

LuHi Volleyball, 2008

Day 1

Daily

Award: Best Passer, & Best Passing Technique or Best Movement to Ball

- 8:30** Staff Meeting
- 9:00** Campers begin to arrive at gym
- 9:45 - 10:00** Introductions, Administrative Procedures: Camp rules: no water on court (plastic bottles, on side), no food or candy in gym, playing in gym at lunchtime, walking outside, playing outside and sunscreen, pool, lunch, trainers, nurses, repetition philosophy, today's events, signing out, end of day contest.
- 10:00-10:15** Camp warm-up
- 10:15 - 11:30** Skill evaluations. 15 minutes each. (5 groups of 24 players by age)
Court 1: Setting **Court 3:** Passing **Side wall:** Vertical jump
Court 2: Serving **Court 4:** Hitting
- 11:30 - 11:55** Explanation of Trips & Pepper (model with coaches/kids). Hand out lunch cards.
- 12:00 - 1:15** **LUNCH AND POOL**
- 1:15 - 1:30** Divide players into teams.
- 1:30 - 1:40** Camp warm-up
- 1:45 - 2:15** **PASSING:** instruction/drills on movement, footwork, and techniques of passing
SUGGESTED DRILLS:
Circle Drill, toss, pass to target (identity target area on court)
Continuous passing to self. Goal: 10 in a row.
Passing with a partner.
Figure 8 Drill
- 2:15 - 2:45** Instructional games/practice. Suggestion: No serving--coach toss. (You can use a 6-0 formation if your team isn't ready for anything else)
- 2:45 - 3:00** On your own courts. **Passing contest** to determine award for best passer of each team for TODAY!!. (Pass to target). Those that hit/get in target continue until one person remains from each team. If no one gets it in, then closest to target wins.
- 3:00 - 3:15** In gym. Closing remarks. T-shirts, bus numbers. Clean up and depart.
- 3:15 - 3:30** Staff Paperwork/Contracts
- NB:** *Make sure players get lots of water and report all injuries
*Adjust play and instruction to your team level

Day 2

Daily Award:

Best Server, Best Receiver, Best Receiving Technique, Best Movement (Choose any two)

9:00

Campers and staff arrive at gym. Encourage campers to pepper with one another and play "trips". Join in with them. No more than one coach per "trips" team.

09:45 - 10:00

Camp warm up

10:00 - 10:15

Attendance/pepper

10:15 - 11:00

Serve Receive: body position, movement, passing technique
Types: "W"; 4 person; 3 person

Suggested Drills:

Toss ball to players, pass to target. Setter calls it, catches. Have them rotate. Throw ball to players. Setter calls it, sets (no hitting). Rotate. Coach Serve easy to team. Setter calls it, sets (no hitting).

11:00 - 11:15

Water/rest/talk to team

11:15 - 11:45

Instructional games/practice: stop and instruct as they play; concentrate on Serve Receive and passing to target.

11:50 - 1:00

LUNCH AND POOL

1:00 - 1:15

Team warm ups

1:15 - 2:00

Serving: body position, stride or no stride, toss, underhand, floater, top spin, jump, speed of arm, serve to spots, serve from any spot behind service line.

Suggested Drills:

Throwing the ball over the net. Begin close, back up as you are successful. Serving underhand. Serving overhand—(advanced--floater serve/topspin/to spots/jump)

2:00 - 2:10

Water/rest/talk to team

2:10 - 2:45

Instructional games/practice. Stop and instruct as they play; concentrate on Serving. Instruct individuals!

2:45 – 3:00

Competition for Best Server, and, Best Receiver or Best Receiving Technique or Best Movement.
Do this on your court.

3:00 – 3:10

Presentation of Awards/Announcements/Dismissal to swim.

Day 3

Daily Award: **Best Hitter, Best hitting technique, Best Blocker, Best blocking technique (Choose 2)**

