



# Typical Day

@ the Pakmen Volleyball

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:00	Early Drop Off   Net Set up   Free Play				
9:00 - 9:20	Morning Meeting   Attendance   Pakmen Warm-Up				
9:20 - 10:20	<u><b>Group A+B</b></u> Indoor Volleyball - Perfects - Shuttle competition - Setting style drill - Serving - Steps back from the net - Serving relay counting (15) - Hit the coaches	<u><b>Group A+B</b></u> Beach Volleyball - Review volleying -Perfects: Passing & Volleying - Beach setting - shots - Roll, Pokie, Cobra - Setting - Shot challenge	<u><b>Group A+B</b></u> Indoor Volleyball - Review serving - Warm up serves - Mod butterfly - Uni warm-up - Three person on chest  <u><b>Group C+D</b></u> Beach Volleyball - Review Shots - Shots Back and Forth - Transition - Beach Serve/ Receive	<u><b>Group A+B</b></u> Beach Volleyball - Beach defense - Blocking and peeling decision making - signals - chair drill  <u><b>Group C+D</b></u> Indoor Volleyball - Blocking - High fives - Pick up blocking - Hitting at defense - Six back	<u><b>Group A+B</b></u> Indoor Volleyball Ultimate Indoor Tournament  <u><b>Group C+D</b></u> Beach Volleyball Ultimate Beach Tournament
	<u><b>Group C+D</b></u> Beach Volleyball - Perfects - Pass to yourself - Pass to a partner - Intro to "Volis" - Serving - Intro to "Skyball" - Serving Challenge (timed)	<u><b>Group C+D</b></u> Indoor Volleyball - Review serve worm - Review passing & perfects - Hitting approach -Hitting back and forth (progression) -Hitting off a toss (start with catch)			



10:20 – 10:25	Travelling between Courts   Break				
10:25 – 11:25	<u><b>Group A+B</b></u> Beach Volleyball - Perfects - Pass to yourself - Pass to a partner - Intro to “Volis” - Serving - Intro to “Skyball” - Serving Challenge (timed)	<u><b>Group A+B</b></u> Indoor Volleyball - Review serve worm - Review passing & perfects - Hitting approach -Hitting back and forth (progression) -Hitting off a toss (start with catch)	<u><b>Group A+B</b></u> Beach Volleyball - Review Shots - Shots Back and Forth - Transition - Beach Serve/ Receive  <u><b>Group C+D</b></u> Indoor Volleyball - Review serving - Warm up serves - Mod butterfly - Uni warm-up - Three person on chest	<u><b>Group A+B</b></u> Indoor Volleyball - Blocking - High fives - Pick up blocking - Hitting at defense - Six back <u><b>Group C+D</b></u> Beach Volleyball - Beach defense - Blocking and peeling decision making - signals - chair drill	<u><b>Group A+B</b></u> Beach Volleyball Ultimate Indoor Tournament  <u><b>Group C+D</b></u> Indoor Volleyball Ultimate Beach Tournament
	<u><b>Group C+D</b></u> Indoor Volleyball - Perfects - Shuttle competition - Setting style drill - Serving - Steps back from the net - Serving relay counting (15) - Hit the coaches	<u><b>Group C+D</b></u> Beach Volleyball - Review volleying -Perfects: Passing & Volleying - Beach setting - shots - Roll, Pokie, Cobra - Setting - Shot challenge			
11:25 – 12:00	Lunch				



<b>12:00 – 1:00</b>	<b><u>Group A+B</u></b> Beach Tournament	<b><u>Group A+B</u></b> Indoor Tournament	<b><u>Group A+B</u></b> Beach Tournament	<b><u>Group A+B</u></b> Indoor Tournament	Ultimate Tournament (Continued)
	<b><u>Group C+D</u></b> Indoor Tournament	<b><u>Group C+D</u></b> Beach Tournament	<b><u>Group C+D</u></b> Indoor Tournament	<b><u>Group C+D</u></b> Beach Tournament	
<b>1:00 – 1:15</b>	Pick Up for Half Day Campers   Break for Full Day Campers				
<b>1:15 – 3:00</b>	- Name Game - Dodgeball Elimination - "Volis"	- Stump the coach - Soccer - Hockey	- Simon Says - Basketball 3 on 3 tournament - Hit the coaches	- Skits - Hockey - Block the Coaches	Afternoon Indoor Tournament
<b>3:00 – 5:00</b>	- Random Tag Games - Volleyball Game	- Volleyball Movie - Volleyball Game	- Volleyball Game - Soccer / Hockey	- Skits Presentation - Volleyball Game	Prizes / Awards
<b>5:00 – 6:00</b>	Late Pick Up				



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