

Day 1:

8:00-8:05 Introductions

8:05-8:10 Warm Up Game

- The Big Wind Blows:
 - In circle with one person in middle
 - The Big Wind blows for anyone who has_____. Then have to run and switch positions with another person who has done it
 - Person left without spot is in middle and has to think of what they have done that someone else might have too.
 - EX: pink on, been to east coast, eaten pizza, birthday in Sept. played volleyball, etc.

8:10-8:15 Line Warm-Up

Toe Walk---Heel Walk-----Toe/Heel Walk
Stretch as if doing high knees
High knees
Stretch as if doing butt kickers
Butt Kickers
Skip Normal
Skip for height
Skip for length
Skip for speed
Grapevine
Sprint

8:15-9:00 Passing Basics

Passing

Keys:

- Hand/Arm Position—matching lifelines, thumb best friends, pinch pointer finger
- Platforms
- Straight and Simple—limited movement
- Hands together entire time
- Call for ball always

Toss-Pass-Catch with Partner

- 1) focus on lifelines, platforms, hands together (don't move feet)
- 2) focus on straight and simple (don't move feet)
- 3) focus on feet, one soft step if needed----soft!

50 Back and Forth

Pass to Self-Pass to Partner

- Tilt platform to partner
- Simple movements

Shuffle Side to Side

- Don't cross feet
- Take ball in center as much as possible

Sprawls

- Short ball in front
- One step to ball then layout

Throws

- 10 balls each side
- Focus on platform to target
- Hold acorn----ready to move hands anywhere

V-Passing

- Pass short ball, pass ball deep to left, pass short ball, pass ball deep to right--repeat
- Throwing arms over shoulder
- Platform to target

Triangle

- Groups of 3
- Focus on directing ball (ball always goes to right) with platform
- Tilting shoulders to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat
- Hands always together

9:00-9:20 Setting Basics

Setting

Keys:

- Hands big and always at shoulders
- Thumbs back toward forehead
- Hands out like superhero
- Can set ball from any distance from face
- Footwork RLR to get to every ball

Toss Pass Catch

- 1.) focus on hands big and at shoulders
- 2.) focus on footwork RLR

50 Back and Forth

Pass to self set to partner

Triangle

- Groups of 3
- Focus on footwork
- End on one foot to step in and turn to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat

Figure 8 Setting

- Groups of at least 4
- Two girls on each side about 10 ft apart

- Set back and forth, after set run to other side

9:20-9:40 Serving Basics

Serving

Keys:

- Bow and Arrow
- Practice tosses
- Step, toss, hit, follow through
- Zones

Serve w/ partner

- Starting at 10 ft. line and gradually move back

Serve 10 balls over and in

- Hit garbage bag, get piece of candy

9:40-10:10 Hitting Basics

Hitting

Keys:

- Closing feet to setter
- Directional Step—smallest, bigger, biggest

Tennis Balls/ Socks

- Snap wrist
- Direct ball
- Contract abs

Hitting Lines

- 1) Outside---5
- 2) Middle--2
- 3) Right---9
 - timing

10:10-10:35 Serve Receive Basics

Serve Receive

Keys:

- left is right, right is wrong

Coach on 3

- Progress free ball to down ball to serve

Rapid

- Groups 3 or 4 one serve receiver, short servers and target

10:35-11:50 Game Time

Team Games

Belly Ball

- 3 players on ground , coach hit ball under net on ground and have to play out

Stack

- 3 people criss-cross on top of each other

Queens Court

- 3 on 3 play
- If win rally go to “Queen” side
- If lose go to back of line

11:50-12:00 End of Day Prizes

- Dynamite Defender
- Awesome Attacker
- Miss Hustle
- Miss Enthusiastic

Day 2:

8:00-8:05 Warm Up Game

- Freeze tag--through the legs to unfreeze

8:05-8:10 Line Warm-Up

Toe Walk---Heel Walk-----Toe/Heel Walk
Stretch as if doing high knees
High knees
Stretch as if doing butt kickers
Butt Kickers
Skip Normal
Skip for height
Skip for length
Skip for speed
Grapevine
Sprint

8:10-8:50 Passing Basics

Passing

Keys:

- Hand/Arm Position—matching lifelines, thumb best friends, pinch pointer finger
- Platforms
- Straight and Simple—limited movement
- Hands together entire time
- Call for ball always

Toss-Pass-Catch with Partner

- 4) focus on lifelines, platforms, hands together (don't move feet)
- 5) focus on straight and simple (don't move feet)
- 6) focus on feet, one soft step if needed----soft!

