



VOLLEYBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

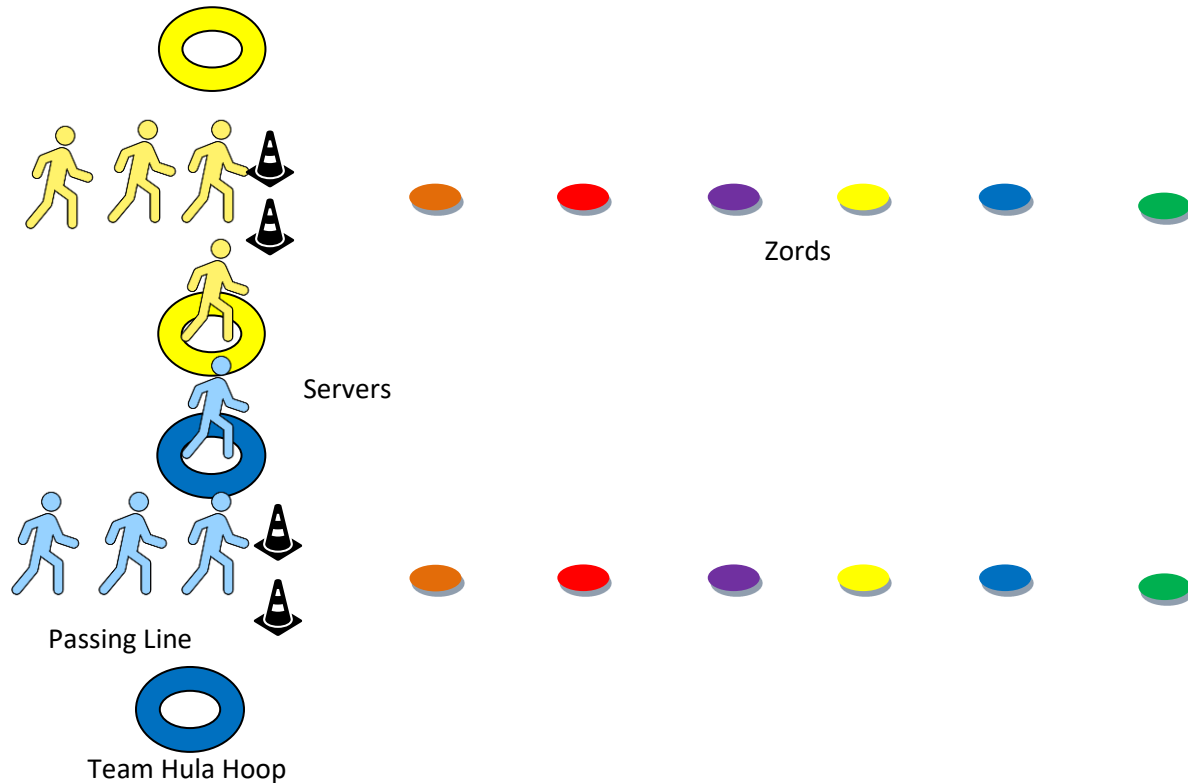


Power Rangers

Purpose: Bumping/Passing

Equipment: Volleyballs, Hula Hoops, Large Spots

Set Up: Set-up Colored Spots so each spot is further from the receiver hoop than the one previous. Make sure the distance of the spots are age appropriate



Execution:

- The goal of the game is to collect all of your Zords (colored spots) and put them into your team hula hoop in order to morph into a MegaZord. The first team to create a MegaZord (collect all 6 zords and put them into their hula hoop) wins
- Coach splits players into two teams and assigns each team to their side of the field. One player starts off in the Serving Hoop. The rest of the players line-up in the Passing Line.
- On coaches whistle, the first person in each Passing Line runs out to one of the Zords (they can start with any color)
- Once their foot is on a Zord, the player in the Hula Hoop gives them a soft Serve.
- The player on the Zord must “Bump/Pass” the ball back to the Server.
- **If the Server catches the ball in the Hula Hoop:** the Passer Grabs the Zord he/she was standing on and puts it in their Team Hula Hoop
- **If the Server doesn't catch the ball in the Hula Hoop:** If the Server doesn't catch the pass/bump, or has to leave the Hula Hoop to catch the bump/pass, it is an incomplete pass and the Passer doesn't grab the Zord he/she was standing on.
- **Make or miss:** After 1-attempt, the Passer grabs the ball, returns it to the Server and gets in the back of the passing line
- After the Server has served the ball to ever player on his/her team, a new player becomes the server and the old server gets in the Passing Line.
- First team to get all of their Zords in their Team Hula Hoop and say as a team “It's Morphin Time” wins the game!
- Reset the Zords at a further distance and continue as time permits.