

VOLLEYBALL CLINIC (TEAMWORK & TECHNIQUE)

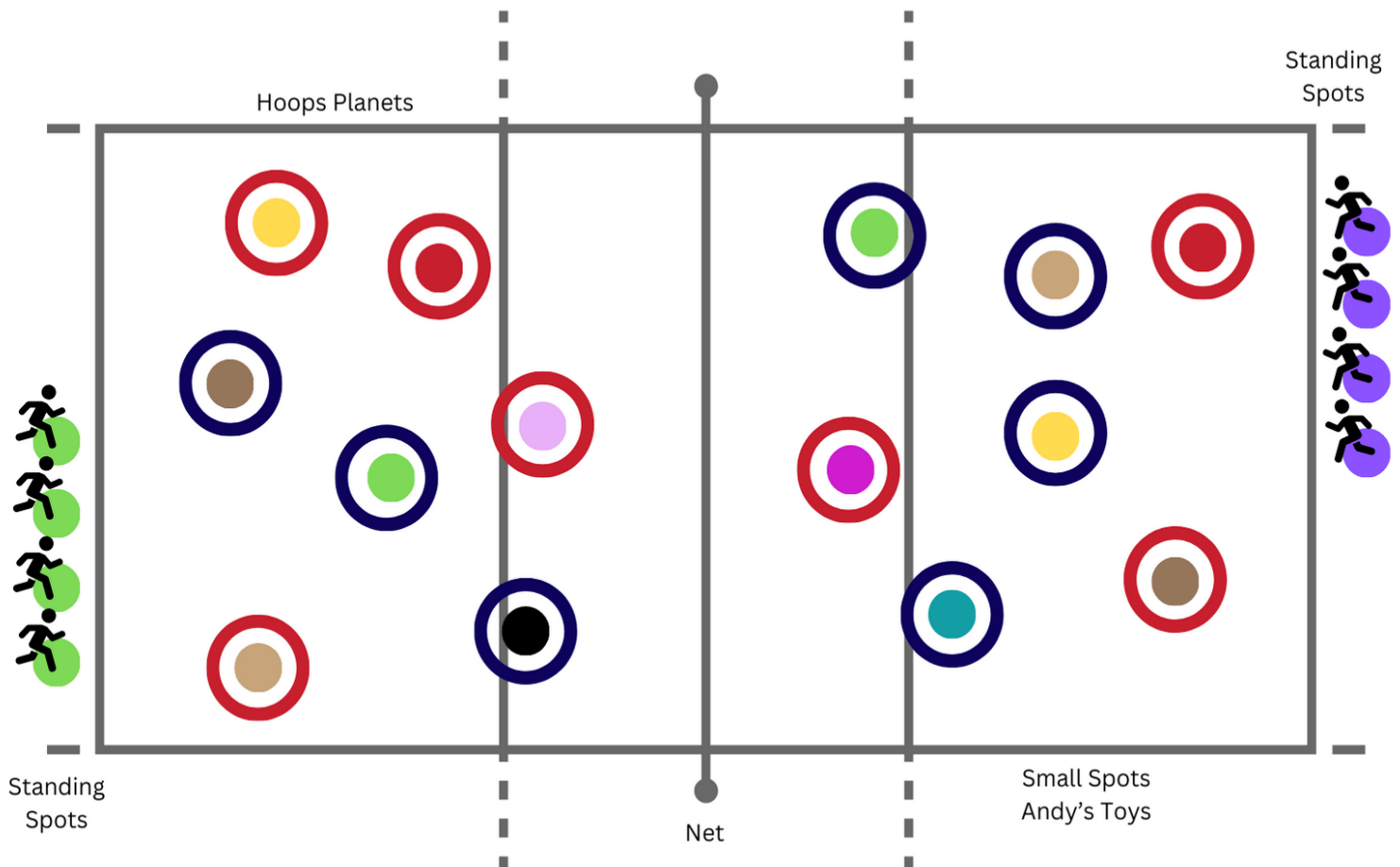
ACTIVITY REFERENCE GUIDE

Buzz Light Year Blast Off

Purpose: Serving

Equipment: Volleyballs, Volleyball Net, Hula Hoops or make circles with disks

Set Up: Split group into 2 teams and have them stand on opposite sides of the Volleyball Net along the service line (base line). Hula Hoops or disk circles (Planets) spread out on the court on each side of net.



Execution:

- Let one team start the game with a serve.
- On coaches whistle, one player from the team serves the Ball over the Net.
- If the ball lands inside a hula hoop (planet) Coach takes the hoop or circle (planet) away. Player takes small spot back to team toy box passes ball to next person in line.
- First Team to land on all planets and rescues all toys on the other side of the net wins.

Narrate Storyline:

Zerg has captures Andy's Best friends, Woody and the rest of the gang and sent them to a planet in another galaxy. It's up to Buzz Lightyear to save his friends. The players are Buzz Lightyear, and the ball is Buzz's rocket ship, the Hula Hoops are the planets, small spot are Buzz's Pals, Andy's toys. As a team, they are going to see how many planets they can land their rocket ship on to save a toy.

- Game begins when Coach says "Buzz LightYear to the Rescue".