



# Volleyball Camp

## Teamwork & Technique (ages 7-12)

### Activity Reference Guide

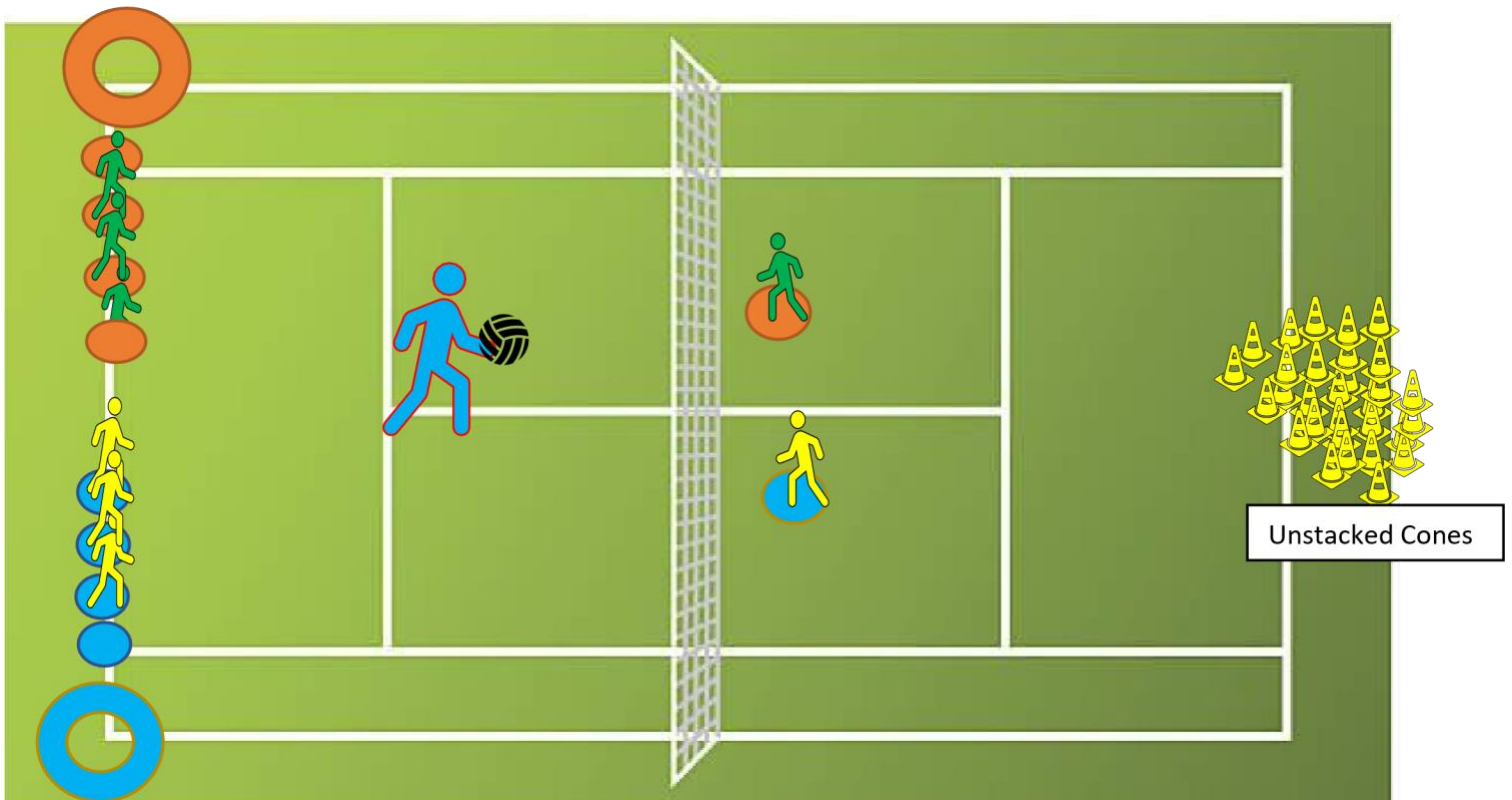


## BB8 vs. R2D2 Challenge

Purpose: Passing/Bumping

Equipment: Volleyballs, Cones, Hula Hoops, Standing Spots, Colored Disks

Set Up: Break Campers into teams. On one side put down team lines for the players to stand with a Team Hula Hoop on the corner. On the other side put down a Force Field Spot for the players to hit from. On the far baseline, put 28 unstacked cones in a Hula Hoop.



### 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.
- 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.

Variation:

- No Teams –
- Split player into 2 lines a setting line and bumping line.
- Players have to work together to complete a bump and set before returning ball back over the net.
- Coach will feed ball to players on the bumping spot on the opposite side of the net.
- Passer then bumps ball to player on the setting spot for a clean set.
- **IF PLAYERS MAKE 2 CLEAN CONTACTS TO THE BALL, THEY GRAB A CONE FOR THEIR STARSHIP.**