

Skyhawks Volleyball Camp		
MONDAY 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	All Groups
9:05am - 9:15am	Camp Orientation - Camp Rules, Club Culture (MEAL PLAN), Daily Preview: School Pride Day, Leadership: Connect, Life Skill: Respect the ROOTS	
9:15am - 9:30am	STATION 1	SKILL DEVELOPMENT DRILLS
	Coach	Director
	Activity	Ready, set, grab & Pepper w/a Partner Passing
	Focus	Passing: Hands Together and Arms Straight (make a triangle)
9:15am - 9:45am	STATION 2	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Passing: ZombieLand
	Focus	Passing: Hands Together and Arms Straight (make a triangle)
9:45am - 9:50am	WATER BREAK	
9:50am - 10:05am	STATION 3	SKILL DEVELOPMENT DRILLS
	Coach	Director
	Activity	Serve w/a Partner
	Focus	Serving: Toss & Contact Point
10:05am - 10:20am	STATION 4	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Serving: Tic, Tac, Toe
	Focus	Serving: Toss & Contact Point
10:20am-10:40am	BATHROOM BREAKS AND SNACK	
	Coach	Director
	Activity	Bathroom Breaks, Snack Breaks
	Focus	All Groups Together
10:40am - 11:00am	STATION 5	4-2 SYSTEM INSTALL
	Coach	Director
	Activity	4-2 System Review & Catch & Toss Scrimmage
	Focus	Serve & Serve Receive Rotations. Front row positions: Server, Middle Blocker, Outside Hitter
11:00am - 11:30am	STATION 6	SCRIMMAGES
	Coach	Director
	Activity	6v6 Scrimmage
	Focus	Gopher Soft Touch Ball
11:30am - 11:35am	WATER BREAK	
11:35am - 11:55am	STATION 7	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Space Jam
	Focus	Reinforce Skill, Leadership, and Life Skills
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	