50 Back and Forth

Pass to Self-Pass to Partner

- Tilt platform to partner
- Simple movements

Shuffle Side to Side

- Don't cross feet
- Take ball in center as much as possible

Sprawls

- Short ball in front
- One step to ball then layout

Throws

- 10 balls each side
- Focus on platform to target
- Hold acorn----ready to move hands anywhere

V-Passing

- Pass short ball, pass ball deep to left, pass short ball, pass ball deep to right--repeat

- Throwing arms over shoulder
- Platform to target

Triangle

- Groups of 3
- Focus on directing ball (ball always goes to right) with platform
- Tilting shoulders to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat
- Hands always together

8:50-9:10 Setting Basics

Setting

Keys:

- Hands big and always at shoulders
- Thumbs back toward forehead
- Hands out like superhero
- Can set ball from any distance from face
- Footwork RLR to get to every ball

Toss Pass Catch

- 1.) focus on hands big and at shoulders
- 2.) focus on footwork RLR

50 Back and Forth

Pass to self set to partner

Triangle

- Groups of 3
- Focus on footwork
- End on one foot to step in and turn to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat

Figure 8 Setting

- Groups of at least 4
- Two girls on each side about 10 ft apart
- Set back and forth, after set run to other side

9:00-9:30 Serving Basics

Serving

Keys:

- Bow and Arrow
- Practice tosses
- Step, toss, hit, follow through
- Zones

Serve w/ partner

- Starting at 10 ft. line and gradually move back

Blob Game

- Separate into two equal teams
- Serve one at a time each side going right after the other side
- If miss have to lay down spread out on opposite side of net
- Team can get you back “in” if serve and ball hits any part of your body
- Team loses when have no more people serving and everyone is on floor on other side

9:30-9:45 Blocking Basics

Blocking

Footwork Keys:

- Swing
- 3 step----step cross hop
- 2 step---step hop
- Hands---W, with straight line
- Capping and Pressing

Blocking Trips

- Practice 3 step and 2 step while blocking across the net

9:45-10:15 Hitting Basics

Hitting

Keys:

- Closing feet to setter
- Directional Step—smallest, bigger, biggest

Tennis Balls/ Socks

- Snap wrist
- Direct ball
- Contract abs

Transition

- Step cross hop
- Get behind 10 ft. line
- End on toes not heels
- Come in hard for approach
- Open to court

Hitting Lines

- 4) Outside---5
 - 5) Middle--2
 - 6) Right---9
- Work on timing

10:15-10:35 Serve Receive Basics

Serve Receive

Coach on 3

- Progress free ball to down ball to serve

Rapid

Groups 3 or 4 one serve receiver, short servers and target

Caterpillar

- 2 passers one target 2 servers rest in line behind passers
- Passer to setter to server
- Alleys
- Left is right, right is wrong

Serve Receive

- with outside hitter hitting

Servers vs. Passers.....10-4

- Servers have to get 4 aces before passers get 10 perfect passes to target

10:35-11:50 Game Time

Games

Mighty Ducks

- 5 on court...have to touch in middle until after 1st pass

Relays

Queens Court

- 3 on 3 play
- If win rally go to “Queen” side
- If lose go to back of line

11:50-12:00 End of Day Prizes

- Dynamite Defender
- Miss Hustle
- Miss Enthusiastic
- Awesome Attacker

Day 3:

8:00-8:05 Warm Up Game--Land, Sea, Air

- Girls stand on line
 - Line is land
 - Either side of line is sea
 - Jumping up is Air
- Coach calls out land, sea or air as slow or fast as want in any order
- If do something other than what was called for your 'out'
- Game is over when last girl standing

8:05-8:10 Line Warm-Up

Toe Walk---Heel Walk-----Toe/Heel Walk
Stretch as if doing high knees
High knees
Stretch as if doing butt kickers
Butt Kickers
Skip Normal
Skip for height
Skip for length
Skip for speed
Grapevine
Sprint

8:10-8:50 Passing Basics

Passing

Keys:

- Hand/Arm Position—matching lifelines, thumb best friends, pinch pointer finger
- Platforms
- Straight and Simple—limited movement
- Hands together entire time
- Call for ball always

Toss-Pass-Catch with Partner

- 7) focus on lifelines, platforms, hands together (don't move feet)
- 8) focus on straight and simple (don't move feet)
- 9) focus on feet, one soft step if needed----soft!

