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# VolleyKats

The Wildcats curriculum was designed specifically for four year olds to be introduced to the game of volleyball being taught at a very basic level.

### Objectives

The objectives we are striving to accomplish here are:

- Passing - Introducing children to proper hand placement. Stressing on keeping arms parallel to the ground. Not swinging arms to hit a ball, but yet using their legs to go up and down. We will be using colored spots to get correct foot placement as well.
- Setting - When showing each child a proper set, we will stress on hand placement, correct foot placement, and correct movement with each set.
- Hitting - We will be introducing our kids to a no-step approach. We will be working mainly on the hand and arm motion, along with a follow through.
- Underhand serving - At this age we will mostly be teaching underhand serving, but hope to introduce the overhand serve as kids are ready. We will teach them correct hand placement and arm motion in a serve.
- Blocking - We want to teach the basics of blocking, including the hand placement, arms positioning, and foot placement by using colored spots. We will also strengthen their jumping skills.
- Position recognition - We want to give the children a basic knowledge of positions at an early age. Some of our teamwork games will help with this.



# VolleyKats

Wildcats (4yrs)

**Bonus Game**  
High Ten

**Week 1 Theme: Safari Objective: Passing and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Parent Speech</li> <li>• Welcome "Trials"</li> <li>• Collect payments</li> </ul>	<ul style="list-style-type: none"> <li>- Meet and greet</li> <li>- Introductions</li> <li>- Attendance</li> </ul>
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Crazy Crickets - agility</li> <li>• Jolly Jumpers - kangaroos in the Outback</li> </ul>	<ul style="list-style-type: none"> <li>- What animal would you find if you were on an African Safari? (giraffe, flamingo, rhino's, cheetah)</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Balloon: BSS</li> <li>• Red Light, Green Light (vball style)</li> <li>• Hula Hit - hit the running Rhinos</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Keep it UP!</li>   <li>- <b>Hitting:</b> (Step,Load,Smack)</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Popcorn - bonk it up; as tall as a giraffe</li> <li>• Bingo - aim for the ostrich nests</li> <li>• Volley Dodge - agility and fitness</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Inspect ceiling for safely issues</li> <li>- <b>Serving:</b> (Bow/Arrow,Load,Fire)</li> <li>- The balls are ostrich eggs</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Safari</li> <li>• Practice w/ a balloon at home!</li> </ul>	

Wildcats (4yrs)

Bonus Game  
High Ten

Week 2 Theme: Jungle

Objective: Digging and Setting

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Collect payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Follow the Leader</li> <li>• Simon Says</li> </ul>	<p>-what types of animals live in the jungle? (monkey, snake, mosquitoes)</p>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Ball Throw - the basics</li> <li>• Balloon Hits - stay in control</li> <li>• Call the Ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Digging:</b> (Lean, Save, Recover)</li> <li>- Be loud; that's YOUR ball!</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Falling Bridges - agility/speed</li> <li>• Obstacle Course - w/ stair steps</li> <li>• Wally Ball Hits</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Make it volleyball specific</li> <li>- Setting: (Diamond, Peek, Superman)</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Jungle</li> <li>• Stretch</li> </ul>	

VolleyKats

Wildcats (4yrs)

**Bonus Game**  
High Ten

**Week 3 Theme: Gorillas**

**Objective: Blocking and Hitting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Noodle Hops</li> <li>• Freeze Tag High Ten</li> </ul>	<p>-Gorillas have long arms and huge hands. Perfect for hitting and blocking. -What does a Gorilla use his hands for? (climbing, finding food, walking, etc)</p>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Block-n-Crawl</li> <li>• Noodle Block - jump up and forward</li> <li>• Smack Down - big gorilla hands</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Crawl like a gorilla</li> <li>- <b>Blocking:</b> (Hide, Load, High Ten)</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Block your Yard</li> <li>• Bonk the Duck</li> <li>• Slow-Mo Scrimmage - use balloon</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Hitting:</b> (Step, Load, Smack)</li> <li>- <b>Coach:</b> quack like a duck!</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Gorillas</li> <li>• Talk about the importance of upper body strength for vball players.</li> </ul>	<ul style="list-style-type: none"> <li>- Gorillas have incredible upper body strength</li> </ul>

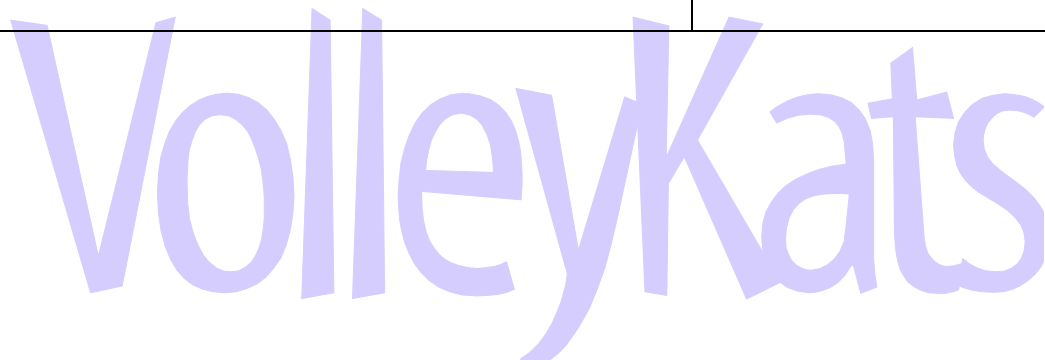
Wildcats (4yrs)

