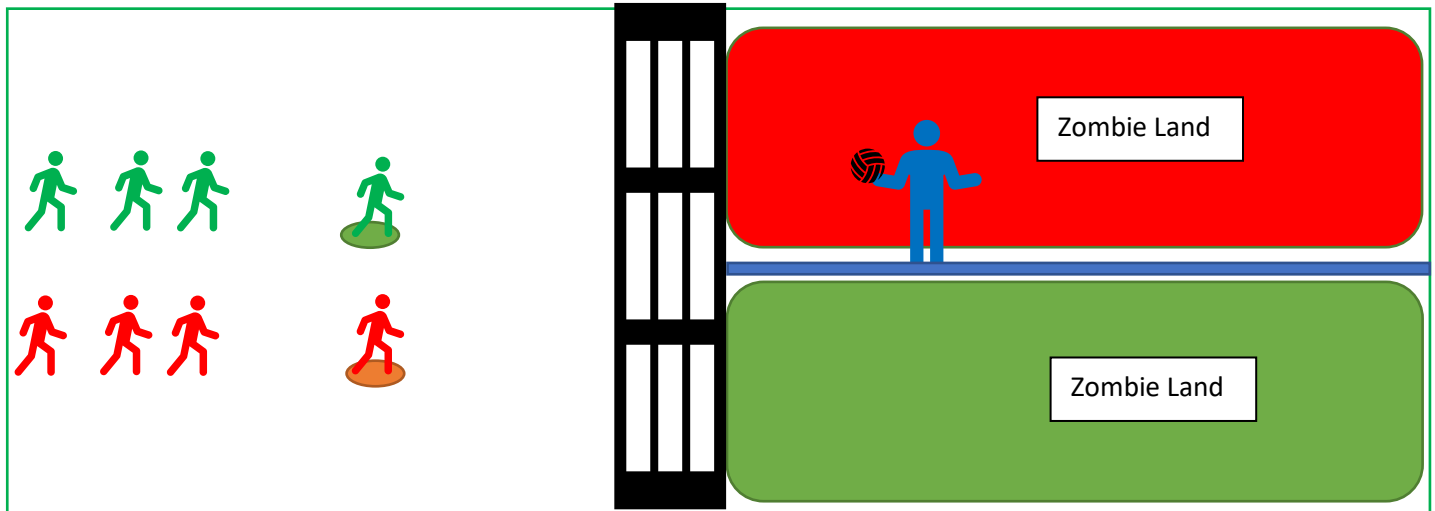


ZombieLand

Purpose: Passing/Bumping, Serving, Setting, Hitting/Spiking – Depending on Variation

Equipment: Large Colored Spots, Volleyball, Volleyball Net

Set Up: Break players into two teams and have them line-up in a vertical team line. On the coaches side of the net, use colored disks/spots to divide the play area in two.



Execution:

- Toss campers balls one at a time. If the camper hits the ball over the net, and onto the court, they are safe and go to the end of their team line.
- If they hit the ball into the net, or out of bounds, they become Zombies and have to go to the other side of the net with the coach. Zombies must stay on their teams side of the court (as indicated by the line of disks/spots)
- If the Zombie catches a ball inbounds that is hit by another camper, they are healed and get to get back in line.
- For younger kids, they can catch the ball after it bounces. For older kids, they must catch the ball in the air.
- You can catch a ball hit by the other team, so they need to aim to their teams side of the court
- Once everyone on one team becomes a Zombie, the game is over and the other team wins.
- Have players give the other team a high-five and say good game
- Switch the team lines and continue as time permits.

Variation:

- Bumping/Passing Edition – as shown above
- Serving Edition – Player starts with the ball and they serve it over the net. If it lands in bounds they are still in the game. If goes into the net or lands out of bounds, they are Zombies and have to go over to the other side of the net and try to catch a ball.