



# Volleyball Camp (ages 7-12)

## Activity Reference Guide

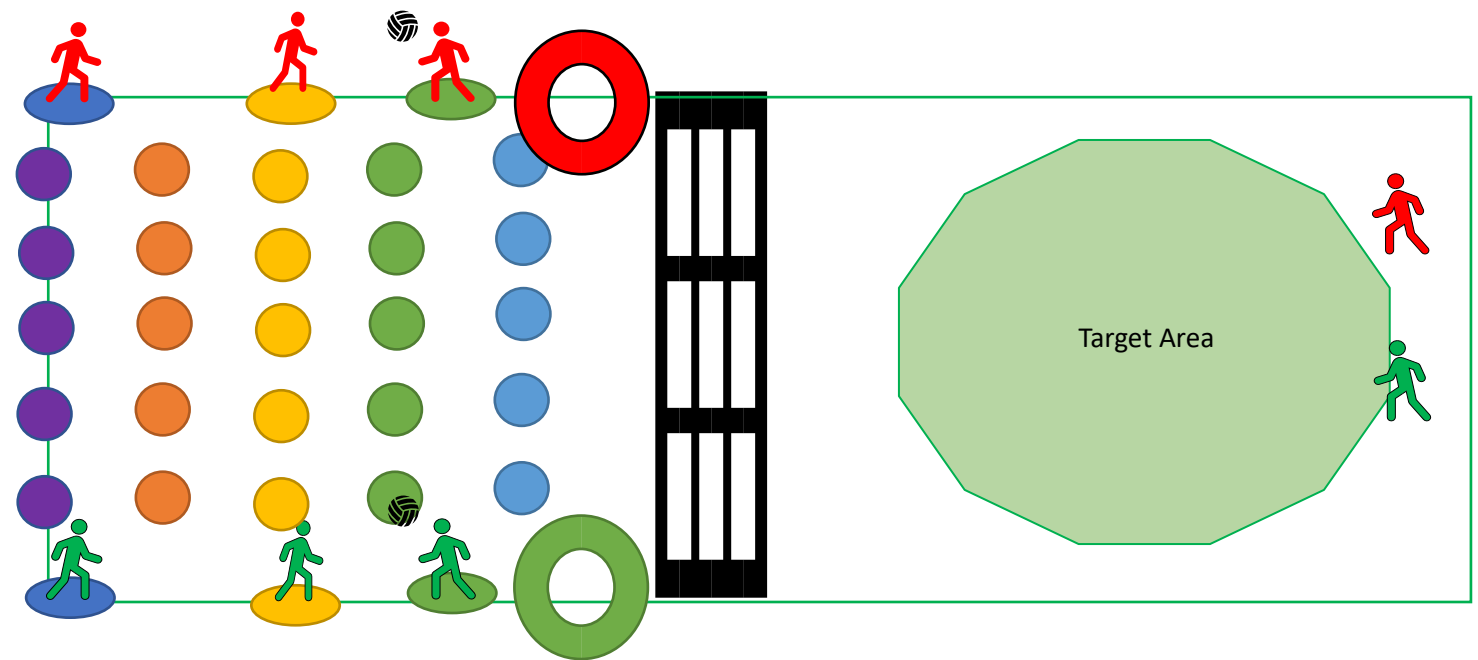


### Frog Catcher Relay Race

Purpose: Setting, Passing/Bumping, Teamwork

Equipment: Volleyball, Volleyball Net, Large Colored Spots, Small Colored Spots

Set Up: Two teams lines on a half of a Volleyball Court with Small Spots on one side and a target circle on the other (as show below)



#### Execution:

- Split players into two teams and assign each team to stand on a spot on the sideline. One player on either team starts on the other side of the net in the Target Area to retrieve the ball.
- The player on the Green Spot starts with the ball (on both teams)
- The player on Green passes the ball to the player on Yellow.
- Yellow Sets Blue
- Blue Catches the Ball and runs to one of the Frogs.
- He/she stands on one of the frogs (any color) and tries to pass or serve the ball over the net into the Target Area.
  - o **If the Ball Lands inside the Target Area:** The player grabs the Frog, and returns it to their team Hula
  - o **Hoop**
  - o **If the Ball DOES NOT Land inside the Target Area:** The player leaves the Frog on the ground
  - o **Either Way:** The Rebounder grabs the ball and brings it to the Green Spot. The passer goes to the other side of the net to become to rebounder. The person on the Green Spot goes to Yellow. The person on the Yellow Spot goes to Blue.
- Once the Rebounder gets to the Green Spot, they can start passing again -> Green passes Yellow, Yellow Sets to Blue, Blue Catches and goes to a Frog
- Continue as time permits
- When the game is over, all players return to their teams Hula Hoop and count up how many points they earned. Each frog is worth a different amount of points:
  - o SCORING:

- Purple Horned Toad = 5-Points
- Orange Lava Frog = 4-Points
- Yellow Sun Frog = 3-Points
- Green Tree Frog = 2-Points
- Blue River Frog = 1-Point

- The team with the most points is the WINNER! Have players high-5 the other team and say good game to demonstrate Sportsmanship
- Review Setting and its function in the sport.