



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

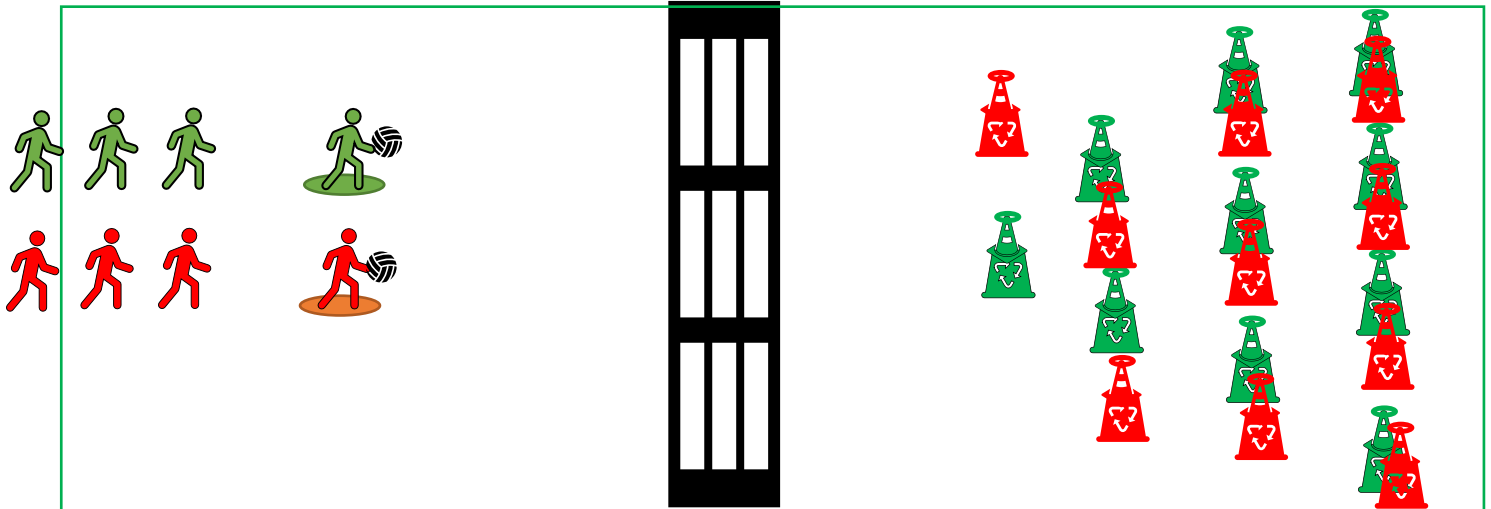


Pirate Ships Fortress Edition

Purpose: Serving or Hitting/Spiking depending on Edition

Equipment: Volleyballs, Volleyball Net, Buckets, Cones, Colored Disks

Set Up: As shown below: Set-up both team lines on the same side of the net. On the other side of the net, set-up 10 pirate ships for each team, mixed together.



Execution:

- Narrate Storyline – There is a Pirate Battle going on at sea! The players are currently watching the Pirate Battle from their Pirate Fort, and are going to help their Pirate Fleet by firing Cannon Balls (Volleyballs) at the enemy pirates. Each team is going to try to sink the other team's Pirate Fleet by Serving the Ball into the Pirate ship and knocking down the sail (i.e. cone). Be careful not to sink your own ship (Accuracy & Precision).
- Give the first player on each team a Volleyball
- When coach blows his/her whistle, both players serve the ball into the other teams fleet.
- Players only get 1-serve then they go to the back of the line
- Coach give the ball to the next player in line and the game continues.
- First team to distroy the other teams fleet wins that round
- Switch which side of the court the team's are serving from and continue as time permits.

Variations:

- Serving Edition - As shown above. Player start with the ball and serve it over the net
- Hitting/Spiking Edition – Coach starts with the ball and sets it to the player who hits/spikes it over the net.