**VolleyTOTS Schedule**

**July 19th, 2018- Day 1**

**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 | Scout, 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 | Crew, Katie | Send to BucketBall |
| Station 5 | Fitness Station | Court 6 Wall Side | Richard, Riley, Savannah | Send to Jump Rope |
| Station 6 | Jump Rope | Court 6 Wall Side | Claire, Maddie, Julia, Whitney | Send to Scooters |

**6:30 WATER**

**6:30 INTRODUCE 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 Back  Ct. 6- Bleacher Right Back | 1. Crew (Maddie) 2. Savannah | Bean Bag Passing |
| Bean Bag Passing/  Knee Pad Passing | Court 5- Bleacher Left Back  Court 6- Bleacher Left Back | 1. Richard 2. Scout | Passing |
| Passing | Court 5- Wall Right Back  Court 6- Wall Right Back | 1. Jaymison (Whitney) 2. Bella (Riley) | Bleacher Passing |
| Footwork | Court 5- Wall Left Back  Court 6- Wall Left Back | 1. Maggie 2. Claire (Sara) |  |

**6:55 WATER**

**7:00 INTRODUCE SERVING (IF TIME)**

* Arms up, elbow back, toss, step SWING

**7:10 SERVING STATIONS:**

* 4 minute stations and rotate

**REMEMBER TO SEPARATE BY AGE GROUP**

|  |  |  |  |
| --- | --- | --- | --- |
| **WHAT** | **WHERE** | **WHO** | **ROTATE** |
| Dot Tossing | Ct. 5 Endline Wall | Crew, Maddie, Savannah | Partner Throw |
| Partner Net Throwing | Ct. 5- Net | Richard, Bella, Riley | Hand |
| Hand Contact  Wall Work | Ct. 6 Wall Side | Scout, Jaymison, Whitney, | Net |
| Net Serving | Ct. 6 Net | Maggie, Claire, Sara | Dot |

**7:25 GAME TIME (If Time)**

|  |  |  |  |
| --- | --- | --- | --- |
| **COURT** | **GAME** | **AGES** | **WORKERS** |
| **Court 5** | **Circle The Wagon** | **Ages 6-8** | **LEAD- Courtney** |
| **Court 6** | **Duck, Duck, Goose** | **Ages 3, 4, & 5** | **LEAD- Scout** |