**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**

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| --- | --- | --- | --- | --- |
| **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 Back  Ct. 6- Bleacher Right Back | 1. Ava 2. Julianne | Bean Bag Passing |
| Bean Bag Passing/  Knee Pad Passing | Court 5- Bleacher Left Back  Court 6- Bleacher Left Back | 1. Richard 2. Katie (Madelyn) | 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 (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 Front  Ct. 6- Bleacher Right Front | 1. Ava   2. Julianne | Approach |
| Wall Work | Court 5- Wall  Court 6- Wall | 1. Richard 2. Katie (Madelyn) | Wall Work |
| Small ball Throws | Court 5- Bleacher Middle Front  Court 6- Bleacher Middle Front | 1. Jaymison (Whitney)   2. Bella (Riley) | Boxes |
| BOXES (1 Box), Standing and hitting | Court 5- Bleacher Left Front  Court 6- Bl. Left Front Left Back | 1. Maggie   2. Julia | Hand Contact |