

# Volleyball Camp

## Teamwork & Technique (ages 7-12)

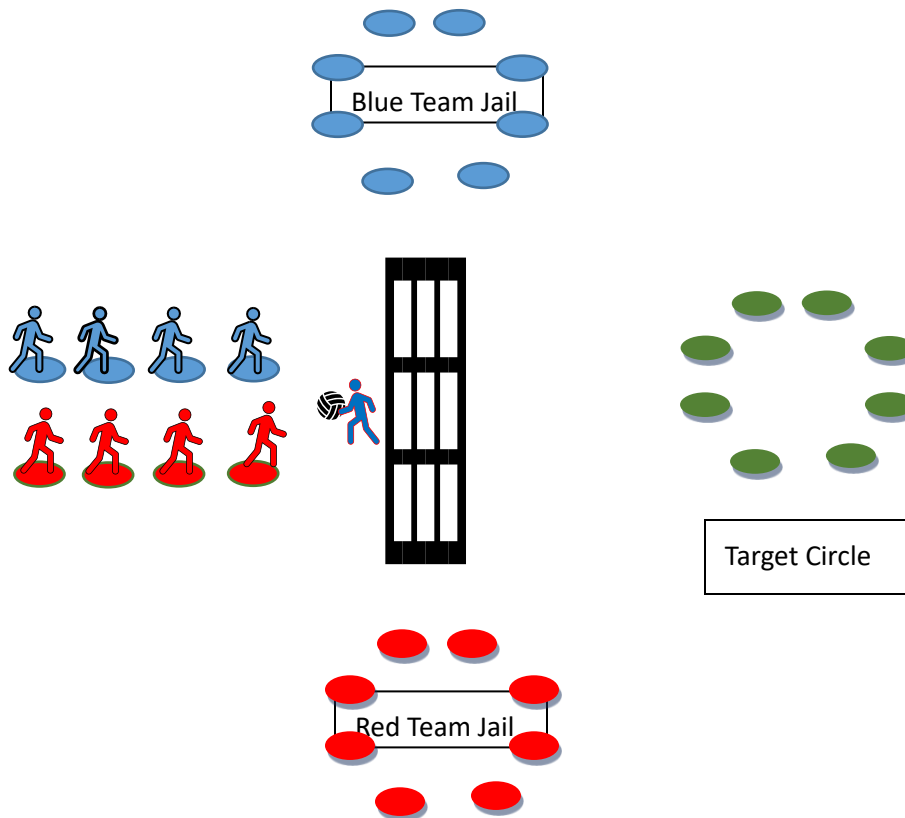
### Activity Refence Guide

## Jail Break

Purpose: Hitting, Serving, Bumping or Setting – Depending on Edition

Equipment: Colored Disks/Spots, Volleyballs, Volleyball Nets

Set Up: Use colored disks/spot to create a circle on one side of the net. Have all other players line-up into 2 team line's on the other side of the net. Use Colored Disks to create a small jail for each team.



### Execution:

- Coach goes back and forth passing the ball to the first player in each team line
- The first player in each line attempts to hit the ball so it lands in the circle of disks/spots on the other side of the net
- **If the ball lands inside the circle** the player is still in the game and goes to the back of the line
- **If the ball lands outside the circle** the player is in jail and must stand on their team's sideline (jail) • If a team make in 2 shots in a row, it is a jail break and everyone in their team's jail is back in the game
- If an entire team ends up in jail, the game ends, and the other team gets a point for their team.

Comments: For older/more advanced groups, make it 3-5 shots in a row for a jail break.

Variations:

- Hitting/Spiking Edition - As shown above. Coach Sets the ball to the player who hits/spikes the ball into the circle
- Serving Edition - Players start with the ball and try to serve it over the net and into the Circle. Same rules apply
- Setting Edition - Coach starts with the ball and passes it to the players who try to set the ball into the circle. Same rules apply
- Bumping Edition - Coach does a soft serve to the players who try to bump/pass the ball into the circle. Same rules apply.