

# Monday

## Session # 1: Introduction to Volleyball and Movement Patterns

### **Building the Basics**

It is important to discuss the fundamentals of the game before beginning to play.

#### **Rules:**

1. There are six players on each side.
2. The same player cannot hit the ball twice in a row.
3. A team can hit the ball up to three times to get it over the net.
4. A game is played to 25 points using rally scoring.

#### **Boundary Lines:**

1. The ball is IN when it falls on the line. "If it's on, it's in. If it's off it's out!"
2. All players must be inside the boundary lines when a play begins. Moving outside the lines is legal after the ball is served.

### **Warm Up Sequence**

Start with a simple warm up each day to create a routine for your campers. Include skills learned from the previous day as the week progresses.

#### **Get Movin'!**

Campers line up on the end line, facing the net. Depending on the amount of campers, form lines of 2-3, or use both sides of the net to create space and limit time standing still. Campers take turns going to and from the end line and the net as they perform the following stretches:

- slow jog
- karaoke
- arm circles
- high knees
- side slide
- criss-cross
- butt kicks
- sprint
- arms in front

## **Elements of Movement**

Depending on the age and experience of your campers, you can gauge how much time to spend teaching player rotation, court coverage, and basic volleyball movement skills.

### **Nuke 'Em**

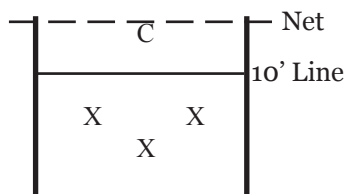
Teams of 4-6 players try to eliminate their opponents by throwing the ball over the net so that it hits the floor on the other side. The receiving team must catch the ball before it hits the ground and quickly throw it back over the net. Play continues, throwing and catching, until the ball falls to the ground. Once the ball drops, the player closest to the ball is eliminated. If a player touches the ball in an attempt to catch it, he/she is out. After each dead ball, teams rotate clockwise one position. The team to eliminate all of their opponents first is the winner.

### **Helpful Tips:**

- Create a 3-second rule if players are holding onto the ball too long.
- Add another ball(s) to increase level of difficulty.
- Add elements of volleyball before sending it back over the net. Example: Player 1 catches, tosses it to Player 2 who sets it to Player 3, who hits it over the net.

### **Scramble**

Begin by having three players lie down on their stomachs. The coach slaps the ball and bounces it hard on the ground. When the players hear the slap, they jump up and one of them tries to touch the ball before it hits the ground again. Keep the drill moving by having the next group of three lie down as soon as the previous group stands up.



**Tip:** Use discretion on the direction and height of the bounce depending on the ability of your campers.

**Variations:** Increase difficulty by progressing from touching it, to catching it, to passing it over the net, to a pass-set-hit over the net.

## Session #2: Forearm Passing

### Passing Form

Emphasize the importance of correct technique to make a successful pass. After demonstrating the correct passing position, have campers spread out on the court to practice. Walk around to offer advice and encourage your campers as they learn!

### **Body Position**

**Knees and Feet:** Feet are shoulder width apart and knees are bent. Weight should be on the pads of your feet. Step towards the target when making a pass.

**Back and Shoulders:** Lean forward slightly so your chest is over your knees while keeping your back straight. Point shoulders toward target. Dip the inside shoulder if tuned to the side.

**Arm Position:** Extend arms straight out, away from your body. Elbows should be locked.

**Hand Position:** Make a fist with one hand and wrap the other hand around it. Keep thumbs together and parallel. Do not interlock fingers!

**Call the ball:** Make sure to communicate with your team so the ball doesn't drop. Examples: "Mine!" "Got it!" "I go!"

### **Progressive Passing**

The following drills can be done in pairs, or in multiples lines with a coach as Player 1. Emphasize the importance of beating the ball to the spot and catching/passing it in the center of the body. Players switch roles after 10 repetitions. You may need to remind the younger campers how to make an underhand toss.

**Ready:** Player 1 shouts "Ready Position!" Player 2 responds by quickly getting into passing position. Partners offer feedback to encourage and correct each other's passing form.

**Roll:** Player 1 will gently roll the ball towards either side of his/her partner. Player 2 shuffles feet so the ball rolls through his/her legs. Repeat 10 times and switch roles.

**Catch:** Player 1 tosses the ball high into the air, allowing it to bounce once before reaching his/her partner. Player 2 will wear a large pinnie in which he/she will slide step to the ball and catch it in his/her pinnie.

