



Cyclone Volleyball Camp 2018 Team Camp Drills

Camp Staff		
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DAY 1

9:00 Demos in HILTON COLISEUM

Warm up/ball handling (or teams can warm up however they want)

Partner Drills:

1. Warm Up Arms
2. Set back and forth
3. Pass back and forth
4. Follow the leader. Player sets to self, makes a move (ie touch head) & sets to partner. Partner copies move & sets back. Continue to add moves.
5. (need 2 balls) Set back and forth while bounce passing ball in between
6. (need 2 balls) Pass back & forth while rolling a ball back and forth on the floor
7. Normal pepper
8. Pepper – dig to self, set to partner and keep ball going
9. Pepper – alternate hit and tip at partner, same hitter for 10 good digs

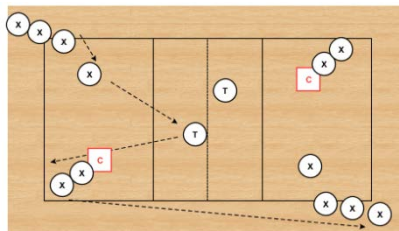
Additional Warm Up Drills if needed

Speed Ball

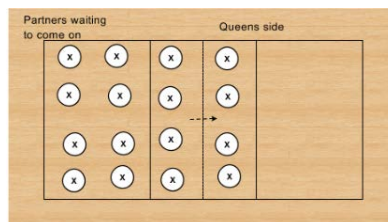
- Queens 2 v 2
- Starts with throw over net
- Catch and can only take 1 step and throw
- Progress to 1 contact, 2 contacts, 3 contacts

Butterfly Passing (players can toss)

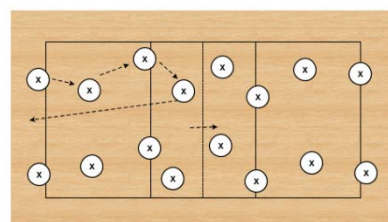
- Pass leftback
- Pass rightback



Short Court 1/2 Court Queens



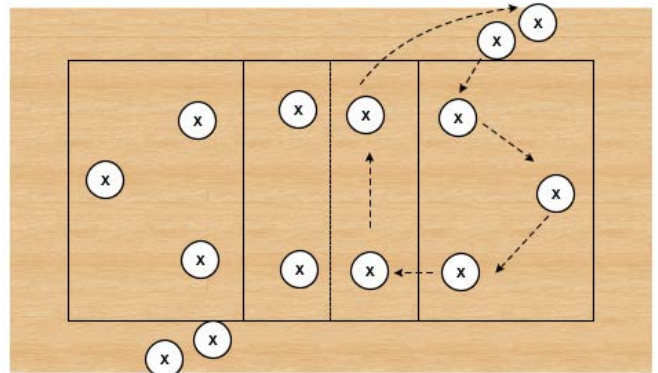
Pepper Exchange



Morning Drills: Play for ~25 min, then take 5 min break for drink and switch courts.

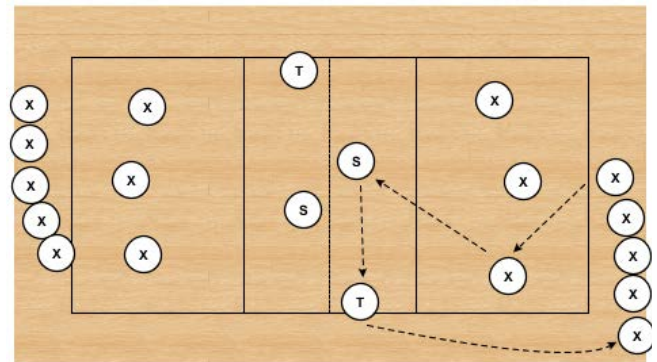
10:00 Columbia

1. 5 players (no middle blocker) on each side in base position.
2. Alternate freeballs to each side. Players will rotate clockwise to the next base position each time the ball goes over the net (while the ball is in play, for advanced teams) or when ball is dead (for less advanced teams).
3. Extra players will wait off the court, ready to enter at right back.
4. Can start with cooperative, get 5 or 10 IAR without ball dropping.
5. Go into competitive to 8 points (rally score), winner gets a big point on the scoreboard.
6. Can also keep setters at right back and players rotate around her, with extras waiting to come on at middle back.
7. Team with the most big points at the end of time wins the drill.



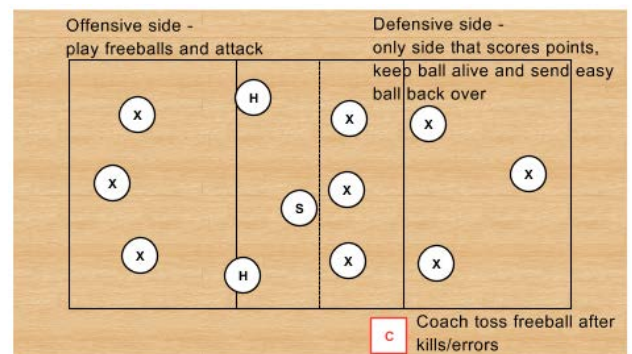
10:30 Serve/Pass/Set to 25

1. 3 passers, 1 setter and 1-2 targets on each side
2. Sides alternate serving
3. Good pass = 1 point, good set = 1 point, keep cumulative score.
4. First side to 25 points wins.
5. Rotate in new passers, setters and target(s).
6. Miss your serve or shank your pass – get back in serving line.



