

# Volleyball camp

## Teamwork & Technique (ages 8-12)

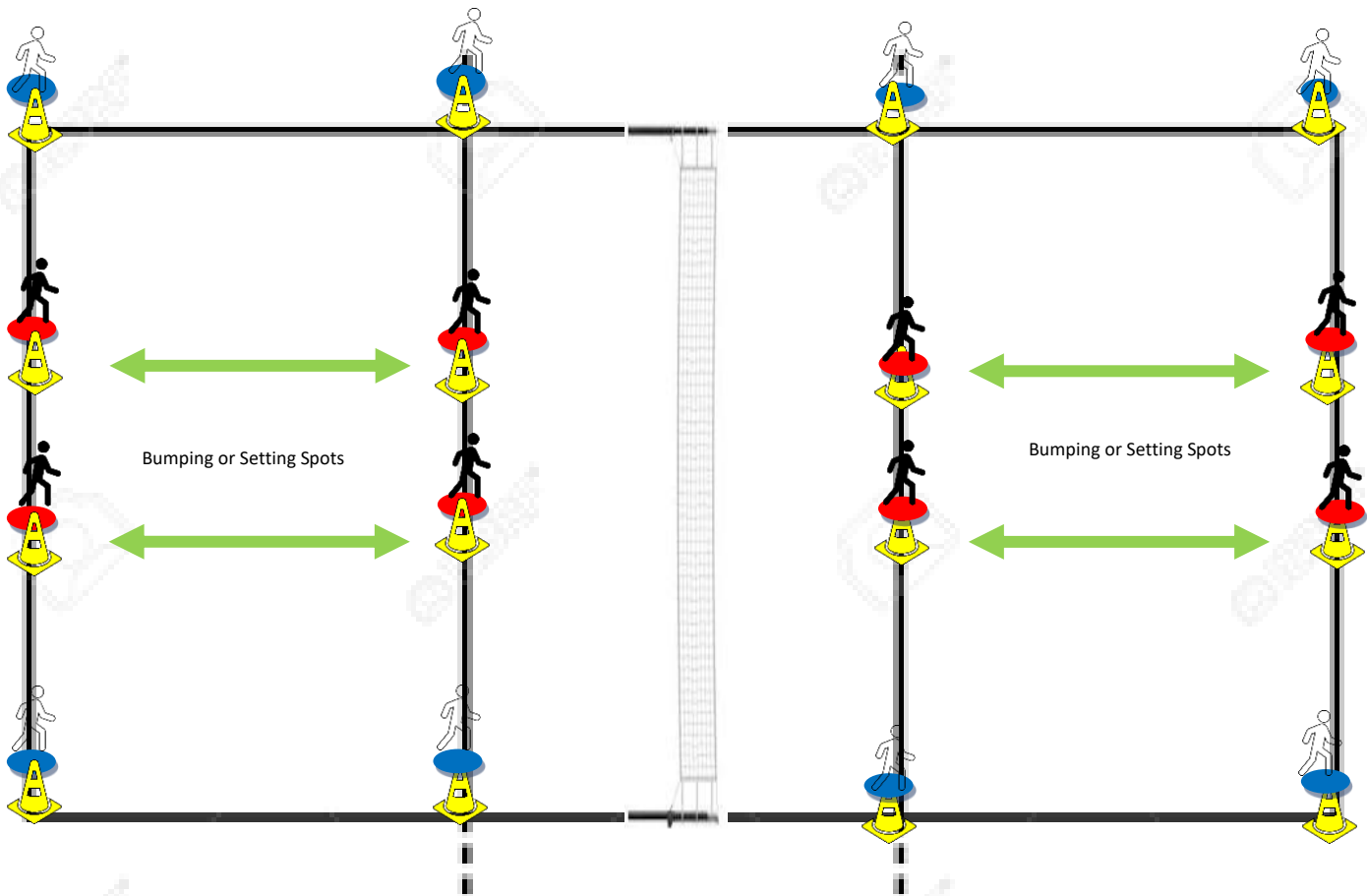
### Activity Reference Guide

#### Maters Haul

Purpose: Volleyball Bumping or Setting

Equipment: Volleyballs, Spots, Cones, Disks,

Set Up: One set color for the players on the side lines. This can be yellow cones with the same color disk on it, or same color cone or same color standing spots. Place 2 spots, cones or disk on the side lines of each side of the net. (These are the Maters) (Follow Picture). Then have a different color spot, cone or disk straight across from each Mater (Sideline/ Blue Team) spot. (Follow Picture) These spots, disks or cones should be in the middle of the court on each side of the net. Place one player at each cone, spot, or colored disk. The (blue team) team on the sidelines of the court are Team Mater Towing (tossing) a volleyball to the Lightning McQueen's (Red Team) the players on the inside of the court. Team Lightning McQueen (Red Team) will receive (Bump or Set) the tossed ball back to the Mater that tossed them the ball.



#### Execution:

- Player at each cone, colored spot or disk.
- Blue Team or the players on the side lines of the court are Team Mater. They are all turned facing the center of the court. Red Team or the players down the middle of the court, at a cone, spot or disk straight across from the Maters are Team Lightning McQueen and are facing the Mater across from them.

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- Coach breaks down a proper bump or set, then players practice. Team Mater repeatedly tosses the ball to The Lightning McQueens (player right in front of them). Lightning McQueens should be in ready position getting ready to pass (bump) ball straight back to Mater in front of them or (the player tossing) the volleyball to them.
- Once players (Lightning McQueens) are comfortable with passing (bumping) back to the Mater in front of them...Start Game!
- On Coaches whistle/Call... Team Mater (People on Sidelines) tosses ball to person across from them. **Lightning Mcqueens returns or (bumps) ball straight back to the Mater that tossed to them, then immediately side shuffles and switches position with the player (the other Lightning McQueen right next to them) to the right or left of them. Then gets set in ready position and passes (Bumps) the toss ball back to the Mater, across from them.**
- To Start, the coach can say TOSS (Team Mater tosses to the Lightning McQueen in front of them) then catches the Bump back to them.
- After Team Mater catches passes ball...Coach can says Shuffle...Lightning McQueens Shuffle and trade places with the player right next to them (to the right or left of them).
- Every Perfect pass back to the Maters earns a point.
- 2-3 minutes then switch... Maters become lightning McQueens
- Maters are counting ever bump or set they catch without the ball dropping to the ground.
- After the time is up the maters and McQueens switch positions and try and beat the record of perfect bumps or sets.