50 Back and Forth

Pass to Self-Pass to Partner

- Tilt platform to partner
- Simple movements

Shuffle Side to Side

- Don't cross feet
- Take ball in center as much as possible

Sprawls

- Short ball in front
- One step to ball then layout

Throws

- 10 balls each side
- Focus on platform to target
- Hold acorn----ready to move hands anywhere

V-Passing

- Pass short ball, pass ball deep to left, pass short ball, pass ball deep to right--repeat
- Throwing arms over shoulder
- Platform to target

Triangle

- Groups of 3
- Focus on directing ball (ball always goes to right) with platform
- Tilting shoulders to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat
- Hands always together

8:50-9:10 Setting Basics

Setting

Keys:

- Hands big and always at shoulders
- Thumbs back toward forehead
- Hands out like superhero
- Can set ball from any distance from face
- Footwork RLR to get to every ball

Toss Pass Catch

- 1.) focus on hands big and at shoulders
- 2.) focus on footwork RLR

50 Back and Forth

Pass to self set to partner

Triangle

- Groups of 3
- Focus on footwork
- End on one foot to step in and turn to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat

Figure 8 Setting

- Groups of at least 4
- Two girls on each side about 10 ft apart
- Set back and forth, after set run to other side

9:10-9:25 Serving Basics

Serving

Keys:

- Bow and Arrow
- Practice tosses
- Step, toss, hit, follow through
- Zones

Serve w/ partner

- Starting at 10 ft. line and gradually move back

Serve 10 balls over and in

- Hit garbage bag, get piece of candy

9:25-9:45 Fitness

Circuit 30 seconds each area

- Pass to wall
- Set to wall
- Blocking footwork
- Hitting approaches
- Sit ups
- Push ups
- Line jumps
- Stairs
- Air squats
- Sprints
- Lunges
- Mirror shuffling
- Jump Rope
- Dots

9:45-10:15 Hitting Basics

Hitting

Keys:

- Closing feet to setter
- Directional Step

Hitting Lines

- 1) Outside---5
- 2) Middle--2
- 3) Right---9
 - timing

Transition

- Step cross hop
- Get behind 10 ft. line
- End on toes not heels
- Come in hard for approach
- Open to court

Full Transition

- Block, dig or get tip, get out to hit, approach, connect

Back Row Attacking

- A, Pipe, C
- Pass then hit?
- LF pass LB hit....etc....

10:15-10:30 Serve Receive Basics

Serve Receive

Rapid

- Groups 3 or 4 one serve receiver, short servers and target

Coach on 3

- Progress free ball to down ball to serve

10:30-11:50 Game Time

Games

Wash Drill Scrimmage

- receive free ball and serve
- show positions of court and go over who has ball when

Queens Court

- 3 on 3 play
- If win rally go to “Queen” side
- If lose go to back of line

Serving Race

Free Ball Scrimmage

- 6 on 6
- Give free ball to one side—play out
- Give free ball to other side—play out

10:55-11:00 End of Day Prizes

- Dynamite Defender
- Awesome Attacker
- Miss Hustle
- Miss Enthusiastic

Day 4:

8:00-8:05 Warm Up Game—Ship Wreck

- Have girls scatter throughout gym
- Orient the girls with north, south, east and west, and explain commands
- Coach calls out command and girls follow
- If girl does not follow command correctly they are ‘out’
- Last girl in game is winner
 - **North**- run north when point
 - **South**-run south when point
 - **East**-run east when point
 - **West**-run west when point
 - **Mess Hall** - (4 people) All four players sit in a circle and pretend they’re eating.
 - **Lifeboat** - (3 people) Three players sit on the floor in a row and they pretend to paddle a boat.
 - **Man Overboard** - (2 people) One person lays on the ground, the second person stands above them with one foot resting lightly on their chest. The standing person shields their eyes and “scans the horizon.”
 - **Pirate** - Stand on one leg, put one hand over your eye, use your other hand to touch the shoulder on the same side(like you had a parrot there), and yell “Arrgh!”
 - **Turtle** - Lay on your back, wave your hands and arms in the air, say, “Turtle, turtle.”
 - **Submarine** - Lay on your back and raise one leg straight up in the air like a periscope.
 - **Compass** - The instructor yells out North, South, East, or West. Players turn that direction and run in place, double-time.
 - **Hit the Deck** - Drop to the floor, lay on your belly, and tuck your hands under your chin - elbows and forearms flat on the floor.

