



# Cyclone Volleyball Camp 2019 Team Camp Drills

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## DAY 1

9:00 Demos in HILTON COLISEUM

9:30 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

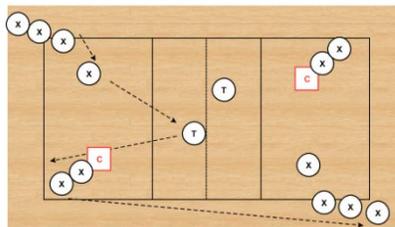
## Additional Warm Up Drills if needed

Speed Ball

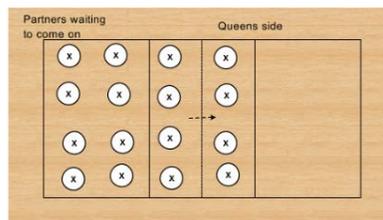
- Queens 2 v 2
- Starts with throw over net
- Catch and can only take 1 step and throw
- Progress to 1 contact, 2 contacts, 3 contacts

Butterfly Passing (players can toss)

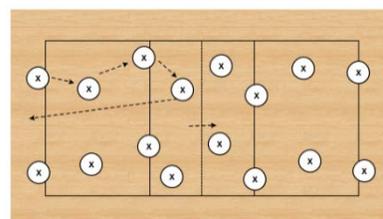
- Pass leftback
- Pass rightback



Short Court 1/2 Court Queens



Pepper Exchange

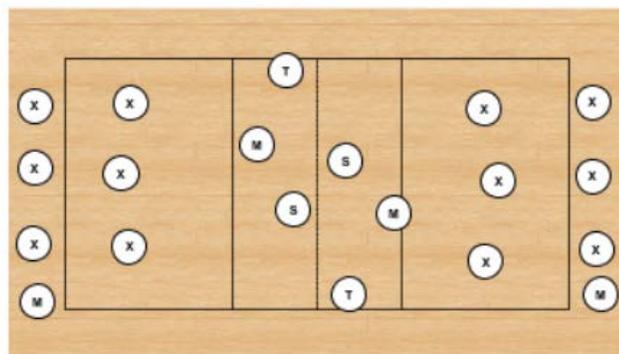


**Morning Drills:** Play for 25 min, then take 5 min water break and switch courts.

**10:00 1<sup>st</sup> to 7**

1. 3 passers and a target on each side, remaining players divide up evenly to serve. Can have one middle pass short, setter setting to targets, etc.
2. Passers get 1 point for positive pass, and 1 point for miss serve.
3. First team to get 7 points gets a big point, rotate in new passers.

Focus: Serve and Pass.



**10:30 Primary/Secondary**

1. 6 on 6, all players will rotate and play all positions
2. Assign primary setter and secondary setter.
  - a. Round 1: Primary: Mback/Secondary: Mfront
  - b. Round 2: Primary: Rback/Secondary: Lback
  - c. Round 3 (if time): Primary Rfront/Secondary: Lfront

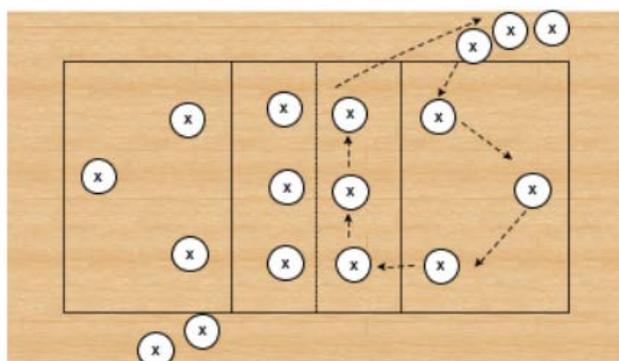
3. Play starts with down/freeball. Primary or secondary setter must set the ball.

4. Can start no jump cooperative and then go into competing.

Rally score to 8 pts + bonus point if opponent does not have primary or secondary setter set the ball.

5. Players rotate every game.

Focus: Ball handling. Setting 2nd ball. Communication is critical in this drill!



