



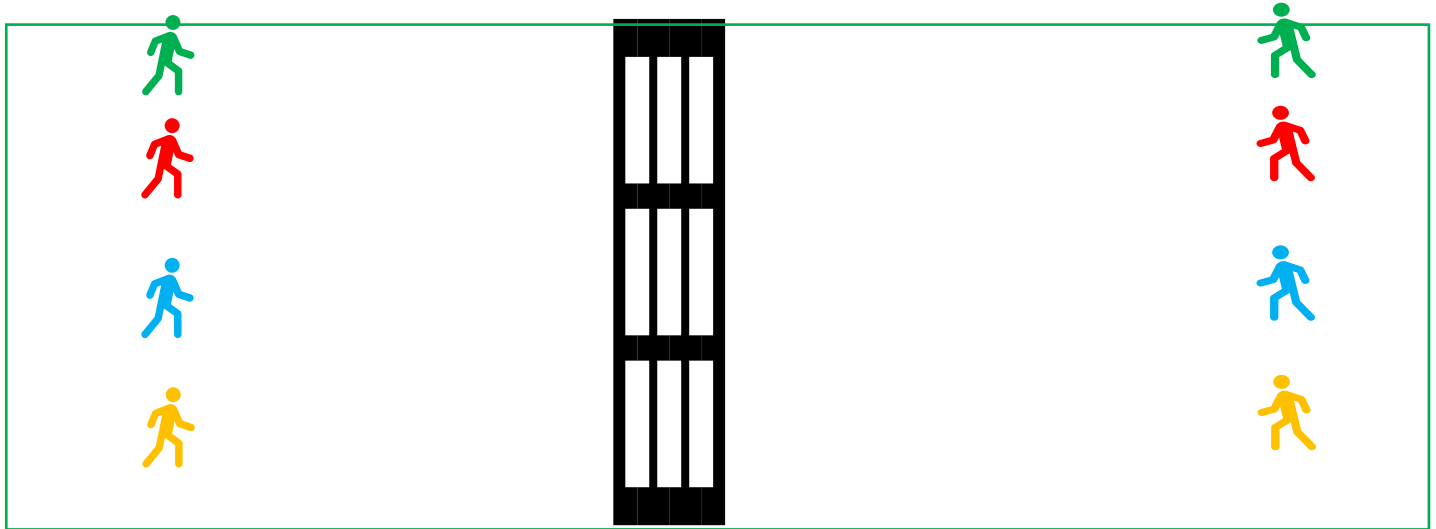
Volleyball Camp (ages 7-12) Activity Reference Guide

Serve with a Partner

Purpose: Serving

Equipment: Volleyballs, Volleyball Net

Set Up: Pair players up and have them stand on opposite sides of the Volleyball Net.



Execution:

- Coach demonstrated proper serving technique
- Give the ball to one side of the net
- On coaches whistle, that side serves the Ball over the Net.
- Continue back and forth as time permits
- Coach walks around and works with player form/technique.