**Bonus Game**  
High Ten

**Week 4 Theme: Beach Day**

**Objective: Digging and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High kicks, tippy toe walk, heel walk, jog</li> <li>• Jump Rope</li> <li>• Ladders - high knees; "don't let the crabs pinch your toes!"</li> </ul>	<ul style="list-style-type: none"> <li>- What are some things you might find on a beach? (shells, drift wood, crabs)</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Musical Positions</li> <li>• Wally Ball Hits - under/over hand serves</li> <li>• Piñata</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Serving into a certain zone, sets up the next play.</li> <li>- Get parent volunteer to help hold bar</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Falling Bridges - speed/agility</li> <li>• Balloon Bump, Set, Spike</li> <li>• Hot Tamale - w/ beach ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Good decision making for game play</li> <li>- Teamwork</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Beach Day</li> <li>• Has anyone been to a beach before?</li> </ul>	<ul style="list-style-type: none"> <li>- Talk about their experience.</li> </ul>



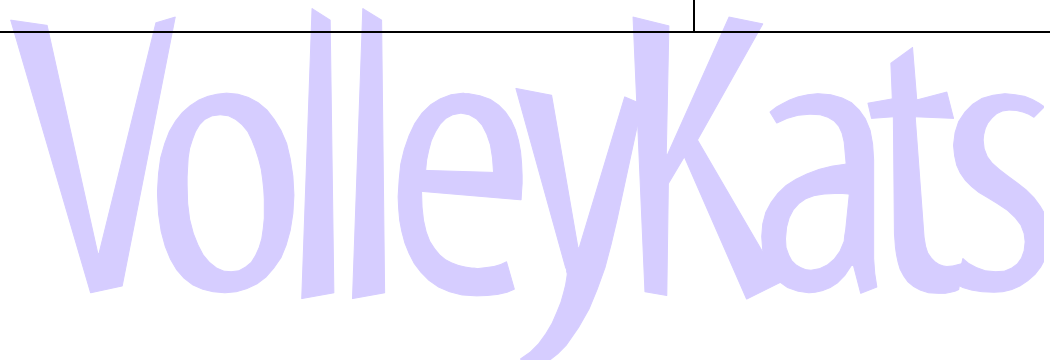


Wildcats (4yrs)

**Bonus Game**  
High Ten

**Week 5 Theme: Animals that jump Objective: Blocking and Setting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Obstacle Course - set up before class</li> <li>• Follow the Leader</li> </ul>	<p>-Who can think of an animal that jumps or hops? (rabbit, kangaroos, frog, cricket)</p>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Block your Yard - rabbit den</li> <li>• Bingo - set and tip only</li> <li>• Circus Hoops - setting; (balloon only)</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Blocking:</b> (H,L,HT)</li> <li>- Pretend the hoop is the Kangaroo pouch for baby.</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Block-n-Crawl</li> <li>• Crazy Crickets</li> <li>• Jolly Jumpers - Hop like a bunny</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Focus; multitasking. Finish one skill first; then move on to crawl.</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Animals that jump</li> <li>• What does a frog say? Stretch!</li> </ul>	



Wildcats (4yrs)

**Bonus Game**  
High Ten

**Week 6 Theme: Outer Space**

**Objective: Digging and Hitting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Simon Says</li> <li>• Popcorn - with balloons or beach balls</li> </ul>	<ul style="list-style-type: none"> <li>- What planet do we live on? Is the Sun a star? (yes)</li> <li>- Meteor shower</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Block-n-crawl - variation</li> <li>• Bonk the Duck - Bonk the Alien</li> <li>• Hot Tamale - moon rock</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Block ball, then dig 2<sup>nd</sup> ball</li> <li>- <b>Hitting:</b> (S,L,S)</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Balloon Race - Luke vs. Darth Vader</li> <li>• Hula Hit - spinning alien robots</li> <li>• Noodle Dodge - shooting stars</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Bow and Arrow, Load, Fire</li> <li>- <b>Digging:</b> (L,S,R)</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Outer Space</li> <li>• How many planets can you name?</li> </ul>	<ul style="list-style-type: none"> <li>- Begin RU Returning Process</li> </ul>

Wildcats (4yrs)

**Bonus Game**  
High Ten

Week 7 Theme: Parent Day

Objective: Teach your caretaker

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Begin RU Returning</li> </ul>	<ul style="list-style-type: none"> <li>- During bonus game, parents tag kids</li> </ul>
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Ladders</li> <li>• Jolly Jumpers</li> </ul>	<ul style="list-style-type: none"> <li>- Who did you bring today?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Bonk the Duck - Parents</li> <li>• Falling Bridges - teamwork</li> <li>• Circus Hoops - parents hold hoop</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Then switch and let the parents bonk the kids; soft balls only</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Wally Ball Hits</li> <li>• Red Light, Green Light</li> <li>• Slo-Mo Scrimmage - w/ balloon</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Work together with your child.</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Thank you Parents!</li> <li>• Stretch</li> </ul>	<ul style="list-style-type: none"> <li>- Continue RU Returning Process</li> </ul>