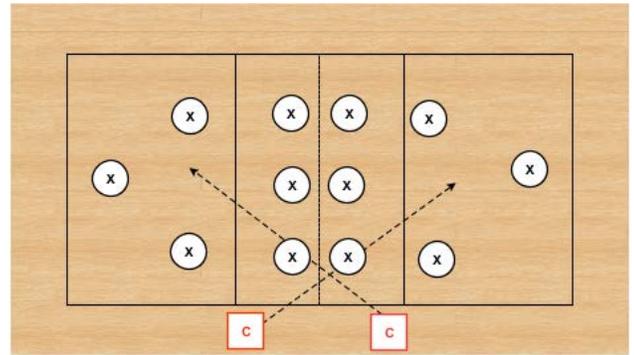
**11:00 3 before 5**

1. 6 v 6. Plays start with free/down ball to one side.
2. Offensive side runs same play for entire round. Play it out.
3. Offensive side tries to win 5 rallies before defensive side wins 3 rallies.
4. Award a big point, then switch and freeball goes other way.
5. After both sides have gone, switch in new players.

Focus: Offensive plays. Defensive positioning.

### 11:30 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.



Focus: Hitters getting off net in transition and getting a good approach. Transition offense.

### 12:00 Lunch Break

**Afternoon Drills:** Play for 25 min, then take 5 min water break and switch courts.

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

### 1:45 Receive + Free to Middle

1. 6 on 6. Starts with a serve and play out the rally.
2. Receiving side then gets a freeball and they must set the middle. Play out.
3. Every ball counts as a point.
4. 2 serves/free (4 total balls) then reverse and go other way.
5. Rotate/new players after each round (8 total balls)

Focus: Sideout and middle attack.

### 2:15 Receive + OOS Bounce

1. 6 on 6. Starts with a serve and play out the rally.
2. Receiving side then receives a "bounce" from coach standing on sideline/endline. This is the first contact, team has 2 more contacts to get ball over and play out.
3. Every ball counts as a point.
4. 2 serves/bounce (4 total balls), and then reverse and go the other way.
5. After both teams have served, rotate and go again.

Focus: Sideout and out of system.

### 2:45 Receive 5

1. Explain to teams the goal of **60% Sideout** and **40% Point Scoring**.
2. One side serves 5 times, play it out. Rally score.
3. Reverse and then other side serves 5 times.
4. After both teams serve, rotate and go again.
5. Talk with teams about which rotations seem to be stronger vs. weaker and why that might be/what they can do to be better in the weaker rotations.

Focus: Sideout and Point Scoring % in each rotation.

# rallies won	
0/5	0%
1/5	20%
2/5	40%
3/5	60%
4/5	80%
5/5	100%

**3:15 BREAK – teams travel to new gym if necessary.**

**3:30 3-2-1**

1. Start with serve (3) contacts.
2. Winning side then gets ball and only have 2 contacts to get ball over. Coach toss up ball and have someone step in and hit.
3. Win again and coach tosses ball to hitter or someone to put over the 3<sup>rd</sup> ball.
4. Must win all 3 in a row to get a point. (If neither team can win a big point, be sure to have them rotate after a few minutes)
5. Rotate after each point.

Focus: Rallies, playing for points IAR. Out of system.

**4:00 Take 2**

1. 6 v 6. Score starts at 21-21. Alternate freeballs or downballs to each side.
2. Whichever side gets to 24 first has to then receive serve and win that rally to win the game.
  - a. Win rally = award point and rotate/new players in.
  - b. Lose rally = take 2 from receiving team (they go back down to 22) and continue with free/downballs again until one team gets to 24.
3. If neither team can win a big point, be sure to have them rotate anyway after a few minutes.

Focus: Offense from freeballs or downballs. Pressure of siding out to win games.

**4:30 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.

Focus: Decision making in close games and end game situations.

**5:00 Session Ends**

**DAY 2 Tournament Schedule** will be posted on **CYCLONEVOLLEYBALLCAMPS.COM & AT GYMS**

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

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

**9:10/15** 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 1<sup>st</sup> Place Gold Bracket Champion on ***THEIR FINAL COURT***  
(*If not 1<sup>st</sup> 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