## Progressive Passing Continued

**Bridge:** Player 1 tosses the ball over the net to his/her partner. Player 2 reacts by moving to the ball and allowing it to bounce between his/her feet, and through the legs.

**Tip:** This may take several tries to be successful, so don't give up! Encourage "quick feet."

**Pass:** Player 1 tosses the ball over the net. Player 2 shuffles to the ball in passing position and passes to a target. (This could be to a coach on the same side of the net, or back over the net to the tosser.)

## Partner Passing

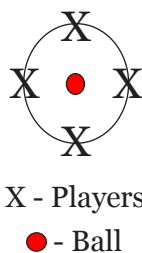
Adapt the speed and repetition of the following drills according to the skill level of your campers. Stress leg movement and minimal swing.

**Tip:** Don't explain all the drills at once. Move onto the next drill once the majority of campers have had a chance to complete it.

- Player 1 tosses to his/her partner. Player 2 passes back to Player 1 who catches the ball. Repeat 10 times and switch.
- Same as previous drill, but increase the distance with each pass. Strive for a controlled pass while pushing with the legs for farther distances.
- Partners practice continued passing at a medium distance (about 10 feet) without catching the ball. Start over if the ball drops.
- Same as previous drill, but this time allow the ball to bounce once between passes. This forces the player to react to the ball and stay low on the pass.

## Keep It Up!

Form groups of 4 or more and give each group one ball. When the coach yells "Go!" players will attempt to keep the ball in the air using the forearm pass only (no setting). After a couple practice rounds, keep track of points (one point per pass). Increase the difficulty by adding a time limit, or returning to zero if the ball is dropped. The group with the most passes wins!



## Session #3: Serving

**For younger campers, the underhand serve is best. For older or more proficient campers, explain the overhand serve. You may want to divide the campers into groups as necessary. The explanations are for right-handed players.**

### Underhand Serve

- Hold the ball low, in your left palm, out in front of your right arm. Bend slightly at the waist.
- Make a fist with your right hand.
- Take a step with your left foot as you pull your right arm back.
- Swing your right arm forward as the ball drops from your left hand and strike the ball with the heel of your hand.
- Start the serve with your weight on your back foot. As you step and swing, shift your weight to the front foot, stepping towards your target.

### Overhand Serve

- Starting position: Left foot forward, right arm is pulled back back like an arrow. Ball is held in the palm of your left hand, out in front of your body.
- With your left hand, toss the ball into the air, a couple feet above the head. There should be no spin on the ball. If dropped, it should land in front of your right foot.
- Shift your weight from the back (right) foot to the front (left) foot as you contact the ball with an open hand above your head. A faster swing will create more power behind the ball.

### **Serving Practice**

With a partner, have campers serve back and forth to each other on the same side of the net. As they progress and proper technique is observed, have partners serve to each other over the net.

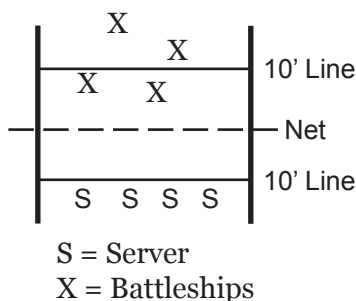
### **Serving Contest**

The players are in the same position as described above. All the players on the same side of the net have a ball. All players with a ball then serve at the same time. Have those who served the ball over the net raise their hands. Their partners then serve the ball back over the net. Keep track of which team is the most successful.

## Battleship

The players are divided into two teams. One team is the serving team (S). The other team lies down on their stomachs anywhere in the court on the opposite side from the servers. They are the battleships. The serving team will aim to hit the battle-ships.

They get to serve for one minute. Each must retrieve his/her own ball after serving. Count the number of times they hit the battleships. Now have the teams switch. Set a point total or number of rounds to determine a winner.



# Tuesday

## Session # 1: Warm Up and Review (Passing and Serving)

### **Warm Up Sequence**

Start with a simple warm up each day to create a routine for your campers. Include skills learned from the previous day as the week progresses.

### **Get Movin'!**

Campers line up on the end line, facing the net. Depending on the amount of campers, form lines of 2-3, or use both sides of the net to create space and limit time standing still. Campers take turns going to and from the end line and the net as they perform the following stretches:

- slow jog
- high knees
- butt kicks
- karaoke
- side slide
- sprint
- arm circles
- criss-cross
- arms in front

### **Partner Passing**

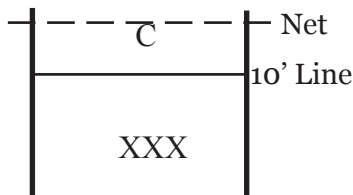
Partners pass back and forth practicing correct technique.