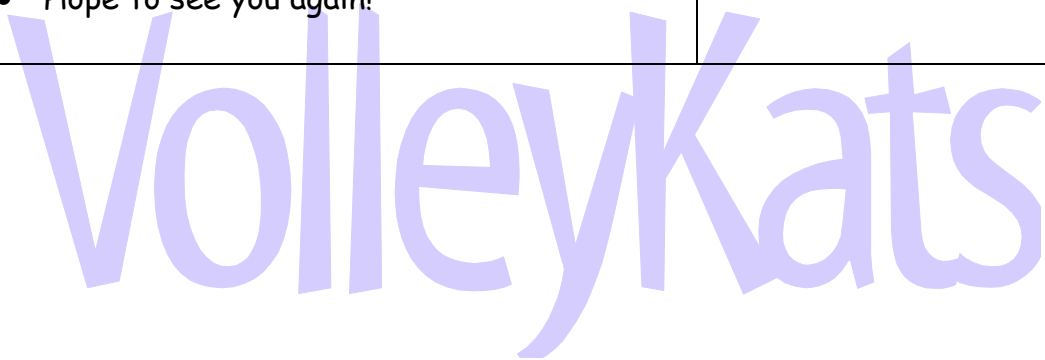
Wildcats (4yrs)

**Bonus Game**  
High Ten

**Week 8 Theme: Favorite Games**

**Objective: Have FUN!**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Continue RU Returning</li> <li>• Collect any early payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Jump Rope</li> <li>• Obstacle Course</li> </ul>	<ul style="list-style-type: none"> <li>- Set up while they are jumping</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #2</li> <li>• #3</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Let the kids take turns picking their favorite games</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #5</li> <li>• #6</li> </ul>	<p><b>Comments:</b></p>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: What was their favorite?</li> <li>• Hope to see you again!</li> </ul>	



**Cougars (5yrs)**

**Bonus Game**  
High Ten

**Week 1 Theme: Safari**

**Objective: Passing and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Parent Speech</li> <li>• Welcome "Trials"</li> <li>• Collect payments</li> </ul>	<ul style="list-style-type: none"> <li>- Meet and greet</li> <li>- Introductions</li> <li>- Attendance</li> </ul>
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Bears vs. Bees</li> <li>• Ladders</li> </ul>	<ul style="list-style-type: none"> <li>- Has anyone been on a safari? Maybe at the zoo? What did you see? Hear? Smell?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Balloon Bump, Set, Spike</li> <li>• Bingo</li> <li>• Wally Ball Hits</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Serving:</b> (Bow/Arrow, Load, Fire)</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Balloon Race</li> <li>• The Pit</li> <li>• Three Toss Hand Ball - count out loud</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Stay in control!</li> <li>- <b>Pass/Bump:</b> (Clasp, "V", Shrug)</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Safari</li> <li>• Practice w/ a balloon at home</li> </ul>	

**Cougars (5yrs)**

**Bonus Game**  
High Ten

**Week 2 Theme: Jungle**

**Objective: Digging and Setting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Collect any remaining payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Simon Says</li> <li>• Follow the Leader</li> </ul>	<ul style="list-style-type: none"> <li>- What animals might you see in jungle?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Falling Bridges</li> <li>• Block your Yard - throw low balls</li> <li>• Rolly Polly - dizzy, dizzy, dizzy</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Quick feet!</li> <li>- Demonstrate a proper volleyball roll</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Torpedo - dig for points</li> <li>• One on One Setting</li> <li>• Slo-Mo Scrimmage - set only</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Digging:</b> (Lean, Save, Recover)</li> <li>- <b>Setting:</b> (Diamond, Peek, Superman)</li> <li>- Balloon only</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Jungle</li> <li>• What does a monkey say? Lion? Eagle?</li> </ul>	

**Cougars (5yrs)**

**Bonus Game**  
High Ten

**Week 3 Theme: Gorillas**

**Objective: Blocking and Hitting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Jump Rope</li> <li>• Popcorn</li> </ul>	<ul style="list-style-type: none"> <li>- How many fingers and toes do gorillas have? (10 each just like humans)</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Piñata</li> <li>• Brick Wall Break</li> <li>• Call the Ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Hit the coconut swinging in the monkey tree</li> <li>- <b>Blocking:</b> (Hide, Load, High Ten)</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Smack Down</li> <li>• 50/50 Spike - strength and confidence</li> <li>• Freeze Tag High Ten</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Hitting:</b> (Step, Load, Smack)</li> <li>- WIN the ball!</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Gorillas</li> <li>• Practice your jumps. Give High Tens to anyone in your family!</li> </ul>	

Cougars (5yrs)

