

Volleyball Teamwork & Technique Camp

Circuit Allocation Table (aka the CAT)		Ages 7-12		Monday
8:00am-8:45am	Pre-Camp - Coaches Meeting & Set-up			
8:45am-9:05am	Sign-In & Warm-up			
	Coach	Director	Coach 1	Coach 2
	Activity	Check-In	Bumping Lines	Bumping Circle
	Group	All Groups	Red/Green	Blue/Yellow
Focus			Organization & Flow	Organization & Flow
9:05am-9:15am	Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Life Skill of the Day (Respect the ROOTS), Daily Preview			
9:15am-9:30am	STATION 1		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Ready, Set, Grab	Avengers Passing	
	Group	Red/Green	Blue	Yellow
Focus	Ready position	Bumping		
9:30am-9:45am	STATION 2		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Ready, Set, Grab	Avengers Passing	
	Group	Blue/Yellow	Red	Green
Focus	Ready position	Bumping		
9:45am-9:50am	Water Break			
9:50am-10:05am	STATION 3		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Pepper w/ a Parter	Tic Tac Toe Passing	
	Group	Red/Green	Blue	Yellow
Focus	Bumping	Bumping		
10:05am-10:20am	STATION 4		SKILL DEVELOPMENT DRILLS/GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Pepper w/ a Parter	Tic Tac Toe Passing	
	Group	Blue/Yellow	Green	Red
Focus	Bumping	Bumping		
10:20am-10:40am	SNACK BREAK			
10:40am-10:50am	STATION 5		Agility Ladder & Post Snack Set-up	
	Coach	Director	Coach 1	Coach 2
	Activity	Agility Ladder	Set-Up For Post Snack Games	
	Group	All Groups		
Focus	Double Taps, In/Out (Taps & Jumps)			
10:50am-11:10am	STATION 6		Sim Scrims & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
	Activity	Space Jam	Frog Catcher	
	Group	Red/Green	Blue	Yellow
Focus	Bumping, Strategy,		Bumping	
11:10am-11:30am	STATION 7		Sim Scrims & Skill Reinforcement Games	
	Coach	Director	Coach 1	Coach 2
	Activity	Space Jam	Frog Catcher	
	Group	Blue/Yellow	Green	Red
Focus	Bumping, Strategy,		Bumping	
11:30am-11:35am	Water Break			
11:35am-11:55am	STATION 8		CAMP GAME - Bumping	
	Coach	Director	Coach 1	Coach 2
	Activity	Zombieland		
	Group	Blue & Green vs. Red & Yellow		
Focus	Bumping, Strategy, Respect the ROOTS			
11:55am-12:00pm	Camp Close - Points, Recap, Special Acknowledgements			
12:00pm-12:05pm	Sign-Out			
	Coach	Director	Coach 1	Coach 2
	Activity	SIGN-OUT		
	Group	All Groups		
Focus	Safety		Safety	
12:05pm-12:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting			