

619 BEACH VOLLEYBALL CAMP

Day 1:

- Introduction & Orientation
- Passing & Ball Control
- Setting / Reacting to ball movement
- Proper serving technique (underhand and/or overhand)
- Spiking (proper approach, snapping, and extending)
- Serving (introduction to Jump Serve)
- Scrimmage

Day 2:

- Warm-up
- Defense (explanation of different defense positions)
- Passing & Ball Control
- Diving Drills
- Setting (set to target and Day 1 review)
- Hitting (Review Day 1, develop hit direction of the ball with defenders)
- Scrimmage

Day 3:

- Warm-up
- Setting (Day 1 & 2 review + introduce back set & set back row)
- Hitting (Day 1 & 2 review, hit outside, middle, back and back row approaches)
- Emphasis on Digging & Attacking
- Blocking fundamentals
- Serving -review Day 1 and 2
- Rotation & Options with setter
- Scrimmage

Day 4:

- Warm-up
- Emphasis on the Court & Game Play
- Bumping & Digging
- Defensive from the front row
- Attacking drills (setting will be incorporated as well as defense)
- Blocking review from Day 3
- Serving
- Scrimmage & Games will incorporate Days 1-4