

Volleyball Teamwork & Technique Camp

Circuit Allocation Table (aka the CAT)		Ages 7-12		Wednesday	
8:00am-8:45am		Pre-Camp - Coaches Meeting & Set-up			
		Sign-In & Warm-up			
8:45am-9:05am	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
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 2
	Activity	Hitting Technique	Jail Break		
	Group	Red/Green	Blue		Yellow
	Focus	Hitting	Hitting		
9:30am-9:45am	STATION 2		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1		Coach 2
	Activity	Hitting Technique	Jail Break		
	Group	Blue/Yellow	Red		Green
	Focus	Hitting	Hitting		
9:45am-9:50am		Water Break			
9:50am-10:05am	STATION 3		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1		Coach 2
	Activity	Pepper w/ partner	Pirate Ships		
	Group	Red/Green	Blue		Yellow
	Focus	Bumping, Setting, Hitting	Hitting		
10:05am-10:20am	STATION 4		SKILL DEVELOPMENT DRILLS/GAMES		
	Coach	Director	Coach 1		Coach 2
	Activity	Pepper w/ partner	Pirate Ships		
	Group	Blue/Yellow	Green		Red
	Focus	Bumping, Setting, Hitting	Hitting		
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			
	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	King of the Court	Super Smash Tic Tac Toe		
	Group	Red/Green	Blue		Yellow
	Focus	Hitting, Bumping, Setting & Receiving (Digging)	Hitting		
11:10am-11:30am	STATION 7		Sim Scrims & Skill Reinforcement Games		
	Coach	Director	Coach 1		Coach 2
	Activity	King of the Court	Super Smash Tic Tac Toe		
	Group	Blue/Yellow	Green		Red
	Focus	Hitting, Bumping, Setting & Receiving (Digging)	Hitting		
11:30am-11:35am		Water Break			
11:35am-11:55am	STATION 8		CAMP GAME - Bumping		
	Coach	Director	Coach 1		Coach 2
	Activity		Jail Break		
	Group		Blue & Green vs. Red & Yellow		
	Focus		Bumping, Hitting, Receiving (Digging) Strategy, Respect the ROOTS		
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		
	Focus	Safety	Safety		
12:05pm-12:30pm		Post Camp - Tear Down, Load Truck, & Coaches Meeting			