

Sunday June

- 1:00 – 2:45 Registration – counselors & coaches available, bring campers over to Massasoit
- 3:00 -3:20 Welcome in bleachers – camp picture
- 3:20 – 4:30 Each court Warm – Up stretch  
Specialize by positions
- 4:30 On courts - 6 v 6 games
- 5:00 Groups meet in Blake – pizza orders – check names on folders – explain  
9pm Gym – Dorm option – Camp store
- 5:10 Dinner
- 7:00 Pass lecture
- 7:25 Work on serve and pass in groups
- 8:00 Serve Demo – BLAKE
- 8:15 Coaches in groups practice serve
- 8:55 In group – campers of the day
- 9:00 Options: Swimming, open play, dorms
- 10:00 In dorms – pizza delivery – Staff Pizza
- 11:00 Lights out

Monday June

- 7:00 Wake up
- 7:30 Breakfast
- 9:00 Attacking lecture -
- 9:30 – 10:30 Specialize by positions – No setters - Objectives:
- |         |                                      |
|---------|--------------------------------------|
| OHS     | 4 step approach – climactic velocity |
| MBs     | Molten pose - < of approach          |
| Setters | Chris/Shoe footwork                  |
| Bros    | passing & Defense – Z1 passing       |

10:30 – 10:45 – Coaches Demo  
Pepper – butterfly – OH/OH/Bro/S/OP? – vs 6 – receive with specific offense

10:45 – 11:45 – practice attacking/ drills decided by coach on courts

11:45 Groups in gym – lunch in cafeteria

12:00 Lunch – Pizza orders

1:30 Blocking Demo

1:50 Blocking practice on your court

3:00 Defensive Demo

3:30 Defensive practice in teams  
Prepare strategy for 2 teams on your court competition  
Serve receive – serving strategy – Ros – specialization

4:50 Meet in Blake – bring back bathing suit and towel if pool

5:00 Dinner – recheck pizza orders

7:00 Camp competition #1 – top court keep stats – goals  
Tape match for video and statistical analysis

8:55 Camper of the Day

9:00 Options – Gym, Dorm

10:00 Everyone in dorm – pizza delivery

11:00 Lights out

## Tuesday

7:00 Wake up

7:30 Breakfast

9:00 Wash Drill Demo – Serve and Pass/ FIVB  
3 v 3 back court or front court lower levels - +/- & no errors for 1,2 mins

9:30 Specialize – Setters join groups this time  
Chris and Shoe coach setters with other groups

10:30 Team practice – improvements from last night matches – FIVB and  
Serve and Pass 6 v 6

11:50 Line up in Blake – dismiss for lunch

12:00 Lunch – Pizza orders

1:30 Demo 1 v 1  
½ court – cones from ER – games to 5 Rally score – complete practice w/  
one other person  
Compete on court one winner by 3:00

3:00 Transition Offense Demo  
Stats – Kill % and Errors

3:20 Team Practice Transition  
1 Game to 25 with Stats Kill % and Errors

4:50 Line up

5:00 Dinner

#### STAFF MOST IMPROVED CAMPER NOMINATION

7:00 Camp competition #2 – coaches stat – team off stating?  
Tape matches?

9:00 COD – options – gym, dorm

10:00 Everyone in dorm – pizza delivery

11:00 Lights out

ALL CAMPERS HAVE AN EVALUATION TO FILL OUT AND BRING TO CHECK  
OUT WHEN HAND IN KEY

Wednesday June 30

7:00 Wake up

7:30 Breakfast

8:30 Room inspection

8:45 Campers clean out rooms and bring all belongings to Blake  
Counselors and coaches help  
Turn in key to staff in Blake

9:00 Staff lunch orders

**2 Semi Finals and Final of 1 v 1**

9:20

Around the world – 5 stations 10 minutes

- 1) Lev – around the world
- 2) Serve machine pass – set – hit
- 3) Defense
- 4) Block and transition
- 5) Serve and pass w/ passing basket

- 10:00 Final camp competition  
Practice first – improvements previous night –
- 11:05 Cool down
- 11:15 In groups in front of bleachers  
Closing comments  
Awards  
Evals from coaches
- 11:30 Campers dismissed