**Bonus Game**  
High Ten

Week 4 Theme: Beach Day

Objective: Digging and Serving

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Lateral Balance</li> <li>• Ball Throw</li> </ul>	<ul style="list-style-type: none"> <li>- Has anyone in this class been to the beach before? What did you see? Sand, sail boats? Whales?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Bonk the Duck</li> <li>• Splat!</li> <li>• Amoeba - soft balls only</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Coach is DUCK!</li> <li>- Don't drop the ball!</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Wally Ball Hits</li> <li>• Serve Battle</li> <li>• Three Toss Hand Ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Focus, focus, focus.</li> <li>- Intro to scrimmage</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Beach Day</li> <li>•</li> </ul>	

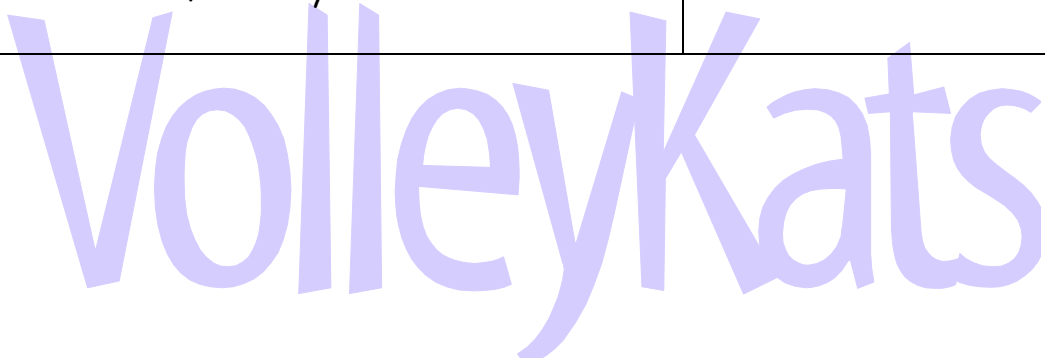


**Cougars (5yrs)**

**Bonus Game**  
High Ten

**Week 5 Theme: Animals that Jump Objective: Blocking and Setting**

<b>Greeting &amp; Administration</b> •	
<b>Warm-Up &amp; Dynamic Stretching</b> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Bears vs. Bees</li> <li>• Ladders</li> </ul>	<ul style="list-style-type: none"> <li>- How many animals can you think of that jump? (Frog, rabbit, kangaroo, cricket)</li> </ul>
<b>Activities - Part I</b> <ul style="list-style-type: none"> <li>• Jolly Jumpers - two foot bunny hops</li> <li>• Obstacle Course - jumps, dives, digs</li> <li>• High Ten - say, "rib-bbit"</li> </ul>	<b>Comments:</b> <ul style="list-style-type: none"> <li>- Work quickly so this can be a fitness exercise too.</li> <li>- <b>Blocking:</b> (H,L,HT)</li> </ul>
<b>***** Water Break *****</b>	<b>"Hydration is important"</b>
<b>Activities - Part II</b> <ul style="list-style-type: none"> <li>• Musical Positions - set to zones</li> <li>• Volley Dodge - quick kangaroos</li> <li>• Ruler of the Court</li> </ul>	<b>Comments:</b> <ul style="list-style-type: none"> <li>- Demonstrate and memorize position/zones.</li> <li>- High energy game! Cheer loudly!</li> </ul>
<b>Closing</b> <ul style="list-style-type: none"> <li>• Review theme: Animals that jump</li> <li>• Who had fun today?</li> </ul>	



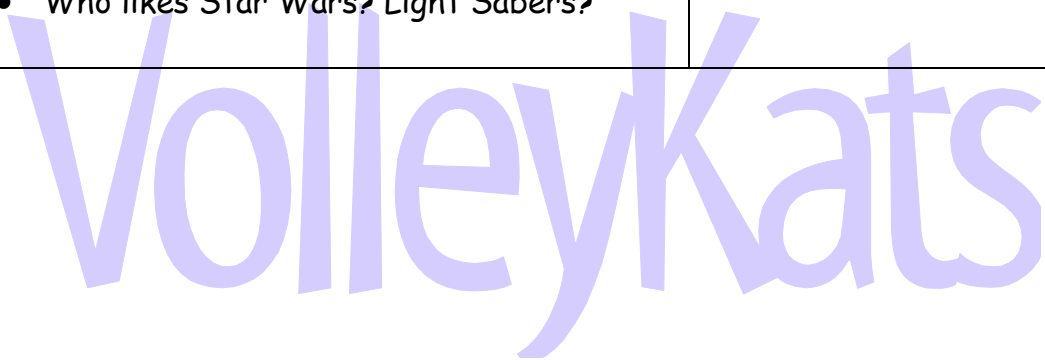
Cougars (5yrs)

**Bonus Game**  
High Ten

**Week 6 Theme: Outer Space**

**Objective: Digging and Hitting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Begin RU Returning process</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Jump Rope</li> <li>• Hot Tamale</li> </ul>	<ul style="list-style-type: none"> <li>- Who knows what an alien looks like? Do you want to fly a space ship today?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Belly Ball - alien wars</li> <li>• Red Light, Green Light</li> <li>• Serve Relay - meteor shower</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Digging:</b> (L,S,R)</li> <li>- Add yellow light when ready.</li> <li>- Split class in half and have one group dig</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Rolly Polly</li> <li>• Smack Down - Bop Yoda on the head</li> <li>• Piñata - jump off step</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Get up quickly and be ready for the ball!</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Outer Space</li> <li>• Who likes Star Wars? Light Sabers?</li> </ul>	