### **Stack 'Em Up!**

The players and the coach are on the same side of the net. The players are divided into groups of three. The first player from the group lies down on his/her stomach in the middle of the court.

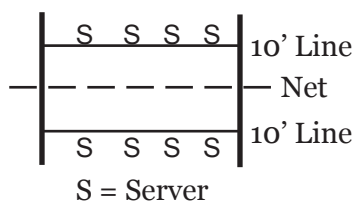
The second player then lies down

on top of the first layer, lying in the opposite direction. The third player then lies down on top of the first two players. The coach bounces the ball high into the air. The player on top gets up and passes the ball straight up. The middle player will get up and passes the ball straight up. The bottom player then passes the ball over the net.



### **Serve with a Partner**

The players need a partner and a ball. Place them across the net from each other on the 10' line. Have them practice serving back and forth to each other.



### **Serve and Run**

Have the players line up in two different groups in the far back right corner of each court. Each player needs to have a ball. Each player in order serves the ball over the net, runs and get the ball, and gets in the back of the opposite line. The players are continuously moving from one side of the net to the other serving and chasing the ball.

**Tip:** Lay out targets (i.e. flat cones or pennies) on both sides of the court for campers to aim at.

## *Session #2: Setting Introduction*

**There is a tendency to run towards the ball with the hands up. Encourage the players to beat the ball to the spot, then quickly put their hands into position.**

### **Setting Position**

- Place palms together in praying position and hold in front of the forehead.
- Open hands so the palms are facing out. Keep the thumbs and pointer fingers together so that they form a triangle.
- Cock the hands back so wrinkles are formed in the wrist. Elbows are pointed out to the sides.
- Pull hands apart slightly. Thumbs should be pointing toward the eyes.

### **Setting Motion**

- When receiving the ball, the player should be in “loaded” position with knees bent, elbows bent, and hands soft above the head.
- Setting is a very quick “catch and release” using the pads of the fingers. The ball does not touch the palms of the hands.
- Follow through by extending the legs and arms. Hands fall forward, not out to the side.



### Static Setting

Each players needs a ball and a partner. One will be the tosser, while the other is the setter. The setter will lie down on his/her back and place their hands above the forehead in setting position. The tosser will stand behind the head his/her partner and drop the ball into his/her partner's hands. The setter will push the ball high into the air, extending the arms, back up to his/her partner.

**Tip:** If you notice the ball is falling to the left, the setter is pushing harder with the right hand. If the set is falling to the right, the setter is pushing harder with the left hand. A correct set will pop straight up into the air.

### Wall Setting

If you are inside a gym or outside and are able to use the side of a building, this is a great drill to help campers build strength in their wrists and practice ball control. Put each player with a ball facing the wall, about one foot away. Have the players set the ball very quickly against the wall. The movement should only be with the wrists. Emphasize getting the ball in and out of their hands quickly, making sure it's bouncing off the wall at forehead height.

### Partner Setting

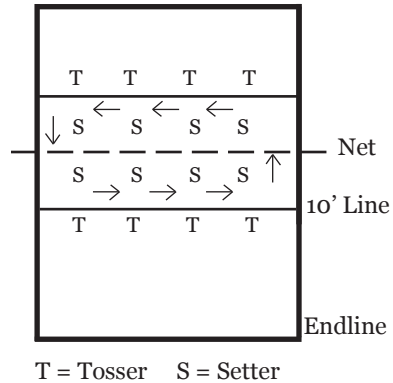
- Player 1 tosses to his/her partner who sets it back to his/her partner. Repeat 10 times and switch.
- Same as previous drill, but now increase the distance with each set. For the first 5 tosses, move back one step each time. The last 5 tosses players will move forward one step, working their way back to their starting position.
- Partners practice continued passing at a medium distance (about 10 feet) without catching the ball. Start over if the ball drops.

