



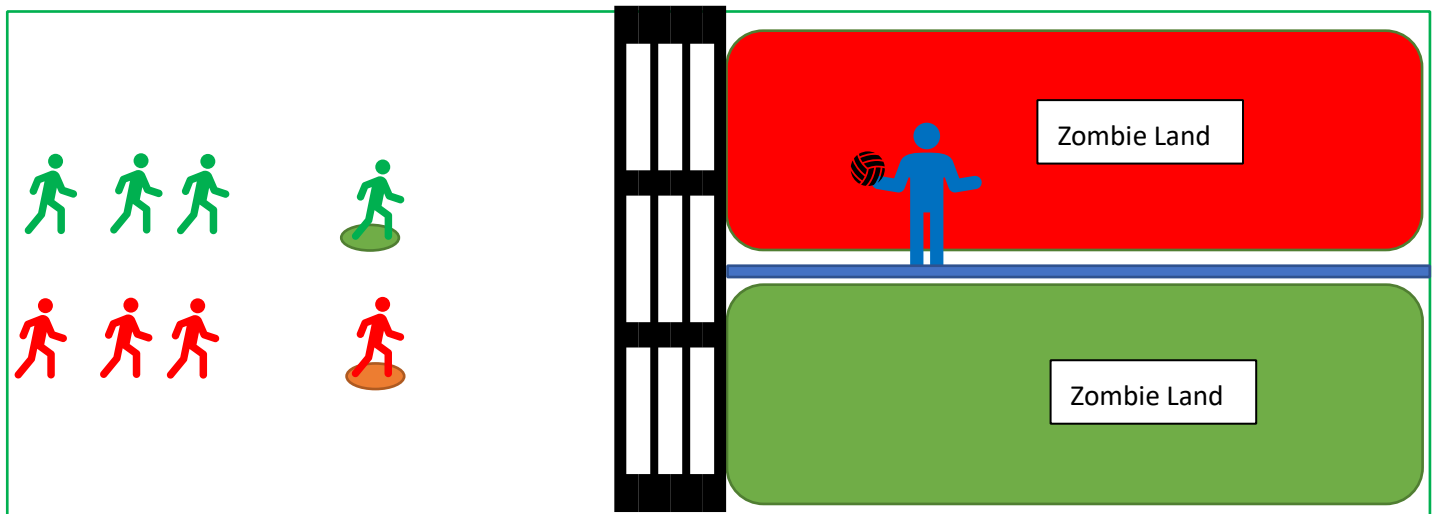
VOLLEYBALL CLINIC (TEAMWORK & TECHNIQUE) ACTIVITY REFERENCE GUIDE

Peter Pan and the Lost Boys

Purpose: Passing/Bumping, Serving, Setting, Hitting/Spiking – Depending on Variation

Equipment: Large Colored Spots, Volleyball, Volleyball Net

Set Up: Break players into two teams and have them line-up in a vertical team line. On the coaches side of the net, use colored disks/spots to divide the play area in two.



Execution:

- Coaches Toss Player ball one at a time. If the player bumps or set the ball over the net, and onto the other side of the court, they are safe and go to the end of their team line.
- If they Bump or set the ball into the net, or out of bounds, they become Captured by Captain Hook and his pirates and must board his ship, players have to go to the other side of the net with the coach (Coach is Captain Hook). Lost Boys must stay on their team's side of the court (as indicated by the line of disks/spots)
- If a Lost Boy catches a ball inbounds that is Bumped over the net by another player from their team, they are saved and get to join Peter Pan and the rest of their team of Lost Boys.
- Players can catch a ball by the other team, so they need to aim to their team's side of the court
- Once everyone on one team becomes a Captured Lost Boy by Captain Hook, the game is over and the other team wins.
- Switch the team lines and continue as time permits.

Story Line: Captain Hook has come back for revenge on Peter Pan and the Lost Boys. The players are the Lost Boys and the Coach is Captain Hook. They need to work hard to stay out of the hands of Captain Hook and his Pirate Crew. If a Lost Boy finds their way on Captain Hooks Ships, their team of Lost Boys have to try and recuse their captured Lost Boy and get them back to safety all while stay safe themselves!

Variation:

- Bumping/Passing Edition – as shown above

- For younger kids, they can catch the ball after it bounces. For older kids, they must catch the ball in the air.
- Serving Edition – Player starts with the ball and they serve it over the net. If it lands in bounds, they are safe. If goes into the net or lands out of bounds, a Captured Lost Boy by Captain Hook and must go over to the other side of the net and try to catch a ball.