



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

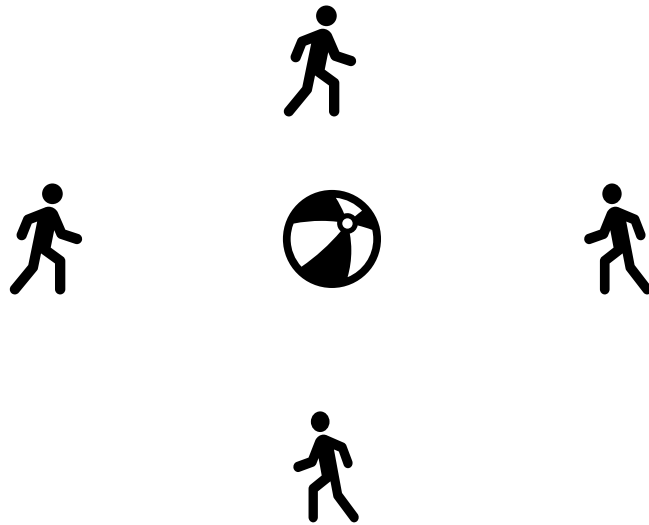


Hacky Sack (Hitting/Spiking)

Purpose: Setting

Equipment: Volleyballs, Volleyball Net

Set Up: Break players into teams and have them stand in a large circle. Give 1 ball per team. Make sure the 2-teams are spread out from one another so they don't get in each others way.



Execution:

- Game is played the same as Hacky Sack. See what team can keep the ball in the air the longest.
- Have 1-player in each team start with the ball. On coaches whistle they throw the ball in the air.
- Players then take turns passing it to one another – Bump, Set, Hit, Bump, Set, Hit.....
- Have all players count out loud how many sets they have down in consecutive order without the ball hitting the ground. (i.e. ONE, TWO, THREE, GROUND..... ONE, TWO GROUND....., ONE, TWO, THREE, FOUR, FIVE)
- Each player can only touch the ball once until all players have touched the ball
- Team with the most consecutive sets wins a point for their team.
- Restart but now players have to say the name of the player they are passing it to, and only that player can touch the ball next.
- Each player can only touch the ball once until all players have touched the ball
- Team with the most consecutive passes without the ball hitting the ground wins a point for their team.

Variation:

- **Over the net edition:** Have two players stand on one side the net, the other two player stand on the other side of net. Same Hacky Sack Rules but they have to hit the ball over the net every 3 touches.

Comments: Players must do a correct Bump, Set, Hit or it counts as a ground violation.