- 9:00** Campers and staff arrive. Pepper/Trips while waiting. Get involved!
- 09:45 - 10:00** Camp warm-up.
- 10:00 - 10:15** Attendance/pepper/trips
- 10:15 - 11:00** Blocking/free ball & transition to offense. 6' nets for Modified; 7' nets for JV (Foot movement, timing, Hand Position, Double blocking for teams ready for it)
- Suggested Drills:**
- Line Blocking (touch hands)
 - Player blocks, coach throws ball into hands
 - Free ball, go over defensive positions on free balls first
- 11:00 – 11:15** Water/rest/talk
- 11:15 - 11:45** Instructional games/practice; stop and instruct as they play; concentrate on blocking/transition and free ball.
- 11:50 - 1:00** **LUNCH AND POOL**
- 1:00 - 1:15** Team warm ups/pepper/trips
- 1:15 - 2:00** Hitting/cover, transition to defense, back row hits, dinks/dumps
*Techniques to key on:
- Approach (starting point, foot work, how to jump, hitting line/cross)
 - Arm swing
 - Follow through
- Suggested Drills:**
- Coach toss
 - Use setter who tosses to self and sets
 - Coach toss to setter who sets
- 2:00 – 2:10** Water/rest/talk
- 2:10 – 2:45** Instructional games/practice. Stop to instruct as they play; concentrate on hitting, dinks/dumps, back row hits, transition to defense.
- 2:45 – 3:00** Competition for best hitter, best blocker or best blocking technique. Do this on your own court.
- 3:00 – 3:10** Presentation of awards/announcements/dismissal to swim.

Day 4

Daily Award: Best setter, Best setting technique, Best Spirit, Best Attitude (choose 2)

9:00 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!
09:45 - 10:00 Camp warm up
10:00 - 10:15 Attendance/pepper
10:15 - 11:00 **Setting:** body position, movement, hand position, "catch and throw", wrist CATCH, PAUSE, THROW and increase speed
*Hands: fingers comfortable
*Position of hands: above head, shape ball, window
*Body position: feet balanced, shoulders square, under ball, stop before setting, use legs
*Footwork: get to ball, long steps, get around ball, stop, use left leg for strength
*Contact at a high point, relax arms towards head with momentum of ball

Suggested Drills:

- Toss to self drill: lie on floor, work on wrist movement
- Toss to partner: lie on floor, hands and arms outstretched, partner drops ball. As ball drops, so do arms
- Set to partner: lie on floor, same as above but with a set
- 2 person set from toss – standing. One partner tosses to other who sets the ball back. Try not to make your partner move.
- Setting to a partner: Set ball back and forth. If ball is not high enough to set, pass it back. Try not to let the ball hit the ground.
- Toss ball to players, pass to target. Setter calls it, catches. Have them rotate.
- Throw ball to players. Setter calls it, sets (no hitting). Rotate.
- Coach Serve easy to team. Setter calls it, sets (no hitting).

11:00 - 11:15 Water/rest/talk to team

11:15 - 11:45 Instructional games/practice: stop and instruct as they play; concentrate on Setting, Hitting, Blocking. You may use this time playing "Trips" as long as they're setting.

11:50 - 1:00 **LUNCH AND POOL**

1:00 - 1:15 Team warm ups

1:15 - 2:00 **Trips**

2:00 - 2:10 Water/rest/talk to team

2:10 - 2:45 **Instructional games or practice.** Stop and instruct as they play; work on areas of team's greatest need. TRIPS are **not** to be played during this time slot.

2:45 – 3:00 Competition for Best Setter or best technique: toss to setter to target. (as first day with passing) Do this on your court.

3:00 – 3:10 Presentation of Awards/Announcements/Dismissal to swim.

Day 5

Daily Award: Most Enthusiastic, Most Cooperative, Most Energetic (choose 2)

9:00 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!

09:45 - 10:00 Camp warm up

10:00 - 10:15 Attendance/pepper

10:15 - 11:00 **Court 1/3A** – Pass to Target **Court 2/4A** – Serving
Court 1/3B – Set to Target **Court 2/4B** – Serve Receive

11:00 - 11:15 Water/rest/talk to team

11:15 - 11:45 **BONSAI and/or TRIPS**

11:50 - 1:00 **LUNCH AND POOL**

1:05 - 1:15 Team warm ups

1:15 – 1:50 **COACHES' CHOICE**

1:50 - 2:00 Water/rest/talk to team

2:00 - 2:45 **Skill Stations** (continued)

Court 1/3A – Hit/Dink/Dump/Tip **Court 2/4A** – Trips
Court 1/3B – Blocking **Court 2/4B** – TripS

2:45 – 3:00 **Bonsai** – awards for today will be based a lot on this

3:00 – 3:10 Presentation of Awards/Announcements/Dismissal to swim.

