



# Coaches Training Guide to Sports Camp

## Equipment Needed:

- Volleyball or a towel and a role of tape to make a Volleyball
- Target – such as trash can, a box, laundry bin or a medium to large bucket

## Volleyball

- Skill 1 – How to make a towel volleyball
  - Use a large towel
  - Fold it in half the long way
  - Roll it from end to end
  - Place tape around it, at top and bottom to secure the towel as you bump or set it
- Skill 2 – Bump (passing)
  - Please your arms in front of you
  - Make a fist with one hand, and grasp the fist with the other hand
  - Remember to lay your thumbs flat on top of the fists
  - Put a slight bed in your knees
  - Have someone toss the ball to you or self-toss
  - The partner tosses the ball in the air so it arcs and comes down in front of the athlete
  - The athlete may move towards the ball, once the ball hits their hands they raise their arms, bumping the ball up and out.
  - The athlete bumps the ball into the air Try for net height
- Skill 3 – Bump Drill
  - Once the athlete is comfortable with the set, place targets 8 to 10 feet in front of them
  - Aiming for the targets will help the athlete learn to bump up and out
  - Practice 10 bumps for each target
- Skill 4 – Set
  - With your feet spread shoulder width apart
  - Arms are in the air, fingers spread, thumbs and pointer finger touch to make a triangle and a small bent in the elbows
  - Have someone toss the ball to you or self-toss
  - The partner tosses the ball high enough that the athlete can move to be under the ball
  - The athlete may move, so they are under the ball as it comes down from the arc
  - Once the ball is near their hands, the athlete straightens their arms and uses their finger to push the ball up
  - Remember if you push the ball from the palms of your hands you could be called for carrying!

# Volleyball

- Skill 5 – Set Drill
  - Once the athlete is comfortable with the set, place targets 3 to 4 feet in front of them
  - Aiming for the targets will help the athlete learn to set the ball up and to a partner
  - Practice 10 sets for each target
- Skill 6 – Serve
  - Hold the ball in your left hand. Arm should be extended in front of your body with your elbow slightly bent
  - Stand with your left foot in front of your right foot
  - Slight bend in the knees
  - Pull your right arm back (keep it straight) and make a fist (thumb tucked to the side of the fist)
  - As you swing the right arm forward to the ball, lean slightly forward, move your left hand to the side as your right fist makes contact with the ball
  - The hit should be up and out
- Skill 7 – Serve Drill
  - Once the athlete is comfortable with the serve, place targets 15 to 20 feet in front of them
  - Aiming for the targets will help the athlete learn to serve the ball up and forward
  - Remind the athlete the ball needs to go up into the air about 12 feet to pass over the net.
  - Practice 10 serves for each target