**VolleyTOTS Schedule**

**August 2nd, 2018- Day 3**

**6:00 Introductions**

**6:10 Stations- 3 minutes and rotate**

 **REMEMBER TO SEPARATE BY AGE GROUP**

 **4-5 Per group**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **STATION** | **WHAT** | **WHERE** | **WHO** | **ROTATE** |
| Station 1 | Scooters | Court 5 Bleacher Side  | Sara, Jaymison | Send to ladders |
| Station 2 | Ladders | Court 5 Wall Side | Maggie, Bella, Madelyn | Send to Balance Beam |
| Station 3 | Balance Beam | Court 6 Bleacher Side | Katie, Ava | Send to BucketBall |
| Station 5 | Fitness Station | Court 6 Wall Side | Richard, Riley | Send to Jump Rope |
| Station 6 | Jump Rope | Court 6 Wall Side | Julia, Whitney, Julianne | Send to Scooters |

**6:30 WATER**

**6:30 REVIEW PASSING**

* Knees bent, arms out, pancake, buddy thumbs

**6:40 PASSING STATIONS:**

* 4 minute stations and rotate

 **REMEMBER TO SEPARATE BY AGE GROUP ON TWO COURTS!**

 **4-5 Per Group**

**FOCUS POINTS: (Run on both courts- so technically 8 stations)**

1. **Knee Passing:**
* Using knee**/**NO SWING
* Knees bent, arms out, pancake, BUDDY THUMBS
1. **Bean Bag Passing:**
* Weight Transfer/Using Legs/NO SWING
* Throwing into hula hoop/cart
* Knees bent, arms out, pancake, BUDDY THUMBS
1. **Passing W/ Coach**
* Using Legs**/**NO SWING
* Knees bent, arms out, pancake, BUDDY THUMBS
1. **Footwork**
* Teach shuffling
* Partner Rolls

|  |  |  |  |
| --- | --- | --- | --- |
| **WHAT** | **WHERE** | **WHO** | **ROTATE** |
| Knee Passing | Ct. 5- Bleacher Right BackCt. 6- Bleacher Right Back  | 1. Ava
2. Julianne
 | Bean Bag Passing |
| Bean Bag Passing/Knee Pad Passing | Court 5- Bleacher Left BackCourt 6- Bleacher Left Back | 1. Richard
2. Katie (Madelyn)
 | Passing |
| Passing | Court 5- Wall Right BackCourt 6- Wall Right Back | 1. Jaymison (Whitney)
2. Bella (Riley)
 | Bleacher Passing |
| Footwork | Court 5- Wall Left BackCourt 6- Wall Left Back | 1. Maggie
2. Claire (Julia)
 |  |

**6:55 WATER**

**7:00 INTRODUCE ATTACKING:**

 **-ARMS UP, ELBOW BACK, REACH, SWING**

* 4 minute stations
* 6-8 kids per group

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| **WHAT** | **WHERE** | **WHO** | **ROTATE** |
| Approach on Dots & Throw Bean Bag | Ct. 5- Bleacher Right FrontCt. 6- Bleacher Right Front  | 1. Ava

2. Julianne | Approach |
| Wall Work | Court 5- WallCourt 6- Wall | 1. Richard
2. Katie (Madelyn)
 | Wall Work |
| Small ball Throws | Court 5- Bleacher Middle FrontCourt 6- Bleacher Middle Front | 1. Jaymison (Whitney)

 2. Bella (Riley) | Boxes  |
| BOXES (1 Box), Standing and hitting  | Court 5- Bleacher Left FrontCourt 6- Bl. Left Front Left Back | 1. Maggie

2. Julia | Hand Contact |