**Cougars (5yrs)**

**Bonus Game**  
High Ten

**Week 7 Theme: Parent Day**

**Objective: Teach the Caretaker**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Pre-Registrations</li> <li>• RU Returning?</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Simon Says - try to trick parents</li> <li>• Falling Bridges - partner w/ parent</li> </ul>	<ul style="list-style-type: none"> <li>- Who did you bring today? Let's have some fun!</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Bonk the Duck - kids get parents</li> <li>• Splat!</li> <li>• One on One Setting</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Partner w/ parent</li> <li>- <b>Setting:</b> (D,P,S)</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Block-n-Crawl - crawl under parent legs</li> <li>• Bingo</li> <li>• Slo-Mo Scrimmage</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Kids vs. Parents: who can knock over the most cones?</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Parent Day</li> <li>• Thank you for your participation!</li> </ul>	

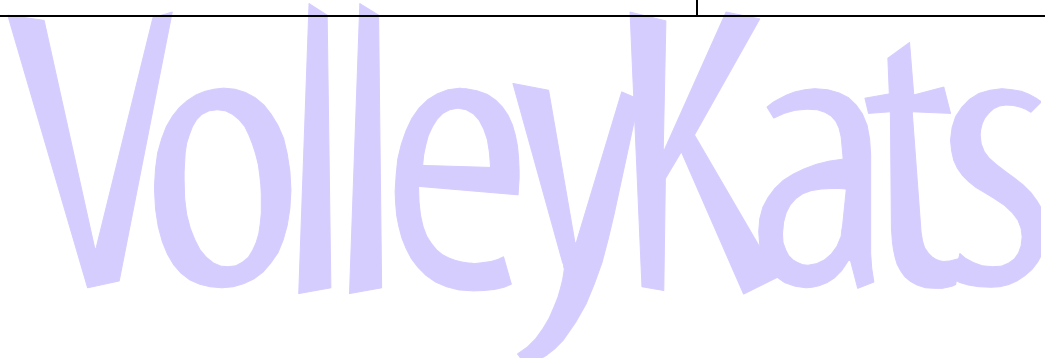
**Cougars (5yrs)**

**Bonus Game**  
High Ten

**Week 8 Theme: Favorite Games**

**Objective: Have FUN!**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Continue RU Returning</li> <li>• Collect any early payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Freeze Tag High Ten</li> <li>• Obstacle Course</li> </ul>	
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #2</li> <li>• #3</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Let the kids take turns picking their favorite games</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #5</li> <li>• #6</li> </ul>	<p><b>Comments:</b></p>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: What was their favorite?</li> <li>• Hope to see you again!</li> </ul>	



**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 1 Theme: Safari**

**Objective: Digging and Free Balls**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Parent Speech</li> <li>• Welcome "Trials"</li> <li>• Collect payments</li> </ul>	<ul style="list-style-type: none"> <li>- Meet and greet</li> <li>- Introductions</li> <li>- Attendance</li> </ul>
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Crazy Crickets - no spin</li> <li>• Follow the Leader</li> </ul>	<ul style="list-style-type: none"> <li>- Do you want to go on a Safari today? What animals might we see?</li> <li>- Let each child be leader</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Call the Ball - say "MINE!"</li> <li>• Dive and Roll - oh no! The lion is coming</li> <li>• Bump, Set, Spike!</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Digging:</b> (Lean, Save, Recover)</li> <li>- In front of net</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Belly Ball</li> <li>• The Pit - the water hole in Africa</li> <li>• Three Toss Hand Ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Practice calling the ball here too</li> <li>- Team game play</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Safari</li> <li>• Who wants to go on a Zoo Safari?</li> </ul>	

**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 2 Theme: Jungle**

**Objective: Passing and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Collect any remaining payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Bears vs. Bees</li> <li>• Rings of Fire - tribal fires</li> </ul>	<ul style="list-style-type: none"> <li>- Who know the story "The Jungle Book"? A boy is raised by all the animals in the jungle!</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Musical Positions - dancing toucans</li> <li>• Hula Hit</li> <li>• Bingo - bop the ants on the head</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Passing:</b> (Clasp, "V", Shrug)</li> <li>- <b>Serving:</b> (Bow/Arrow, Load, Fire)</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Amoeba</li> <li>• Serve Relay - shoo the bugs away</li> <li>• Wally Ball Hits - skills practice</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Soft balls only</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Jungle</li> <li>• Stretch</li> </ul>	