### Setting Machine

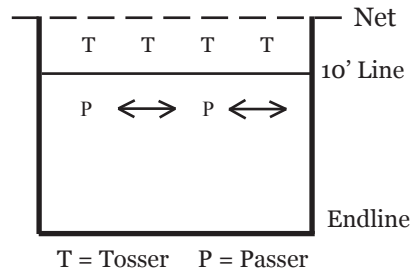
The players need a ball and a partner. The partner with the ball (T) stands on the 10' line facing the partner by the net. The setter (S) gets into the ready position with hands up and knees bent. (Diagram and directions continue on next page.)

**Setting Machine (continued)**

For this drill, the players will set to their partner, then move left to the next tosser and pass to them. The players continue to move in a large circle going under the net to the other side once they reach the end. Campers switch roles once everyone has had a chance to go around a couple times.

**Session #3: Setting (continued)****Triangle Drill**

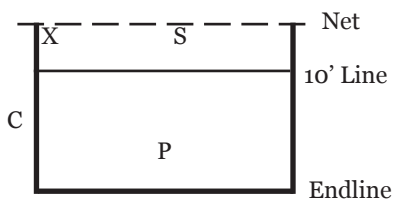
Have the players divide into groups of three. There will be two tossers and one passer. The two tossers will stand at the net and the passer will be 15' in front of them. The drill begins by tossing the ball to the passer who returns it to the tosser using a forearm pass. Emphasize that the ball is positioned between their feet and that they are in a low position to play the ball. After the passer returns the ball he/she slides in position to the second tosser and passes back. The passer keeps sliding back and forth, passing the ball for one minute. Switch roles. Repeat the drill using setting.

**H-O-R-S-E**

Divide the players into groups according to the number of basketball hoops available. Each group forms a line in front of their basket. The first person begins by setting the ball toward the basket. If it is *made*, the player goes to the end of the line and the next player continues by setting from the designated area. If it is *missed*, the next player "rebounds" by allowing it to bounce once and setting it back toward the basket. If the ball bounces twice or it is an airball, the player earns a letter. Players are eliminated once they receive every letter. The game is played until one player remains.

### Pass and Set Combination

Divide into three lines: a passing line, a setting line, and a target line. The coach (C) stands on the left side of the court and tosses a ball to the first player in the passing line (P) located in the middle back position. Using a forearm pass, he/she passes the ball to the first player in the setter line (S) just right of center court, near the net. The setter sets it to the first player in the target line (X). Players switch lines following their pass. Targets go to the end of the passing line. The coach begins again with a new toss.



C = Coach

S = Setter

P = Passer

X = Target

**Note:** Lines should not be longer than three people. This drill can be run on both sides of the net at the same time. If you have more players that still need a position, utilize them as tossers and have them rotate in.

# Wednesday

## Session # 1: Warm Up and Review (Passing and Setting)

### **Warm Up Sequence**

Start with a simple warm up each day to create a routine for your campers. Include skills learned from the previous day as the week progresses.

#### **Get Movin'!**

Campers line up on the end line, facing the net.  
(See page 7 for more detailed instructions.)

- slow jog
- karaoke
- arm circles
- high knees
- side slide
- criss-cross
- butt kicks
- sprint
- arms in front

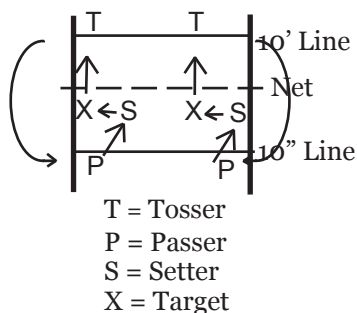
#### **Partner Passing & Setting**

Partners pass and set back and forth practicing correct technique.

#### **Butterfly Drill**

Divide the players into four groups. The groups consist of passers (P), setters (S), targets (X), and tossers (T). The tossers are on one side of the net and the other three groups are on the opposite side of the net. The tosser throws the ball overhand to the passer (both of these players are on the 10' lines) and becomes the next passer. The passer passes to the setter and becomes the next setter. The setter sets to the target and becomes the next target. The target becomes the next tosser.

Extra players should line up in the tossing or passing lines.



### **Around the World**

Divide the players into two groups and have them line up behind the endline on either side of the net. Set up six targets on each side of the net (i.e. cones, jerseys, coaches). On the coach's signal, both teams begin serving, one player at a time. The players take turns serving, trying to hit the first target. Once one person on their team hits it, the team continues serving to the next target until each one is hit. The winning team is the team that serves a ball to all the targets first.