8:05-8:10 Line Warm-Up

Toe Walk---Heel Walk-----Toe/Heel Walk
Stretch as if doing high knees
High knees
Stretch as if doing butt kickers
Butt Kickers
Skip Normal
Skip for height
Skip for length
Skip for speed
Grapevine
Sprint

8:10-8:50 Passing Basics

Passing

Keys:

- Hand/Arm Position—matching lifelines, thumb best friends, pinch pointer finger
- Platforms

- Straight and Simple—limited movement
- Hands together entire time
- Call for ball always

Toss-Pass-Catch with Partner

- 10) focus on lifelines, platforms, hands together (don't move feet)
- 11) focus on straight and simple (don't move feet)
- 12) focus on feet, one soft step if needed----soft!

50 Back and Forth

Pass to Self-Pass to Partner

- Tilt platform to partner
- Simple movements

Shuffle Side to Side

- Don't cross feet
- Take ball in center as much as possible

Sprawls

- Short ball in front
- One step to ball then layout

Throws

- 10 balls each side
- Focus on platform to target
- Hold acorn----ready to move hands anywhere

V-Passing

- Pass short ball, pass ball deep to left, pass short ball, pass ball deep to right--repeat
- Throwing arms over shoulder
- Platform to target

Triangle

- Groups of 3
- Focus on directing ball (ball always goes to right) with platform
- Tilting shoulders to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat
- Hands always together

8:50-9:10 Setting Basics

Setting

Keys:

- Hands big and always at shoulders
- Thumbs back toward forehead
- Hands out like superhero
- Can set ball from any distance from face
- Footwork RLR to get to every ball

Toss Pass Catch

- 1.) focus on hands big and at shoulders
- 2.) focus on footwork RLR

50 Back and Forth

Pass to self set to partner

Triangle

- Groups of 3
- Focus on footwork
- End on one foot to step in and turn to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat

Figure 8 Setting

- Groups of at least 4
- Two girls on each side about 10 ft apart
- Set back and forth, after set run to other side

9:10-9:50 Defense Basics

Diving

Front Dive---dolphin....

- Lunge, pass, catch self, push through

Barrel Roll

Over Shoulder Roll

Sprawls

- A ball is tossed short
- Girl lunges, passes, catches self, pushes through

Run Throughs: corners and short

- Sprint to ball then pas
- Throw arms over shoulder and direct with platform

Razzle Dazzle

- Toss RB, Deep LB corner, LB, LF, RF one time around then done

Digging Lines

- Base defense positions step-cross-hop
- Don't swing
- On toes ready for hit or tip
- Hold acorn

9:50-10:10 Serving Basics

Serving

Keys:

- Bow and Arrow
- Practice tosses
- Step, toss, hit, follow through

- Zones

Serve w/ partner

- Starting at 10 ft. line and gradually move back

Blob Game

- Separate into two equal teams
- Serve one at a time each side going right after the other side
- If miss have to lay down spread out on opposite side of net
- Team can get you back “in” if serve and ball hits any part of your body
- Team loses when have no more people serving and everyone is on floor on other side

10:10-10:50 Hitting Basics

Hitting

Keys:

- Closing feet to setter
- Directional Step

Transition

- Step cross hop
- Get behind 10 ft. line
- End on toes not heels
- Come in hard for approach
- Open to court

Hitting Lines

7) Outside---5

8) Middle--2

9) Right---9

- timing

Full Transition

- Block, dig or get tip, get out to hit, approach, connect

Back Row Attacking

- A, Pipe, C
- Pass then hit?
- LF pass LB hit....etc....

