



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



Pepper with a Partner (Setting)

Purpose: Passing, Setting

Equipment: Volleyballs, Volleyball Net

Set Up: Put down colored spots, or use court markers, to show partners where to stand. They should be approx.. 5' from one another to start.

Execution:

- Have players partner up and follow this cycle:
- Player # 1 throws the ball to Player # 2.
- Player # 2 passes it to Player # 1
- Player # 1 sets it to Player # 2.
- Player # 2 catches (or gets) the ball and restarts the cycle
- Player # 2 throws it to player # 1.
- Player # 1 passes it to Player # 2.
- Player # 2 sets it back to Player # 1
- Once they get the hang of it, have the players stand on opposite sides of the net and continue cycle.

Variations:

- Over the Net Edition - Have players stand on either side the of the net and pass back and forth.