

Skyhawks Volleyball Camp

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

1 Director

| | | |
|--------------------------|---|---|
| 8:00am-8:45am | Pre-Camp - Coaches Meeting & Set-up | |
| 8:45am-9:05am | Sign-In & Warm-up | |
| | Coach | Director |
| | Activity | Check-In |
| | Focus | Maslow's Hierarchy of Needs & Routine |
| 9:05am - 9:15am | Daily Preview - Review (Communication & Teamwork). Daily Preview: Theme Game Day, Leadership: Comradery, Life Skill: Self-Esteem | |
| 9:15am - 9:35am | STATION 1 | SKILL DEVELOPMENT DRILLS |
| | Coach | Director |
| | Activity | Camp Favorite 1 |
| | Focus | |
| 9:35am - 9:40am | WATER BREAK | |
| 9:40am - 10:00am | STATION 2 | SKILL REINFORCEMENT GAMES |
| | Coach | Director |
| | Activity | Camp Favorite 2 |
| | Focus | |
| 10:00am-10:05am | WATER BREAK | |
| 10:05am - 10:25am | STATION 3 | SKILL DEVELOPMENT DRILLS |
| | Coach | Director |
| | Activity | Camp Favorite 3 |
| | Focus | |
| 10:25am-10:45am | BATHROOM BREAK, SNACK BREAK | |
| | Coach | Director |
| | Activity | Bathroom Breaks, Snack Breaks |
| | Focus | All Groups Together |
| 10:45am - 11:05am | STATION 4 | TOURNAMENT |
| | Coach | Director |
| | Activity | 6v6 Scrimmage |
| | Focus | Showcase Volleyball, Leadership & Life Skills |
| 11:05am - 11:10am | WATER BREAK | |
| 11:10am - 11:35am | STATION 5 | TOURNAMENT |
| | Coach | Director |
| | Activity | 6v6 Scrimmage |
| | Focus | Showcase Volleyball, Leadership & Life Skills |
| 11:35am - 11:55am | AWARD CEREMONY | |
| 11:55am - 12:05pm | Camp Close & Sign-Out | |
| | Coach | Director |
| | Activity | Sign-Out |
| | Focus | Safety & Organization |
| 12:05pm-12:30pm | Post Camp - Tear Down & Coaches Meeting | |