**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 3 Theme: Gorillas**

**Objective: Digging and Serving**

<b>Greeting &amp; Administration</b> •	
<b>Warm-Up &amp; Dynamic Stretching</b> • Skip, jog, hop, side shuffle • Jolly Jumpers • Ladders	- Has anyone seen a gorilla before? How big was it?
<b>Activities - Part I</b> • Bonk the Duck - the gorilla  • Rolly Polly - roll away from the hungry gorillas • Serve Battle	<b>Comments:</b> - Coach is Duck; "quack"
<b>***** Water Break *****</b>	"Hydration is important"
<b>Activities - Part II</b> • Splat!  • 50/50 Spike  • Slo-Mo Scrimmage - w/ bouncy ball	<b>Comments:</b> - Challenge this age; start further apart  - Introduce scrimmaging
<b>Closing</b> • Review theme: Gorillas • What does a gorilla do to warn intruders? (Pound chest and say, "Ooh, Ooh")	



**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 4 Theme: Beach Day**

**Objective: Hitting and Setting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Red Light, Green Light</li> <li>• Lateral Balance</li> </ul>	<ul style="list-style-type: none"> <li>- What might you see at a beach? Waves, dolphins, shells, etc.</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• One on One Setting</li> <li>• Ruler of the Court - of the beach</li> <li>• Brick Wall Break - Sandy beach wall</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Setting:</b> (D,P,S)</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Hot Tamale - setting only</li> <li>• Three-Step - count out loud</li> <li>• Three Toss Hand Ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Set a time limit to make them work quicker</li> <li>- Beach volleyball</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Beach Day</li> <li>• Where in the USA is a WARM beach?</li> </ul>	<ul style="list-style-type: none"> <li>- Hawaii</li> </ul>



**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 5 Theme: Animals that Jump Objective: Digging and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Jump Rope</li> <li>• Bears vs. Bees</li> </ul>	<ul style="list-style-type: none"> <li>- Do Elephants jump? How about turtles? Well then, which animals jump?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Belly Ball - what is in a kangaroo's belly?</li> <li>• Bingo - make it a contest</li> <li>• Volley Juggle - teamwork</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Digging:</b> (L,S,R)</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Amoeba - jumping jelly beans! Don't get hit!</li> <li>• The Pit</li> <li>• Hula Hit</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Serving:</b> (B/A,L,F)</li> <li>- Split class and have a team challenge.</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Animals that Jump</li> <li>• Do whales jump? No, it's called a <b>breech</b></li> </ul>	

**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 6 Theme: Outer Space**

**Objective: Blocking and Setting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Begin the RU Returning Process</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Follow the Leader</li> <li>• Jolly Jumpers - no gravity on the moon</li> </ul>	<ul style="list-style-type: none"> <li>- What is a Super Nova? The beginning stages of the creation of a STAR.</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Over the Net Block</li> <li>• Ball Throw - setting only</li> <li>• Block-n-Crawl</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Blocking:</b> (H,L,HT)</li> <li>- Don't drop the moon rock</li> <li>- Make sure to raise net to desired height.</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Block your Yard - don't let the alien in</li> <li>• Freeze Tag High Ten</li> <li>• Torpedo - work on dives</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Make "yard" larger for a better challenge</li> <li>- Let each kid be "IT"</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Outer Space</li> <li>• Who can name all the planets?</li> </ul>	



**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 7 Theme: Parent Day**

**Objective: Teach the Caretaker**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• RU Returning?</li> <li>• Collect any payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Rings of Fire</li> <li>• Popcorn - each w/ their own ball</li> </ul>	<ul style="list-style-type: none"> <li>- Let's teach your caretaker all that you've learned! You get to help be "coach" today!</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• One on One Setting</li> <li>• Serve Relay - kids vs. parents</li> <li>• Smack Down - take turns</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Partner w/ parent</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Splat!</li> <li>• Musical Positions - name the zones</li> <li>• Slo-Mo Scrimmage - w/ parents</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Don't drop it!</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Parent Day</li> <li>• Thank your parent for playing w/ you.</li> </ul>	

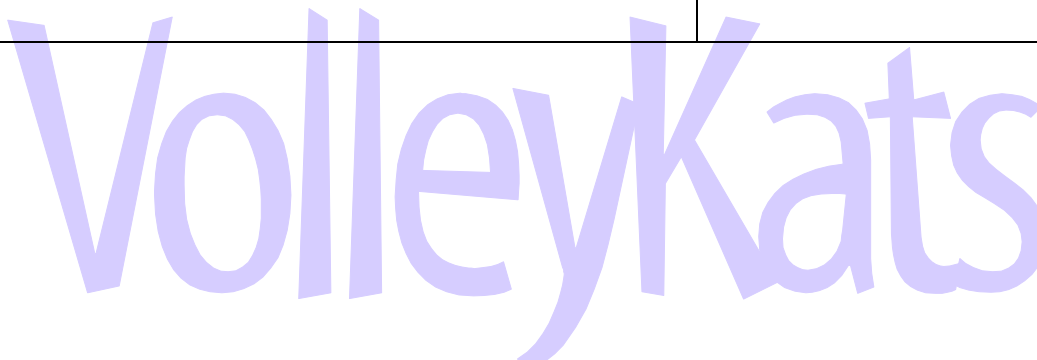
**Panthers (6yrs)**

**Bonus Game**  
High Ten

**Week 8 Theme: Favorite Games**

**Objective: Have FUN!**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Continue RU Returning</li> <li>• Collect any early payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• High Ten</li> <li>• Circus Hoops</li> </ul>	
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #2</li> <li>• #3</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Let the kids take turns picking their favorite games</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #5</li> <li>• #6</li> </ul>	<p><b>Comments:</b></p>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: What was their favorite?</li> <li>• Hope to see you again!</li> </ul>	



