

# Cyclone Volleyball Camp



Questions? Contact one of our staff, we are also located in each gym

## Camp Staff

Michelle Aggen, Camp Director	507-360-7865
Marc Neef, Asst. Coach	515-766-9718
Ciara Jones, Asst. Coach	515-766-9655
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## Information

- Each team needs to bring their own balls.
- Playing schedules for day 1 are attached to this packet, day 2 schedule will be handed out during your first day of camp.
- Every team will receive 2 parking passes for lot 100. Which covers you for Lied Rec and the Forker Building. West Town Courts does not require parking passes.

## Day 1 Notes

- 9:30am-10:00am Warmups, first round starts at 10:00am
- Report directly to ROUND 5 gym after Lunch
- From 3:10pm-3:30pm some teams will be switching gyms. Please hustle to your new gym.

## Day 2 Notes

- Report to your tournament gym by 8:45 am. Hitting warmups will start at 9:00 am (4 minutes of hitting, 1 minute of serving per team). Play will start at 9:10/9:15 am.
- After lunch, report back to the gym your tournament play will be in. Warmups will start at 1:35 pm and games start at 1:45 pm.
- Awards given to 1st Place Gold Bracket Champion, if you don't end up 1st in Gold Bracket, you're free to go when your team has finished their last match.

# Cyclone Volleyball Camp 2024 Team Camp Drills



## DAY 1

**9:00** Demos in *LIED REC CENTER*

**9:30** Warm up/ball handling (or teams can warm up however they want)

Fun Games: Shuffle Tag, Elbow Tag, anything teams like to play

Partner Drills:

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

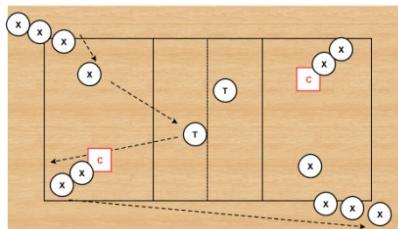
## **Additional Warm Up Drills if needed**

Speed Ball

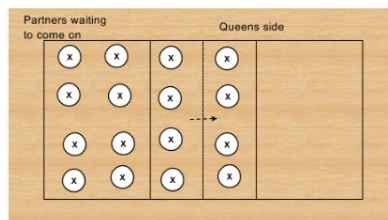
- Queens 2 v 2
- Starts with throw over net
- Catch and can only take 1 step and throw
- Progress to 1 contact, 2 contacts, 3 contacts

Butterfly Passing (players can toss)

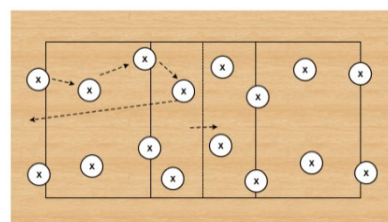
- Pass leftback
- Pass rightback



Short Court ½ Court Queens



Pepper Exchange



**Drills:** Allow 3-5 minutes for unity q's/game to start each round. Allow for a few min water break and switch courts to end each round.

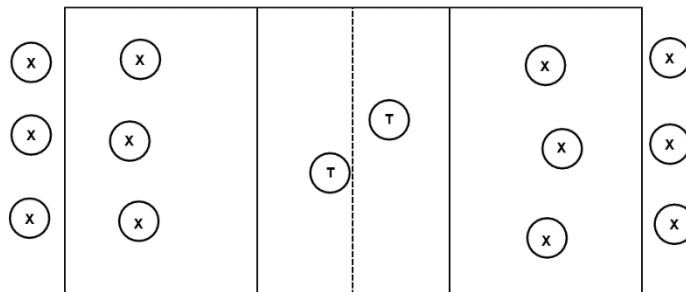
**10:00**

**Unity Q's:** Partner up or groups of 3 with your teammates.

If you were left on a deserted island with either your worst enemy or no one, which would you choose and why?

### Get Aced Get Replaced

1. 3 passers on each side. 1 setter can be getting reps. Rest of team is serving.
2. Passers stay as long as they pass a positive pass. If they pass a negative pass (aced or bad pass) they must step off and switch with someone who was serving.
3. Stay same side, everyone can pass (middles included!) but that is up to the HS coach. Rotate new setter for reps every 5 minutes.
4. Don't need to keep score, just get Serve/Pass Reps. Make sure servers are hitting sidelines and not just zone 6.

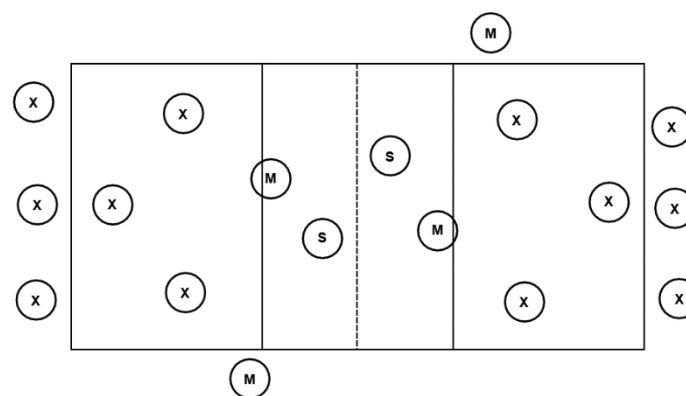


**10:30**

**Human Knot:** Team make a tight circle and grab a hand in the middle that is not a person next to you. Try to untangle. If teams achieve this quickly, try it again but no talking this time.

