

Volleyball Teamwork & Technique Camp

| Circuit Allocation Table (aka the CAT) | | Ages 7-12 | | Tuesday | | |
|--|--|---|-------------------------------|--|---------------|--|
| 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 | Setting Circle | Setting Lines | |
| | | Group | All Groups | Red/Green | Blue/Yellow | |
| 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 | Pop Corn Setting | BB8 v R2D2 | | |
| | | Group | Red/Green | Blue | Yellow | |
| 9:30am-9:45am | | STATION 2 | | SKILL DEVELOPMENT DRILLS/GAMES | | |
| | | Coach | Director | Coach 1 | Coach 2 | |
| | | Activity | Pop Corn Setting | BB8 v R2D2 | | |
| | | Group | Blue/Yellow | Red | Green | |
| 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 Setting | | |
| | | Group | Red/Green | Blue | Yellow | |
| 10:05am-10:20am | | STATION 4 | | SKILL DEVELOPMENT DRILLS/GAMES | | |
| | | Coach | Director | Coach 1 | Coach 2 | |
| | | Activity | Pepper w/ a Parter | Tic Tac Toe Setting | | |
| | | Group | Blue/Yellow | Green | Red | |
| 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 | | | |
| 10:50am-11:10am | | STATION 6 | | Sim Scrims & Skill Reinforcement Games | | |
| | | Coach | Director | Coach 1 | Coach 2 | |
| | | Activity | Catch & Toss | Pokemon | | |
| | | Group | Red/Green | Blue | Yellow | |
| 11:10am-11:30am | | STATION 7 | | Sim Scrims & Skill Reinforcement Games | | |
| | | Coach | Director | Coach 1 | Coach 2 | |
| | | Activity | Catch & Toss | Pokemon | | |
| | | Group | Blue/Yellow | Green | Red | |
| 11:30am-11:35am | | Water Break | | | | |
| 11:35am-11:55am | | STATION 8 | | CAMP GAME - Bumping | | |
| | | Coach | Director | Coach 1 | Coach 2 | |
| | | Activity | Centipede Relay | | | |
| | | Group | Blue & Green vs. Red & Yellow | | | |
| 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 | | | |
| 12:05pm-12:30pm | | Post Camp - Tear Down, Load Truck, & Coaches Meeting | | | | |