

Skyhawks Volleyball Camp

THURSDAY 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 (Confidence & Sportsmanship). Daily Preview: Theme: Camp Photo Day, Leadership: Communicate, Life Skill: Teamwork	
9:15am - 9:25am	STATION 1	SKILL DEVELOPMENT DRILLS
	Coach	Director
	Activity	Pepper w/a Partner (Setting) and Hack Sack (Passing)
	Focus	Footwork, Angles, Follow-through
9:25am - 9:40am	STATION 2	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Setting: Mater's Haul
	Focus	Footwork, Contact Point, Follow-through
9:40am - 9:50am	WATER BREAK	
9:50am - 10:00am	STATION 3	SKILL DEVELOPMENT DRILLS
	Coach	Director
	Activity	Hitting: Arm Swing Technique & Hitting Drills
	Focus	Arm Swing Technique
10:00am - 10:15am	STATION 4	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Hitting: JailBreak
	Focus	Arm Swing Technique
10:15am-10:35am	BATHROOM BREAK, SNACK BREAK	
	Coach	Director
	Activity	Bathroom Breaks, Snack Breaks
	Focus	All Groups Together
10:35am - 10:50am	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
10:50am - 11:20am	STATION 6	SCRIMMAGES
	Coach	Director
	Activity	6v6 Scrimmage
	Focus	Gopher Soft Touch Ball (Switch to Volleyball when ready)
11:20am - 11:25am	WATER BREAK	
11:25am - 11:40am	STATION 7	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Setting: Frog Catcher
	Focus	Footwork, Contact Point, Follow-through
11:40am - 11:55am	STATION 8	SKILL REINFORCEMENT GAMES
	Coach	Director
	Activity	Hitting: Tic, Tac, Toe
	Focus	Arm Swing Technique
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	