### Deep Court + Freeball to Middle

1. 3 players deep court plus setter and middle at net on both sides.
2. Receive serve and play out. Then receiving side gets a freeball and MUST set the middle attacker, play out.
3. 2x's one way (4 balls), then 2x's other way (4 balls). 8 total balls then switch in new players.
4. Setters can also dump beyond the 10' line.
5. If players miss serve you can count as a point, or coach can pop easy ball over to create serve receive.
6. Rally score.



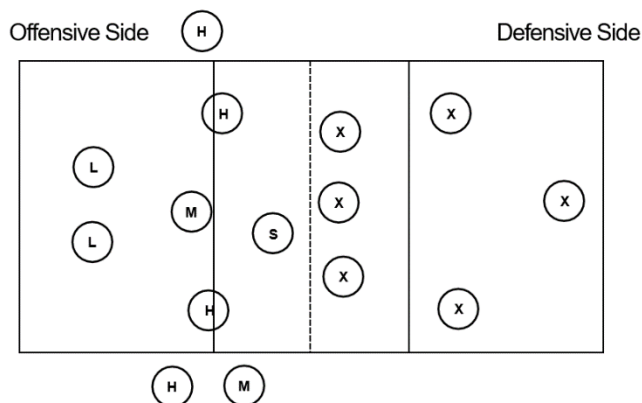
11:00

**Unity Q's: Partner up or groups of 3 with your teammates.**

**How do you act when you are stressed? What can a teammate do to help you get out of a funk?**

### 5 (Offense) before 3 (Defense)

1. One side starts on offensive for the round, with freeball to libero to start.
2. Offensive side starts with assigned offensive play.
3. Play it out. Offensive side needs to win 5 rallies before defense wins 3 rallies.
4. We normally replay if offense makes unforced error on 1<sup>st</sup> attack, but if it's an issue then you can start to count it as point for defense.
5. Winner gets a point on scoreboard, then flip and go other way.



11:30

### MVP

1. 6 v 6. Assign MVP (an attacker) to each side.
2. Alternate downballs to each side.
3. Anytime the MVP gets a kill during the round, it's with 2 points. Everything else is worth 1 pt.
4. Play to 6 points. Winner gets big point on scoreboard and then rotate in new players.

**Appreciation Circle: Each team circle up on their half of the court. Each player says something they appreciate about the player to the right and left of them. Go all the way around the circle.**

12:00 Lunch Break

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

1:45

**Hand Sumo: Face a partner, feet together and palms almost touching partner. Goal is to get partner off balance by slapping her hands or pulling your hands away as she tries to push yours.**

### Bounce Ball (or Butt Ball)

1. Serve as normal, pass and set as normal.
2. Hitter must hit ball (bounce ball) under the net. If ball hits net anytime it is a point for other side.
3. Opponent tries to return with a pass – set – bounce ball. If team can't return it, that is a point.
4. Front row can "block" with their backside.
5. Play normal rally score with rotation, play until time is up.

**2:15**

**20 Count:** Team lay down with heads together in a circle. Goal is to count out loud to 20, players saying one number at a time, with no talking. Adjacent players can not go after one another. If 2 or more athletes say number at same time, start over. Non verbal cues (foot stomp, claps, etc) are allowed, but don't tell them that ahead of time.

### **Green Light**

1. 6 on 6. Coach alternate down or freeball to each side.
2. No tips allowed, green light ONLY (hard attacks or roll shots) are allowed. If a player tips then stop play and other side gets the point. Exceptions are a wipe off block tip kill or setter dump tip kill.
3. 1<sup>st</sup> team to 4 points get a big point on the scoreboard.
4. Rotate or flip front/back after each game.

**2:45**

**Unity Q's:** Partner up or groups of 3 with your teammates.

**What are you most anxious about for this season?**

**What do you hope for your team this season?**

### **Receive +3/2/1**

1. Rally score, every rally is a point.
2. Receive and play out.
3. Receiving team then gets toss from coach from anywhere (sideline, endline) as she yells out 3, 2, or 1. That is how many contacts that team has left. Play out rally.
4. Go 2x's one way (4 balls), 2x's other way (4 balls) for 8 total balls and then switch new players/new rotation.

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

**3:30 Do you want to have a consequence for no effort? The Cyclones sit out 2 rallies if they don't go for a ball. Discuss and if you come up with something - give it a try in DIG or DIE and/or rest of camp.**

### **Dig or Die**

Play to 15, but teams "lock in" their points at 5pts and 10pts. If a ball goes untouched, then the losing team goes back to either 0, 5, or 10. (Untouched = gets aced without passer touching ball, a kill or tip kill goes untouched.)

4:00

**Energy Buddy:** Partner up, make sure everyone has an energy buddy, not your best friend – someone you aren't as close to. Your job is to be your partner's HYPE person for this drill – cheer for them, make them feel awesome! Also, each player chooses one other "secret" HYPE person, you will also cheer for them but don't tell them ahead of time.

### 3 Ball

1. Side A receives and play out.
2. Side B gets downball and play out.
3. Side A gets an OOS bounce from coach and play out.
4. Team that wins 2/3 or better gets a big point on scoreboard.
5. Then go other way (Receive, downball to other side, bounce OOS).
6. After both sides go (6 total balls) then switch in new players/rotate.

**Before you break – guess who your "secret" hype person was.**

### 4:30 Don't Fall Back

1. Both sides start at 18-18, scrimmage to 25 win by 2.
2. Once a team gets to 22, if that team makes an unforced hitting error (in net or out of bounds) OR a serving error, they go back to 22.
3. Play multiple games until time is up.

**Team Talk:** Reflect on the day. What went well? What does your team tend to do when things aren't going well and how can you continue to improve your response in tomorrow's play?

5:00 Session Ends and dismissed.

**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