Day 6

Daily Award:	Most Improved for Week 1, Rising Star—Week 1
9:00	Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!
09:45 - 10:00	Camp warm up
10:00 - 10:15	Attendance/pepper
10:15 - 11:00	Defense – Base 1 Defense to Base 2 for teams up to it. Or Review Basic Skills for other teams.
11:00 - 11:15	Water/rest/talk to team
11:15 - 11:45	Trips or Practice Games
11:50 - 1:00	LUNCH AND POOL
1:00 - 1:15	Team warm ups
1:15 – 1:50	Pre-Game Team Instruction – Drills/Practice
1:50 - 2:05	Water/rest/talk to team
2:05 - 2:45	Inter-team practice games
2:45 – 3:00	Bonsai
3:00 – 3:10	Presentation of Awards/Announcements/Dismissal to swim.

Day 7

Daily Award: Best All Around Game, Best Offensive Player, Best Defensive Player

9:00 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!

09:45 - 10:00 Camp warm up

10:00 - 10:15 Attendance/pepper

10:15 - 11:00 **Free ball/communication**

11:00 - 11:15 Water/rest/talk to team

11:15 - 11:45 **"If you can't pass, you fail" – Passing drills (Coach's choice)**

11:50 - 1:00 **LUNCH AND POOL**

1:00 - 1:15 Team warm ups

1:15 – 1:50 **Drills/Practice** – Coach's choice – Hitting/Blocking, S/S/r, Transition game, Passing/Movement, (or any advanced combinations) Setting/Hitting/Blocking, Passing/Set/Hit/Cover/Block/Transition/Free Ball

1:50 - 2:00 Water/rest/talk to team

2:00 – 3:00 **Inter-team practice games**

3:00 – 3:10 Presentation of Awards/Announcements/Dismissal to swim.

Day 8

Daily Award: Willing to Run Through a Brick Wall For Coach & Teammates!
Wouldn't trade this player for any other player!

9:00 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!

09:40 – 10:00 Teams warm up individually (Staff members set up Olympic courts with targets)
and Attendance

10:10 - 11:10 OLYMPICS

- **All done in a clockwise direction – 9 minutes each station**
- **Rotation order is Court Order, i.e., Court 1 to 2; 2 to 3; 3 to 4 and Court 4 to Vertical jump**

V 1 & 2 Court 1 Setting to Target (5 points in cart; 3 points touch cart; 1 point in area)

V 3 & 4 Court 2 Passing to Target (same rating scale)

JV 1 & 2 Court 3 Serving to Target (same rating scale)

JV3 & M1 Court 4 Hitting (5 points if “down hit”; 3 points if over the net in play)

M 2 & M 3 Vertical Jump.

11:10 - 11:15 Water/rest/talk to team

11:15 - 11:55 **Trips or Practice games** (coach's choice)

11:55 - 1:00 LUNCH AND POOL

1:00 - 1:15 Team warm ups

1:15 – 2:50 **Practice Games**
Courts 1 & 2 – Varsity teams play two 15 pt games vs. each of the other 3 teams.

Court 3 – JV teams play three 15 pt games vs. each other.

Court 4 – Mod teams play three 15 pt games vs. each other.

(The team sitting out is the “WORK” team. Put 4 on lines; and 2 on net for touches. This is for all 4 courts. Play only ONE 15 point game and then rotate teams so no one is sitting out for long. Review with players what “in” and “out” and “foot fault” is.)

If you finish early, coaches choice on how to fill the remaining few minutes.

3:00 – 3:10 Presentation of Awards/Announcements/Dismissal to swim.

Day 9

Daily Award: Most Communicative & Best Bonsai

9:00 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!

09:40 – 10:00 Teams warm up individually **and** Attendance

Practice Matches	<u>Court 4</u>	<u>Court 3</u>	<u>Court 2</u>	<u>Court 1</u>	
10:00 - 10:16	D1 v D2	D3 v G1	P1 v P2	P3 v P4	10:00 – 10:30
10:21 - 10:37	G3 v G2	D1 v D3	P1 v P3	P2 v P4	10:35 – 11:05
10:42 - 10:58	D2 v G3	G2 v G1	P1 v P4	P2 v P3	11:10 – 11:40
11:03 - 11:19	D2 v D3	G3 v G1			
11:24 - 11:40	G2 v D3	D1 v G1			

(Diamond/Gold: If there are teams sitting out, used them as work team for other courts. All these matches are 16 minutes each. No scoring.)

(Platinum teams: 30 minute matches with 5 minutes between matches. No scoring.)

