



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

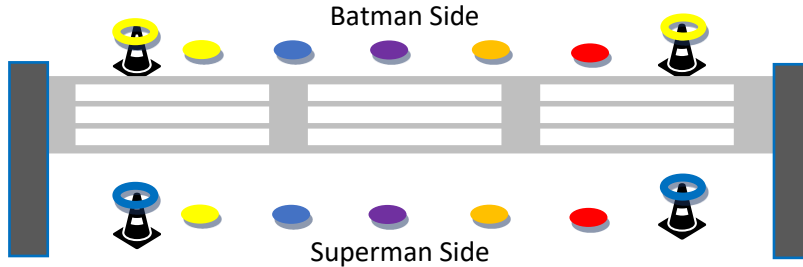


Batman Vs. Superman

Purpose: Passing

Equipment: Colored Spots, Basketball, Volleyball Net

Set Up: Set-up two lines of colored spots, approx. 5-7' from one another, with a Tennis Net in the middle. Pair up 2-kids from the same team and have them stand opposite one another. Use a cone with a colored disk on top to mark one side of the court to be Batman Side, and one side of the court to be the Superman Side.



Execution:

- Have partners stand on their color facing one another. Make sure their partner has the same team logo on their jersey (white team/black team) because they will be playing for their team. Every time a pair messes up, that camp team loses 1-life. Once a team loses all 10 lives, the game is over and the other team wins the round!
- When Coach Calls BATMAN – the players have to pass the ball over the net to the person standing on the BATMAN side of the court. If the person with the ball is already on the BATMAN side and they pass it, that pair’s team loses 1 life. If the ball doesn’t make it over the net, that pair’s team loses 1 life. If the partner doesn’t catch the ball before it hits the ground, that pair’s team loses 1-point.
- When Coach call SUPERMAN – Same thing but on the Superman side of the court.
- Every time a team loses a life (or every so often), coach adds in a new SUPERHERO which has a unique action and phrase that must go along with it.
 - IRON MAN:
 - Action – Run to the middle and give you partner a high-five under the net. Return to your same spot
 - Phrase– “I AM IRON MAN!!”
 - SPIDERMAN:
 - Action – Pretend to shoot your spidey web and switch sides with your partner (go under the net)
 - Phrase – “SPIDERMAAANNNN”
 - INCREDIBLE HULE:
 - Action – Pushups
 - Phrase – “YOU DON’T WANT TO SEE ME ANGRY”
 - NINJA TURLES:
 - Action – Balance on one leg on their spot
 - Phrase – “COWABUNGA DUDE!”
 - THOR:
 - Action – Pick up their spot and slam it down 1 foot further from the net from where it started. The two partners should now be 2-feet further away from one another, but still directly across from one another.
 - Phrase – “BY THE POWER OF THOR!!”
 - FLASH:
 - Action – Run in a circle as fast as you can around your spot
 - Phrase – “FAST AS THE FLASH, FAST AS THE FLASH”
 - CAPTAIN AMERICA:
 - Action – Balance your spot/disk on your forearm like a shield
 - Phrase – “FOR TRUST AND JUSTICE”
 - WONDER WOMAN:
 - Action – Balance the spot/disk on your head like a crown
 - Phrase – “I AM A WARRIOR PRINCESS”
 - JOKER:
 - Action – Toss the ball underhand high in the air (over the net) to your partner. Their partner must then do bump pass the ball back to their partner who then needs to catch the ball without it hitting the ground.
 - Phrase – “DON’T DROP THE BOMB”
 - PENGUIN:



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- Action – Put the ball between their legs, waddle to the middle without letting the ball hit the ground. Hand the ball off to your partner who then has to waddle the rest of the way with the ball between their legs. Players should switch sides and switch who has the ball when it is over
- Phrase – “WADDLE, WADDLE, WADDLE, WADDLE