

Volleyball Training Camp Schedule

Half day camp, Max: 6 kids per session

Monday	Tuesday	Wednesday	Thursday	Friday
AM Session	AM Session	AM Session	AM Session	AM Session
9-10 am Warm-up Skill Training	9-10 am Warm-up Skill Training	9-10 am Warm-up Skill Training	9-10 am Warm-up Skill Training	9-10 am Warm-up Skill Training
10-11 am Team drills Game Play	10-11 am Team drills Game Play	10-11 am Team drills Game Play	10-11 am Team drills Game Play	10-11 am Team drills Game Play
11 am – noon Strength/Conditioning	11 am – noon Strength/Conditioning	11 am – noon Strength/Conditioning	11 am – noon Strength/Conditioning	11 am – noon Strength/Conditioning
12- 1 pm Coach Lunch	12- 1 pm Coach Lunch	12- 1 pm Coach Lunch	12- 1 pm Coach Lunch	12- 1 pm Coach Lunch
PM session	PM session	PM session	PM session	PM session
1-2 pm Warm-up Skill Training	1-2 pm Warm-up Skill Training	1-2 pm Warm-up Skill Training	1-2 pm Warm-up Skill Training	1-2 pm Warm-up Skill Training
2-3 pm Team drills Game Play	2-3 pm Team drills Game Play	2-3 pm Team drills Game Play	2-3 pm Team drills Game Play	2-3 pm Team drills Game Play
3-4 pm Strength/Conditioning	3-4 pm Strength/Conditioning	3-4 pm Strength/Conditioning	3-4 pm Strength/Conditioning	3-4 pm Strength/Conditioning

Week	AM Session	PM Session
1	Beginners: 5-8 years old	Beginners: 9-13 years old
2	Intermediate: 12-16 years old	Intermediate/Advanced: 14-18 years old
3	Beginners: 5-8 years old	Beginners: 9-13 years old
4	Intermediate: 12-16 years old	Intermediate/Advanced: 14-18 years old
5	Beginners: 5-8 years old	Beginners: 9-13 years old
6	Intermediate: 12-16 years old	Intermediate/Advanced: 14-18 years old
7	Beginners: 5-8 years old	Beginners: 9-13 years old
8	Intermediate: 12-16 years old	Intermediate/Advanced: 14-18 years old
9	Beginners: 5-8 years old	Beginners: 9-13 years old
10	Intermediate: 12-16 years old	Intermediate/Advanced: 14-18 years old