11:55 - 1:00 LUNCH AND POOL

1:00 - 1:15 Team warm ups

1:15 – 2:50 Practice Games
Courts 1 & 2 – Platinum division teams play two 15 pt games vs. each of the other 3 teams.

Court 3 – Diamond division teams play three 15 pt games vs. each other.

Court 4 – Gold division teams play three 15 pt games vs. each other.

(The team sitting out is the “WORK” team. Put 4 on lines; and 2 on net for touches. This is for all 4 courts. Play only ONE 15 point game and then rotate teams so no one is sitting out for long. Review with players what’s “in” and “out” and what “foot fault” is.)

If you finish early, coaches choice on how to fill the remaining few minutes

3:00 – 3:10 Presentation of Awards/Announcements/Dismissal to swim.

Day 10

Awards for the day: ALL INDIVIDUAL & TEAM AWARDS

9:00 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!

09:40 – 10:00 Teams warm up individually **and** Attendance

TOURNAMENT ROUND ROBIN

(Two 15-pt games)

10:00 – 10:35	Court 1 – P1 v P2	Court 2 – P3 v P4
10:40 – 11:15	P1 v P3	P2 v P4
11:20 – 11:55	P1 v P4	P2 v P3

(One 15 pt game or 1 FIFTEEN MINUTE GAME. Repeat)

10:00 – 10:15	Court 3 – D1 v D2	Court 4 – G1 v G2
10:20 – 10:35	D1 v D3	G1 v G3
10:40 – 10:55	D2 v D3	G2 v G3
11:00 – 11:15	D1 v D2	G1 v G2
11:20 – 11:35	D1 v D3	G1 v G3
11:40 – 11:55	D2 v D3	G2 v G3

11:55 - 1:00 LUNCH AND POOL

1:00 - 1:10 Team warm ups

10 TEAM

1:10 – 1:40 TOURNAMENT SEMIS -- Best 2/3 games to 15
Game 3 (if necessary) to 11

Court 1 – P 1st place v P 4th place
Court 2 – P 2nd place v P 3rd place

Court 3 – D 2nd place v D 3rd place (D 1st place works)

Court 4 – G 2nd place v G 3rd place (G 1st place works)

1:40 - 1:45 Water/rest/talk to team/warm up for two teams sitting out –

1:45 – 2:45 TOURNAMENT FINALS – Best 2/3 games to 21
Game 3 (if necessary) to 15.

Court 1 – Winner v Winner 1 p.m. match

Court 2 – Loser v Loser from 1 p.m. match

Court 3 – D 1st place v Winner of Diamond 1 p.m. match

Court 4 – G 1st place v Winner of Gold 1 p.m. match

P/G losing teams work on each of the FOUR courts as lines judges.

2:45 – 3:30 Presentation of Awards/Announcements/Dismissal

Day 10

Awards for the day: ALL INDIVIDUAL & TEAM AWARDS

09:30 Campers and staff arrive at gym. Pepper/trips while waiting. Get involved!

09:40 – 10:00 Teams warm up individually **and** Attendance

TOURNAMENT ROUND ROBIN

(Two 21-pt games)

10:00 – 10:35 Court 1 – D1 v D2 Court 2 – D3 v D4

10:40 – 11:10 D1 v D3 D2 v D4

11:15 – 11:45 D1 v D4 D2 v D3

10:00 – 10:35 Court 3 – G1 v G2 Court 4 – G3 v G4

10:40 – 11:10 G1 v G3 G2 v G4

11:15 – 11:45 G1 v G4 G2 v G3

11:55 - 1:00 LUNCH AND POOL

1:00 - 1:10 Team warm ups

8 TEAM

1:10 – 1:40 TOURNAMENT SEMIS -- Best 2/3 games to 15
Game 3 (if necessary) to 11

Court 1 – P 1st place v P 4th place

Court 2 – P 2nd place v P 3rd place

Court 3 – D 1st place v G 4th place

Court 4 – D 2nd place v G 3rd place

1:40 - 1:45 Water/rest/talk to team/warm up for two teams sitting out –

1:45 – 2:45 TOURNAMENT FINALS – Best 2/3 games to 21
Game 3 (if necessary) to 15.

Court 1 – Winner v Winner 1 p.m. Platinum Division match

Court 2 – Loser v Loser from 1 p.m. Platinum Division match

Court 3 – Winner v Winner from 1 p.m. match Diamond v Gold

Court 4 – Loser v Loser from 1 p.m. match Diamond v Gold

2:45 – 3:30 Presentation of Awards/Announcements/Dismissal