10:50-11:50 Game Time

Games

Twos Tournament

- Split girls in twos
- Split courts in half length ways
- Play for 10 minutes at a time
- Winners move up a court, losers move down a court

Serving Race

- Split girls in two equal teams
- Serve to other side, chase ball, come sit down
 - have to make serve over, if miss then go to back of line and try again

- First team who has all girls sitting down wins

Free Ball Scrimmage

- 6 on 6
- Give free ball to one side—play out
- Give free ball to other side—play out

11:50-12:00 End of Days Prizes:

- Dynamite Defender
- Awesome Attacker
- Blocking Monster
- Miss Hustle
- Miss Enthusiastic

Day 5:

8:00-8:05 Warm Up Game— Partner Tag

- Pick a partner, lay down next to them
- Pick a pair—one is it, and the other is being chased
- The person who is being chased can hook onto one of the other pairs who are scattered on the floor. When this happens the second person in that pair becomes the new chased.
- When a tagging occurs the roles are simply reversed.
- NO immediate tag-backs are allowed

8:05-8:10 Line Warm-Up

Toe Walk---Heel Walk-----Toe/Heel Walk
Stretch as if doing high knees
High knees
Stretch as if doing butt kickers
Butt Kickers
Skip Normal
Skip for height
Skip for length
Skip for speed
Grapevine
Sprint

8:10-9:00 Passing Basics

Passing

Keys:

- Hand/Arm Position—matching lifelines, thumb best friends, pinch pointer finger
- Platforms
- Straight and Simple—limited movement
- Hands together entire time
- Call for ball always

Toss-Pass-Catch with Partner

13) focus on lifelines, platforms, hands together (don't move feet)

14) focus on straight and simple (don't move feet)

15) focus on feet, one soft step if needed----soft!

50 Back and Forth

Pass to Self-Pass to Partner

- Tilt platform to partner
- Simple movements

Shuffle Side to Side

- Don't cross feet
- Take ball in center as much as possible

Sprawls

- Short ball in front
- One step to ball then layout

Throws

- 10 balls each side
- Focus on platform to target
- Hold acorn----ready to move hands anywhere

V-Passing

- Pass short ball, pass ball deep to left, pass short ball, pass ball deep to right--repeat
- Throwing arms over shoulder
- Platform to target

Triangle

- Groups of 3
- Focus on directing ball (ball always goes to right) with platform
- Tilting shoulders to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat
- Hands always together

9:00-9:20 Setting Basics

Setting

Keys:

- Hands big and always at shoulders
- Thumbs back toward forehead
- Hands out like superhero
- Can set ball from any distance from face
- Footwork RLR to get to every ball

Toss Pass Catch

- 1.) focus on hands big and at shoulders
- 2.) focus on footwork RLR

50 Back and Forth

Pass to self set to partner

Triangle

- Groups of 3
- Focus on footwork
- End on one foot to step in and turn to target

Linear

- Groups of 3
- In line, toss to middle person, middle passes front, front passes to middle, middle passes back, back passes to front then repeat

Figure 8 Setting

- Groups of at least 4
- Two girls on each side about 10 ft apart
- Set back and forth, after set run to other side

9:20-9:40 Serving Basics

Serving

Keys:

- Bow and Arrow
- Practice tosses
- Step, toss, hit, follow through
- Zones

Serve w/ partner

- Starting at 10 ft. line and gradually move back

Serve 10 balls over and in

- Hit garbage bag, get piece of candy

9:40-10:10 Hitting Basics

Hitting

Keys:

- Closing feet to setter
- Directional Step—smallest, bigger, biggest

Tennis Balls/ Socks

- Snap wrist
- Direct ball
- Contract abs

Transition

- Step cross hop
- Get behind 10 ft. line
- End on toes not heels
- Come in hard for approach
- Open to court

Hitting Lines

- 1) Outside---5
- 2) Middle--2
- 3) Right---9
 - timing

10:10-10:25 Blocking Basics

Blocking

Footwork Keys:

- Swing
- 3 step----step cross hop
- 2 step---step hop
- Hands---W, with straight line
- Capping and Pressing

Blocking Trips

- Practice 3 step and 2 step while blocking across the net

10:25-11:50 Game Time

Games

Short Court Tournament

- Split girls in twos
- Split courts in half length ways and have the out-line as the ten foot line
- Play for 10 minutes at a time
- Winners move up a court, losers move down a court

Free Ball Scrimmage

- 6 on 6
- Give free ball to one side—play out
- Give free ball to other side—play out

6 on 6 Scrimmage

- Play games to 25 rally score as if it's a real match

11:50-12:00 End of Camp Speech:

- End of Day Prizes----Dynamite Defender, Awesome Attacker, Blocking Monster, Miss Hustle, Miss Enthusiastic
 - Discuss life fitness
 - Practicing anytime is great
 - Put your mind to it you can do it
 - Put time in, get results desire
- Give handout of speed and agility and volleyball stuff can do to improve
- Quote: *Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.*
----T. Alan Armstrong