		<u>olleyball Teamwor</u>	<u>k &amp; rechnique Ca</u>	amp
Cir	cuit Allocatio	n Table (aka the CAT)	Ages 7-12	Thursday
8:00am-8:45am		Pre-Ca	mp - Coaches Meeting & Set-up	
8:45am-9:05am 9:05am-9:15am			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
	Focus Organization & Flow Organization & Flow Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Life Skill of the Day (Respect the ROOTS), Daily Preview			
9.054111-9.154111	STATION 1 SKILL DEVELOPMENT DRILLS/GAN			
9:15am-9:30am	Coach	Director	Coach 1	Coach 1
	Activity	Serving w/ a Parter		oss Net
	Group	Red/Green	Blue 1	Blue 1
	Focus	Serving	Serving, Bumbing, Setting, Blocking	
9:30am-9:45am		STATION 2	SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Serving w/ a Parter	Cr	oss Net
	Group	Blue/Yellow	Red	Green
	Focus	Serving	Serving, Bumbi	ng, Setting, Blocking
9:45am-9:50am			Water Break	
9:50am-10:05am		STATION 3		MENT DRILLS/GAMES
	Coach	Director	Coach 1	Coach 2
	Activity	Dead Fish		ikeball T
	Group	Red/Green	Blue	Yellow
	Focus	Serving STATION 4		Hitting
	0h			MENT DRILLS/GAMES
10:05am-10:20am	Coach	Director Dood Fish	Coach 1	Coach 2
	Activity	Dead Fish Blue/Yellow	ري Green	ikeball Red
	Group Focus	Serving		litting
10:20am-10:40am	10003	COVING	SNACK BREAK	ntung
10:40am-10:50am	STATION 5 Agility Ladder & Post Snack Set-up			
	Coach	Director	Coach 1	Coach 2
	Activity	Agility Ladder		
	Group	All Groups	Set-Up For Post Snack Games	
	Focus	Double Taps, In/Out (Blocks & Jumps)		
10:50am-11:10am		STATION 6	Sim Scrims & Skill	Reinforcement Games
	Coach	Director	Coach 1	Coach 2
	Activity	Catch & Toss Scrimmage/ Serve	Fou	r Square
	Group	Red/Green	Blue	Yellow
	Focus	Serving, mitting, bumping, Setting & neceiving	Bumping, Hitting, Receiving ( Digging) Strategy, Respect the ROOTS	
		STATION 7	Sim Scrims & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
11:10am-11:30am			Four Square	
11:10am-11:30am	Activity	Catch & Toss Scrimmage Serve		
11:10am-11:30am	Activity Group	Blue/Yellow	Green	Red
11:10am-11:30am		J J		Red igging) Strategy, Respect the ROOTS
	Group	Blue/Yellow	Bumping, Hitting, Receiving ( D Water Break	igging) Strategy, Respect the ROOTS
	Group Focus	Blue/Yellow Serving, Hitting, Burriping, Setting & Receiving STATION 8	Bumping, Hitting, Receiving ( D Water Break CAMP GA	igging) Strategy, Respect the ROOTS  ME - Bumping
11:30am-11:35am	Group Focus Coach	Blue/Yellow Serving, mitting, bumping, Setting & Receiving	Bumping, Hitting, Receiving ( D Water Break CAMP GA Coach 1	igging) Strategy, Respect the ROOTS
11:30am-11:35am	Group Focus Coach Activity	Blue/Yellow Serving, Hitting, Burriping, Setting & Receiving STATION 8	Bumping, Hitting, Receiving ( D Water Break CAMP GA Coach 1 Space Jam	igging) Strategy, Respect the ROOTS  ME - Bumping
11:30am-11:35am	Group Focus  Coach Activity Group	Station 8  Director	Bumping, Hitting, Receiving ( D  Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow	ME - Bumping  Coach 2
11:30am-11:35am 11:35am-11:55am	Group Focus Coach Activity	Station 8  Director  Serving, Bumping, Setting & Receiving  Station 8  Director	Bumping, Hitting, Receiving ( D  Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow ng, Hitting, Receiving ( Digging) Strategy, Re	ME - Bumping  Coach 2
11:30am-11:35am 11:35am-11:55am	Group Focus  Coach Activity Group	Station 8  Director  Serving, Bumping, Setting & Receiving  Station 8  Director	Bumping, Hitting, Receiving ( D  Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow ng, Hitting, Receiving ( Digging) Strategy, Re oints, Recap, Special Acknolwdgements	ME - Bumping  Coach 2
11:30am-11:35am 11:35am-11:55am	Group Focus  Coach Activity Group Focus	STATION 8  Director  Serving, Bumping Serving & Receiving  Station 8  Camp Close - P	Bumping, Hitting, Receiving ( D  Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow  ng, Hitting, Receiving ( Digging) Strategy, Re  oints, Recap, Special Acknolwdgements  Sign-Out	igging) Strategy, Respect the ROOTS  ME - Bumping  Coach 2  spect the ROOTS
11:30am-11:35am 11:35am-11:55am 11:55am-12:00pm	Group Focus  Coach Activity Group Focus  Coach	STATION 8  Director  Serving, Bumpin Camp Close - P	Bumping, Hitting, Receiving ( D Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow  ng, Hitting, Receiving ( Digging) Strategy, Re oints, Recap, Special Acknolwdgements  Sign-Out  Coach 1	ME - Bumping Coach 2  Spect the ROOTS  Coach 2
11:30am-11:35am 11:35am-11:55am 11:55am-12:00pm	Group Focus  Coach Activity Group Focus  Coach Activity	STATION 8  Director  Serving, Bumpin Camp Close - P  Director  Sign-Out	Bumping, Hitting, Receiving ( D Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow ng, Hitting, Receiving ( Digging) Strategy, Re oints, Recap, Special Acknolwdgements  Sign-Out  Coach 1  MANAGE TEAM LINES	ME - Bumping Coach 2  Spect the ROOTS  Coach 2  Coach 2  /TAKE HOME ASSIGNMENT
11:30am-11:35am	Group Focus  Coach Activity Group Focus  Coach	STATION 8  Director  Serving, Bumpin Camp Close - P	Bumping, Hitting, Receiving ( D Water Break  CAMP GA  Coach 1  Space Jam  Blue & Green vs. Red & Yellow ng, Hitting, Receiving ( Digging) Strategy, Re oints, Recap, Special Acknolwdgements Sign-Out  Coach 1  MANAGE TEAM LINES.	ME - Bumping Coach 2  Spect the ROOTS  Coach 2