

Skyhawks Volleyball Camp

TUESDAY CAT (Circuit Allocation Table): Ages 7-12

1 Director, 1 Coach

8:00am-8:45am	Pre-Camp - Coaches Meeting & Set-up		
8:45am-9:05am	Sign-In & Warm-up		
	Coach	Director	Coach 1
	Activity	Check-IN	Pepper with a Partner
	Focus	Maslow's Hierarchy of Needs & Routine	
9:05am-9:15am	Daily Preview - Review (Camp Rules, Camp Culture, Connect, Respect the ROOTS). Daily Preview: Theme - Jersey Day, Leadership - Cheer, Life Skill - Integrity		
9:15am-9:25am	STATION 1	SKILL DEVELOPMENT DRILLS	
	Coach	Director	Coach 1
	Activity	Hitting: 3 Step Approach & Hitting Drills	Pepper w/ a Partner (Setting) and Hack Sack Setting
	Group	Red/Green	Blue/Yellow
	Focus	3 Step Approach Technique	Finger Positioning, contact point, and follow through
9:25am-9:35am	STATION 2	SKILL DEVELOPMENT DRILLS	
	Coach	Director	Coach 1
	Activity	Hitting: 3 Step Approach & Hitting Drills	Pepper w/ a Partner (Setting) and Hack Sack Setting
	Group	Blue/Yellow	Red/Green
	Focus	3 Step Approach Technique	Finger Positioning, contact point, and follow through
9:35am-9:45am	Water Break		
9:45am-10:00am	STATION 3	SKILL REINFORCEMENT GAMES	
	Coach	Director	Coach 1
	Activity	Hitting: JailBreak	Setting: BB8 vs. R2D2
	Group	Red/Green	Blue/Yellow
	Focus	Serving: Toss & Contact Point	Finger Positioning, contact point, and follow through
10:00am-10:15am	STATION 4	SKILL REINFORCEMENT GAMES	
	Coach	Director	Coach 1
	Activity	Hitting: JailBreak	Setting: BB8 vs. R2D2
	Group	Blue/Yellow	Red/Green
	Focus	Serving: Toss & Contact Point	Finger Positioning, contact point, and follow through
10:15am-10:25am	SNACK BREAK (give out stamps/sticks from Monday)		
10:25am-10:35am	STATION 5	Bathroom Breaks, Late Snack, & Agility Ladder	
	Coach	Director	Coach 1
	Activity	Bathroom Breaks	Agility Ladder
	Group	Who has to go to the bathroom?	Anyone not on a bathroom break
	Focus		Ski Jumps, Vertical In/Out
10:35am-10:50am	STATION 6	4-2 SYSTEM INSTALL	
	Coach	Director	Coach 1
	Activity	4-2 System Review & Catch & Toss Scrimmage	
	Group	Red/Yellow	Blue/Green
	Focus	Serve & Serve Receive Rotations. Front row positions: Server, Middle Blocker, Outside Hitter	
10:50am-11:20am	STATION 7	SCRIMMAGES	
	Coach	Director	Coach 1
	Activity	6v6 Scrimmage	
	Group	Blue & Green	Red & Yellow
	Focus	Gopher SoftTouch Ball	
11:20am-11:25am	Water Break		
11:25am-11:40am	STATION 6	SKILL REINFORCEMENT GAMES	
	Coach	Director	Coach 1
	Activity	Hitting: Pirate Ships (use BB8 vs. R2D2 Cones scores)	Setting: Pokemon
	Group	Red/Yellow	Blue/Green
	Focus	3 Step Approach Technique	Finger Positioning, contact point, and follow through
11:40am-11:55am	STATION 7	SKILL REINFORCEMENT GAMES	
	Coach	Director	Coach 1
	Activity	Hitting: Pirate Ships (use BB8 vs. R2D2 Cones scores)	Setting: Pokemon
	Group	Blue/Green	Red/Yellow
	Focus	3 Step Approach Technique	Finger Positioning, contact point, and follow through
11:55pm-12:05pm	Camp Close & Sign-Out		
	Coach	Director	Coach 1
	Activity	SIGN-OUT	Manage Team Lines
	Activity		Daily Recap
	Focus	Safety & Organization	Safety & Organization
12:05pm-12:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting		