

Volleyball Teamwork & Technique Camp

Circuit Allocation Table (aka the CAT)		Ages 7-12		Thursday	
8:00am-8:45am		Pre-Camp - Coaches Meeting & Set-up			
8:45am-9:05am		Sign-In & Warm-up			
		Coach	Director	Coach 1	Coach 2
		Activity	Check-In	Keep It Up	Keep It Up
		Group	All Groups	Red/Green	Blue/Yellow
9:05am-9:15am		Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Life Skill of the Day (Respect the ROOTS), Daily Preview			
9:15am-9:30am		STATION 1		SKILL DEVELOPMENT DRILLS/GAMES	
		Coach	Director	Coach 1	Coach 1
		Activity	Serving w/ a Parter	Cross Net	
		Group	Red/Green	Blue 1	Blue 1
9:30am-9:45am		STATION 2		SKILL DEVELOPMENT DRILLS/GAMES	
		Coach	Director	Coach 1	Coach 2
		Activity	Serving w/ a Parter	Cross Net	
		Group	Blue/Yellow	Red	Green
9:45am-9:50am		Water Break			
9:50am-10:05am		STATION 3		SKILL DEVELOPMENT DRILLS/GAMES	
		Coach	Director	Coach 1	Coach 2
		Activity	Dead Fish	Spikeball	
		Group	Red/Green	Blue	Yellow
10:05am-10:20am		STATION 4		SKILL DEVELOPMENT DRILLS/GAMES	
		Coach	Director	Coach 1	Coach 2
		Activity	Dead Fish	Spikeball	
		Group	Blue/Yellow	Green	Red
10:20am-10:40am		SNACK BREAK			
10:40am-10:50am		STATION 5		Agility Ladder & Post Snack Set-up	
		Coach	Director	Coach 1	Coach 2
		Activity	Agility Ladder	Set-Up For Post Snack Games	
		Group	All Groups		
10:50am-11:10am		STATION 6		Sim Scrims & Skill Reinforcement Games	
		Coach	Director	Coach 1	Coach 2
		Activity	Catch & Toss Scrimmage/ Serve	Four Square	
		Group	Red/Green	Blue	Yellow
11:10am-11:30am		STATION 7		Sim Scrims & Skill Reinforcement Games	
		Coach	Director	Coach 1	Coach 2
		Activity	Catch & Toss Scrimmage Serve	Four Square	
		Group	Blue/Yellow	Green	Red
11:30am-11:35am		Water Break			
11:35am-11:55am		STATION 8		CAMP GAME - Bumping	
		Coach	Director	Coach 1	Coach 2
		Activity	Space Jam	Blue & Green vs. Red & Yellow	
		Group	All Groups		
11:55am-12:00pm		Camp Close - Points, Recap, Special Acknowledgements			
12:00pm-12:05pm		Sign-Out			
		Coach	Director	Coach 1	Coach 2
		Activity	SIGN-OUT	MANAGE TEAM LINES/TAKE HOME ASSIGNMENT	
		Group	All Groups	All Groups	
12:05pm-12:30pm		Post Camp - Tear Down, Load Truck, & Coaches Meeting			