**Tigers (7-8yrs)**

**Bonus Game**  
High Ten

**Week 1 Theme: Safari**

**Objective: Digging and Free Balls**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Parent Speech</li> <li>• Welcome "Trials"</li> <li>• Collect payments</li> </ul>	<ul style="list-style-type: none"> <li>- Meet and greet</li> <li>- Introductions</li> <li>- Attendance</li> </ul>
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Lateral Balance</li> <li>• Ladders</li> </ul>	<ul style="list-style-type: none"> <li>- If I were on a Safari in Kenya, what continent am I on? (Africa)</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Popcorn - w/ real volleyballs</li> <li>• Bump, Set, Spike</li> <li>• Block your Yard - the lion's den</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- No net needed</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Call the Ball - roar line a tiger</li> <li>• Dive and Roll</li> <li>• Volley Juggle - teamwork/timing</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Meerkat's roll away from the hyenas</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Safari</li> <li>• Stretch</li> </ul>	

Tigers (7-8yrs)

**Bonus Game**  
High Ten

**Week 2 Theme: Jungle**

**Objective: Passing and Blocking**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Collect any remaining payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• High Ten</li> <li>• Falling Bridges - don't fall in the river</li> </ul>	<ul style="list-style-type: none"> <li>- Do monkeys really swing on vines from tree to tree? Are those vines strong enough to hold an adult human? (Yes)</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Belly Ball</li> <li>• Hot Tamale - bump passes</li> <li>• Over the Net Block</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Passing:</b> (Clasp, "V", Shrug)</li> <li>- <b>Blocking:</b> (Hide, Load, High Ten)</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Block-n-Crawl - don't crawl into the snakes nest</li> <li>• 50/50 Spike</li> <li>• Slo-Mo Scrimmage - w/ balloon</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- WIN the ball! Self confidence</li> <li>- Just the first day w/ a balloon</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Jungle</li> <li>• How much does it rain in the jungle?</li> </ul>	<ul style="list-style-type: none"> <li>- That's why it's so green and thick!</li> </ul>

Tigers (7-8yrs)

**Bonus Game**  
High Ten

**Week 3 Theme: Gorillas**

**Objective: Digging and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Rings of Fire</li> <li>• Jump Rope</li> </ul>	<ul style="list-style-type: none"> <li>- What is the male leader of a Gorilla pack called? (Silver back)</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Amoeba - termites! Gorillas favorite food</li> <li>• Torpedo - dive, dig, save</li> <li>• Wally Ball Hits - skills practice</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Players on the ground can roll around a bit to add an extra element of challenge</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Serve Relay</li> <li>• The Pit - Gorilla village</li> <li>• Three Toss Hand Ball</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Monkey's vs. Gorillas</li> <li>- With lightweight volleyball</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Gorillas</li> <li>• Teamwork and Team Play introduced</li> </ul>	

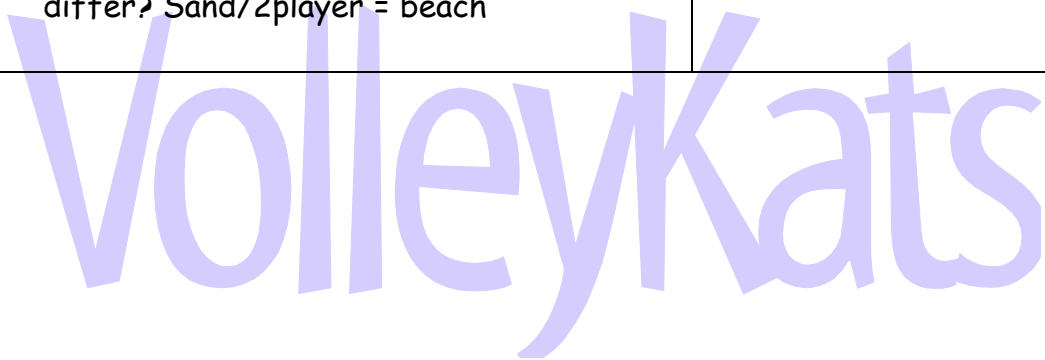
**Tigers (7-8yrs)**

**Bonus Game**  
High Ten

**Week 4 Theme: Beach Day**

**Objective: Hitting and Setting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Bears vs. Bees</li> <li>• Jolly Jumpers</li> </ul>	<ul style="list-style-type: none"> <li>- Have any of you been to a beach? What did you do?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Hula Hit</li> <li>• One on One Setting - beach ball toss</li> <li>• Piñata - shells in piñata</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Hitting:</b> (Step, Load, Smack)</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Smack Down</li> <li>• Three-Step - skills training</li> <li>• Scrimmage</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Bonk the jelly fish on the head and squish them on the ground</li> <li>- Coach participates to keep thing under control</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Beach Day</li> <li>• How does beach and court volleyball differ? Sand/2player = beach</li> </ul>	





