

Skyhawks Volleyball Camp

Monday CAT (Circuit Allocation Table): ages 7-12

Free Director + 2 Coaches

8:00am-8:45am	Pre-Camp - Coaches Meeting & Set-up			
8:45am-9:05am	Sign-In & Warm-up			
	Coach	Director	Coach 1	Coach 2
	Activity	Check-In	Walk players to home base/warm-up station	Pepper with a Partner
	Focus	Maslow's Heirachry of Needs & Routine		
9:05am-9:15am	Camp Orientation - Camp Rules, Camp Culture (MEAL PLAN), Daily Preview (School Pride Day) Leadership (Connect) Life Skill (Respect the ROOTS)			
9:15am-9:30am	STATION 1	Circuit Station 1 - SKILL DEVELOPMENT DRILLS		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	Serve w/ a Partner	Ready, Set, Grab & Pepper w/ a Partner Passing
	Group		Red/Green	Blue/Yellow
	Focus		Serving: Toss & Contact Point	Passing: Hands Together & Arms Straight (Make a Triangle)
9:30am-9:45am	STATION 2	Circuit Station 2 - SKILL DEVELOPMENT DRILLS		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	Serve w/ a Partner	Ready, Set, Grab & Pepper w/ a Partner Passing
	Group		Blue/Yellow	Red/Green
	Focus		Serving: Toss & Contact Point	Passing: Hands Together & Arms Straight (Make a Triangle)
9:45am-9:50am	Water Break			
9:50am-10:05am	STATION 3	CIRCUIT STATION 3 - SKILL REINFORCEMENT GAMES		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	Serving: Tic, Tac, Toe	Passing: Zombineland
	Group		Red/Green	Blue/Yellow
	Focus		Serving: Toss & Contact Point	Passing: Hands Together & Arms Straight (Make a Triangle)
10:05am-10:20am	STATION 4		CIRCUIT STATION 4 - SKILL REINFORCEMENT GAMES	
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	Serving: Tic, Tac, Toe	Passing: Zombineland
	Group		Blue/Yellow	Red/Green
	Focus		Serving: Toss & Contact Point	Passing: Hands Together & Arms Straight (Make a Triangle)
10:20am-10:40am	SNACK BREAK			
10:40am-10:55am	STATION 5		Bathroom Breaks, Late Snack, & Agility Ladder	
	Coach	Director	Coach 1	Coach 2
	Activity	Bathroom Breaks	Supervise Snack Break	Agility Ladder
	Group	Who has to go to the bathroom?	Anyone still eating	Anyone Not doing a Bathroom Break
	Focus			Double Taps, In/Out (Taps & Jumps)
10:55am-11:10am	STATION 6	CIRCUIT STATION 5 - 4-2 System Install		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	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	
11:10am-11:25am	STATION 7	CIRCUIT STATION 6 - Scrimmages		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	6v6 Scrimmage	
	Group		Blue & Green	Red & Yellow
	Focus		Start with Beach Ball. Move to Gopher Softtouch when ready	
11:25am-11:30am	Water Break			
11:30am-11:55am	STATION 7	CIRCUIT STATION 7 - GROUP GAME		
	Coach	Director	Coach 1	Coach 2
	Activity	Free Direct	Space Jam	
	Group		Blue & Green	Red & Yellow
	Focus		Reinforce Skill, Leadership, and Life Skills	
11:55pm-12:05pm	Camp Close & Sign-Out			
	Coach	Director	Coach 1	Coach 2
	Activity	SIGN-OUT	Manage Team Lines	Coaches Tunnel
	Activity		Daily Recap	High Fives and Lookout
	Focus	Safety & Organization	Safety & Organization	Safety & Organization
12:05pm-12:30pm	Post Camp - Tear Down, Load Truck, & Coaches Meeting			