

Volleyball Camp Teamwork & Technique (ages 7-12)

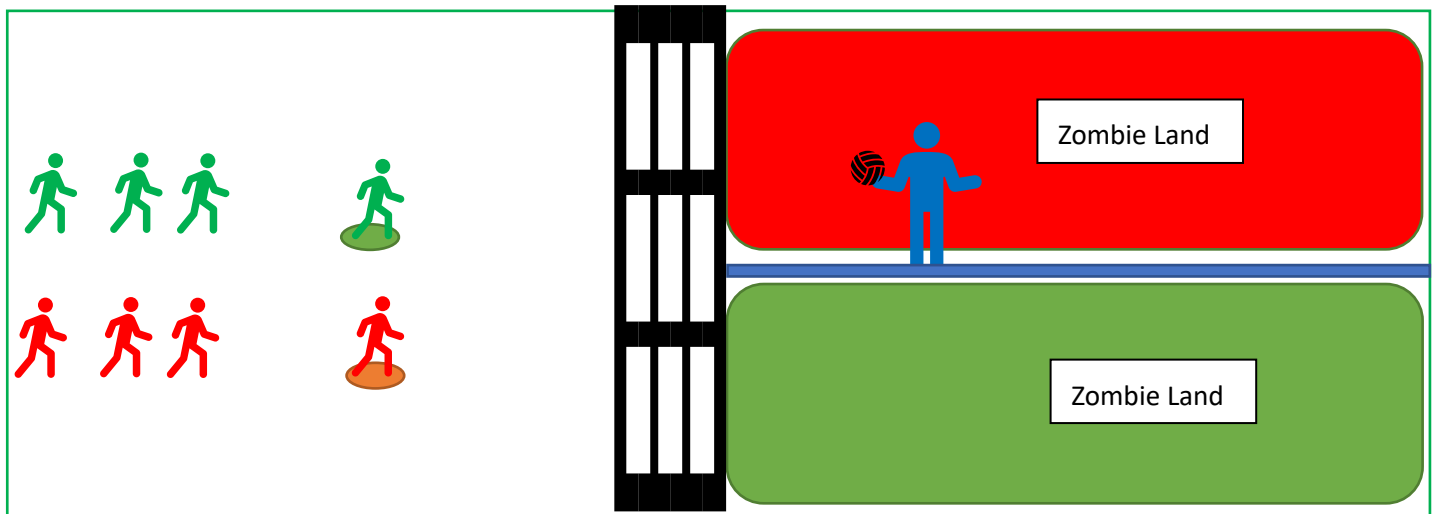
Activity Reference Guide

Zombie Land

Purpose: Bumping

Equipment: Large Colored Spots, Volleyball, Volleyball Net

Set Up: Break players into two teams and have them line-up in a vertical team line. On the coaches side of the net, use colored disks/spots to divide the play area in two.



Execution:

- Split players into two teams. On one side of the net. Coach is on the opposite side in Zombieland.
- Coach Tosses ball to first player on each team. One at a time.
- Player has to bump ball back over the net and ball has to land in bounds.
- If ball lands in bounds, player is safe and rotates to the back of their team line and next player steps up to bumping spot.
- If ball does not get bumped over or lands out of bounds; Player is a zombie and joins coach in Zombieland.
- Zombie Player has to catch a ball that is bumped over by teammate. Ball has to be caught before touching the ground.
- Toss campers balls one at a time. If the camper hits the ball over the net, and onto the court, they are safe and go to the end of their team line.
- Once a team all turn into zombies the other team wins and a new round starts.
- For younger kids, they can catch the ball after it bounces. For older kids, they must catch the ball in the

air.