**Tip:** If you only have a few players, have them compete as a group against time.

## **Session #2: Hitting**

### **Hitting Position**

- **Bow and Arrow** - Draw the elbow back, thumb to ear, and palm facing out.
- **High-Five** - Contact the ball with an open hand, high and out in front of the body.
- **Snap the Wrist** - After contact, snap the wrist forward to force the ball towards the floor.
- **Follow Through** - Swing the hitting arm down past the hip, not across the body.

### **Spike It!**

Players partner up and stand across from each other on the 10' foot lines on either side of the net. Each pair of players should have a ball. One player will begin, tossing the ball just above the head and hitting the ball underneath the net to his/her partner. The player returns the ball in the same manner. This forces players to hit on top of the ball, practicing snapping the wrist and following through.

### **Progressive Hitting**

**Approach:** Right-handed hitters step "left foot, right foot, left foot, jump." For left-handed hitters, the footwork is the opposite. The last two steps are quicker than the first, landing close together to provide a balanced base before jumping. Have players begin at the 10' line and practice their approach multiple times until the majority are comfortable.

## Progressive Hitting (continued)

**Jump and Catch:** Players line up in a single line facing the net. The coach will toss the ball into the air as players perform the approach, jump, and catch the ball in the air. The ball is returned to the coach and the player goes to the end of the line.

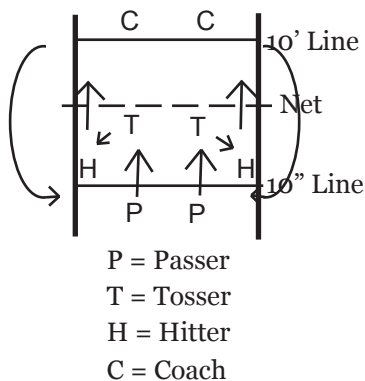
**Tip:** Create multiple lines if volunteers are available.

**Throw It:** If available, give each player a tennis ball for this drill. Players make his/her approach, jump, and throw the tennis ball as if he/she were hitting a volleyball.

**Hit It:** Place the players in one line starting at the 10' line. The coach holds the ball about two feet off the net. The player will take his/her approach and swing, hitting the ball out of the coach's hand. Once each player has been successful, the coach then tosses the ball in the air as the player approaches and swings.

## Get Back Jack!

This drill emphasizes the importance of getting off the net quickly. The coach will toss the ball over the net to the passer while the hitter transitions off the net and gets ready to hit. The passer passes to the setter. The setter delivers the ball high into the air (with a toss or a set) for the hitter to attack. The hitter makes his/her approach, hits the ball, retrieves the ball and hands it to the coach before getting in the passing line. Players rotate, following the pattern of the ball.



## Hitting Lines

Have players line up behind the 10' line in the left, middle or right hitting position. Designate a camper or volunteer to set. The coach will toss the ball to the setter who will set to one of the three hitting lines. Players retrieve their ball and rotate between lines.

## Session #3: Defense

**The biggest goal in volleyball is to not let the ball hit the ground. This means that you may have to dive onto the floor to keep the ball from landing!**

### **Pancake Practice**

With a partner, have campers toss back and forth to each other keeping the ball just out of reach of the digger. The digger should start in a low position before the ball is thrown. He/she will read the toss and try to beat the ball to the spot by reaching out with a straight arm. The ball rebounds off the back of the hand when placed flat on the court.

### **Dive and Roll**

Be sure to explain the basics of diving and rolling thoroughly before starting. When diving, the player takes a long step towards the ball with the outside foot, bending the knee into a low position. After ball contact, the player turns over, dropping to his/her behind and rolls over the shoulder back to the standing position. You can teach a barrell and/or shoulder roll (barrell rolls are typically used when the ball falls out in front of the player and shoulder rolls when the ball falls to the side of the player) . Have the players practice without a ball. You can also start this drill by doing all the motions at slow speed.

**Tip:** Keep arms extended while rolling. Keep knees bent through the roll to return to the defensive position quicker.

### **Dig It**

The coach will toss the ball to two lines. One line will be digging to the right side and the other to the left side. Be sure to toss the ball out in front and to the side of the player. Keep the ball low to the floor. The player will dive out, play the ball, and roll to get back to his/her feet. Go to the end of the opposite line.

### **Scrimmage**

Use the remainder of the session to allow players to compete in a game-like situation. Depending on the skill level of your group, the coach can begin each play with a free ball, or have a camper serve.