11:00 Neville's Full Court Pepper

1. 6 v 6, one side offense ONLY, one side defense ONLY
2. Offensive side runs play and attacks ball.
3. Defense gets 2 pts for stuff block, 1 point for dig and send easy ball over.
4. See how many points defense can score in 2 min, then reverse and go the other way.
5. Team with most points wins that round and big point, then mix in new players and go again.



11:30 Scramble Middle Kill +2

1. Side A serves to Side B.
2. Winner of rally gets freeball.
3. Middle kill = +2 points, everything else is +1.
4. Play until one side reaches 5 points and gets big point, then serve other way.
5. After both sides serve, switch new players in or rotate.
6. Team with the most big points at the end of time wins the drill.

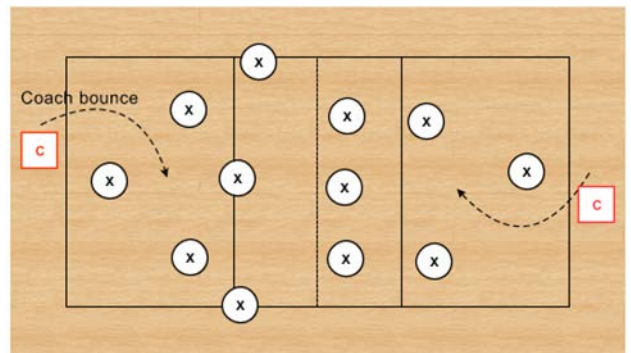
12:00 Lunch Break

Afternoon Drills: Play for ~20 min, then take 5 min break for drink and switch courts.

1:30pm Session Begins. Teams go directly to assigned courts to warm up.

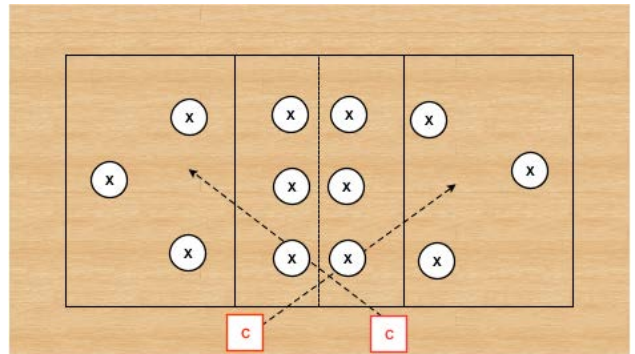
1:45 Virus

1. Play starts with coach (or player) bouncing ball from the endline/sideline into the court.
2. Team has 2 contacts to get ball over and play out rally.
3. Rally score to 5 points and winner gets big point on scoreboard, then flip front/back or rotate in new players.



2:10 Transition Wash

1. Both sides start with 6 out in base position.
2. Blockers come out to double block - coach controlled attack or throw from the LS to one side.
3. Coach then attacks from RS to the other side. (Coach will stay by the same pole and just go back and forth, makes it a lot easier to put ball in play!)
4. Need to win both to score a big point, otherwise it's a wash and go again.
5. When big point is scored, wave in new players or flip back/front and go again.
6. After 2-3 rounds, coach flip and now attack RS to one side and LS to other (go near other pole) so teams get transition work from both ways.



2:35 Sideout Race

1. Goal is receiving team to sideout 2 times before stopped 2 times. If teams are unequal, better team needs to sideout 3 times before stopped 2 times.
2. If receiving team accomplishes this, they rotate and receive in next rotation.
3. If serving team gets their stops first, they become receiving team and fight to get their sideouts.
4. First team to Race through all 6 rotations wins

3:00 BREAK – team travel to new gym if necessary.

3:20 Recycle

1. Starts with serve, receiving team tips ball (tips can be tough, don't have to give easy ball).
2. Defensive teams also tips ball back.
3. On 3rd rally, now teams can try to score (Recycle-Recycle-Score!)
4. Scoring is normal rally score.

3:45 Positive Points

1. Both teams start at 17, rotate like normal game.
2. Teams only score with positive play – kill, ace, block. No points awarded for errors.
3. From 17-20, make an unforced error (miss serve or attack goes out or in net) go back to 17.
4. From 20-25, make an unforced error, go back to 20.

4:10 Continuation

1. Play 6 v 6 and start with serve.
2. When ball is dead, input another ball to mimic how rally ended (keep the play going).
3. Keep rally score as you go. Play to 5 points, award a big point and now other side serves.
4. Once both sides serve, both rotate. Team ahead at end of time wins.

4:35 Mini Games

1. **Start 8-8, play to 15. If teams are unequal, start 5-8 or whatever score will make it competitive.**
2. **Continue playing these mini games until time is up.**

5:00pm Session Ends

6:00 For teams that have RSVP'd, Pizza on NORTH concourse of Hilton

6:15 HBO feature on videoboard

6:30 Kathy Bresnahan Talk

7:00 Q & A with Cyclone Volleyball Staff

DAY 2 Tournament Schedule will be posted CYCLONE VOLLEYBALL CAMP WEBSITE & ON-SITE

8:30am Gyms will open (*Go directly to your site*)

9:00 Warm up *on assigned gym/court*

9:10 Pool Play Begins

12-1:30 Lunch

1:30 Warm up *on assigned gym/court*

1:45 Tournament Brackets Begins

4:30-5:00 Awards to Division 1st Place Gold Bracket Champion on ***THEIR FINAL COURT***
(*If not 1st in Gold Bracket, then free to go when your team is finished last match*)

Tie Breaker:

1. Games Won
2. Head to Head
3. Point Difference
4. Coin Flip