Tigers (7-8yrs)

**Bonus Game**  
High Ten

**Week 5 Theme: Animals that Jump Objective: Digging and Serving**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Ladders</li> <li>• Lateral Balance</li> </ul>	<ul style="list-style-type: none"> <li>- Are we an animal? Yes! Well, we are a mammal. Yes, we can also jump! Try it!</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Serve Battle</li> <li>• Musical Positions - memorize zones</li> <li>• Belly Ball - jump up like a frog on its belly</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Kangaroos vs. Rabbits</li> </ul>
<p><b>***** Water Break *****</b></p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Bonk the Duck</li> <li>• Volley Juggle - focus and teamwork</li> <li>• Ruler of the Court</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- <b>Serving:</b> (B/A,L,F)</li> <li>- Team game!</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Animals that Jump</li> <li>• Remember the court zones and positions!</li> </ul>	

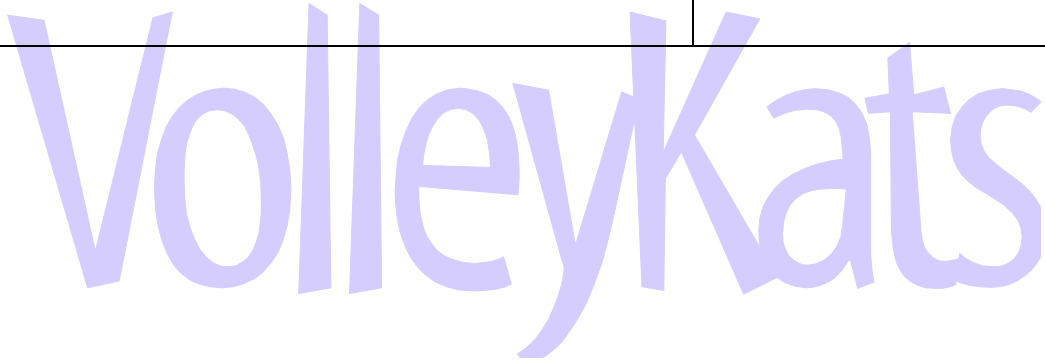
Tigers (7-8yrs)

**Bonus Game**  
High Ten

**Week 6 Theme: Outer Space**

**Objective: Blocking and Setting**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Begin the RU Returning process</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Skip, jog, hop, side shuffle</li> <li>• Bears vs. Bees</li> <li>• Jolly Jumpers</li> </ul>	<ul style="list-style-type: none"> <li>- How many stars are in the universe? (Infinite) Who wants to be an astronaut?</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• 50/50 Spike</li> <li>• Popcorn - setting only</li> <li>• Over the Net Block - Up and forward</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Aliens vs. Astronauts</li> <li>- High and low sets</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Bump, Set, Spike</li> <li>• Brick Wall Break - Alien wars</li> <li>• Scrimmage</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Spread out, focus, no talking</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Outer Space</li> <li>• Who likes Star Wars?</li> </ul>	



Tigers (7-8yrs)

**Bonus Game**  
High Ten

**Week 7 Theme: Parent Day**

**Objective: Teach the Caretaker**

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Continue RU Returning</li> <li>• Collect any early payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• High Knees, Funny Run, Lunges, Bear Crawl</li> <li>• Freeze Tag High Ten</li> <li>• Obstacle Course</li> </ul>	<ul style="list-style-type: none"> <li>- Introduce me to your parent/caretaker!</li> <li>- Parents are it. Kids save frozen kids.</li> </ul>
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• One on One Setting</li> <li>• Serve Relay - parents vs. kids</li> <li>• The Pit - parents shag balls</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Partner w/ parent</li> </ul>
<p>***** <b>Water Break</b> *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Ruler of the Court</li> <li>• Volley Dodge - parents w/ balls</li> <li>• Scrimmage - w/ parents</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Parents vs. Kids</li> </ul>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: Parent Day</li> <li>• Thank the parents for participation</li> </ul>	

Tigers (7-8yrs)

Bonus Game  
High Ten

Week 8 Theme: Favorite Games

Objective: Have FUN!

<p><b>Greeting &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• Continue RU Returning</li> <li>• Collect any early payments</li> </ul>	
<p><b>Warm-Up &amp; Dynamic Stretching</b></p> <ul style="list-style-type: none"> <li>• Toy Soldier, Gorilla Walk, Backwards, Star Jumps</li> <li>• Follow the Leader</li> <li>• Bingo</li> </ul>	
<p><b>Activities - Part I</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #2</li> <li>• #3</li> </ul>	<p><b>Comments:</b></p> <ul style="list-style-type: none"> <li>- Let the kids take turns picking their favorite games</li> </ul>
<p>***** Water Break *****</p>	<p>"Hydration is important"</p>
<p><b>Activities - Part II</b></p> <ul style="list-style-type: none"> <li>• Favorite Games</li> <li>• #5</li> <li>• #6</li> </ul>	<p><b>Comments:</b></p>
<p><b>Closing</b></p> <ul style="list-style-type: none"> <li>• Review theme: What was their favorite?</li> <li>• Hope to see you again!</li> </ul>	