# Thursday

## Session # 1: Warm Up and Review (Hitting and Serving)

### **Warm Up Sequence**

Start with a simple warm up each day to create a routine for your campers. Include skills learned from the previous day as the week progresses.

#### **Get Movin'!**

Campers line up on the end line, facing the net.  
(See page 7 for more detailed instructions.)

- slow jog
- high knees
- butt kicks
- karaoke
- side slide
- sprint
- arm circles
- criss-cross
- arms in front

#### **Partner Peppering**

Partners pass back and forth using a pass - set - hit sequence.

#### **Hitting Lines**

Have players line up behind the 10' line in the left, middle or right hitting position. Designate a camper or volunteer to set. The coach will toss the ball to the setter who will set to one of the three hitting lines. Players retrieve their ball and rotate between lines.

**Variation:** Players line up in the outside hitting position on both sides of the net. Place a setter on each side as well. Players toss to the setter, who sets it back for the hitter to attack. Players retrieve their ball and line up on the other side of the net. This works with the backside hitting position as well.

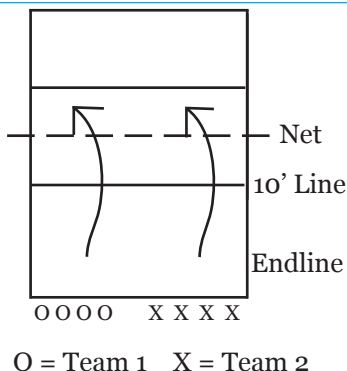
#### **Pressure Cooker**

This is a serving relay drill that allows players to practice serving under pressure. Divide the campers into two teams and have them line up behind the same endline (or closer, depending on the skill level of your group).



**Pressure Cooker (continued)**

The first player from each team will serve the ball then retrieve his/her serve. If the server misses the serve, he/she returns to the endline and serves again until a successful serve is made. If the serve is made, he/she will retrieve the ball and hand it to the next person in line. The first team to have all members serve successfully wins.



## Session #2: Blocking and Net Recovery

**Blocking**

**The purpose of the block is to stop the hit from coming over the net or to slow it down so it is easier for the defense to play the ball.**

**Body Position**

- Tighten fingers and spread them apart. Position the hands like “moose antlers” with thumbs side by side, pointing to the sky. Other fingers should be pointing slightly to the sides.
- Tighten forearms and shoulders by shrugging, placing arms in the air, slightly out in front of the body. (Start with elbows bent and extend arms simultaneously when you jump.)
- Bend knees slightly into “loading” position, ready to jump.

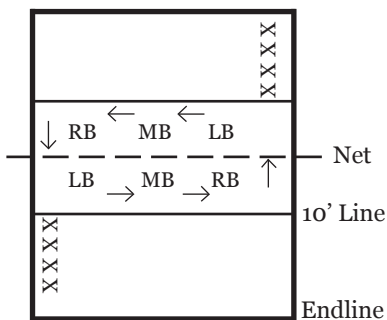
**Tip:** It's important that blockers jump together on a left- or right-side hit. The middle blocker gives the command by shouting, “Ready, up!”

**Blocking Transition**

The middle blocker must transition from side to side as quickly as possible in order to double block the outside hitter. The crossover step is the most efficient way to do this. The player takes a large step with the outside foot (closest to the hitter), crosses over with the inside foot, and brings the outside foot back around before jumping straight up.

### Blocking Transition Drill

Lower the net to a position that allows the players to reach their arms over the net when blocking. Form lines on the left side of the court on each side. Begin the drill with 3 blockers on both sides of the net. The coach will call out, “1, 2, 3, up!” All of the blockers jump, then transition to their right, using the crossover step. Right side blockers will go to the end of the line on the opposite side of the net. As players get the hang of the timing, the coach may not need to continue calling out.



LB = Left Blocker  
 MB = Middle Blocker  
 RB = Right Blocker  
 X = Players

**Tip:** Alternative commands could be “Step, cross, step, jump.”

### Blocking Form Drill

Set up the players like the previous drill. The coach calls out “left,” “middle,” or “right.” The middle blocker will block alone, or transition to the left or right, blocking with the outside players. The players stay for three commands then return to the line. Three new players enter on each side.

### Blocking a Hit Drill

(Setup: Net is set to a low position) The coach is positioned on one side of the net with a line of players on the other. The coach will then hit into the arms of the blocker. Make sure the blocker’s arms have penetrated over the net. Allow the blocker to get in the tight position, with arms ready, before the coach hits.

### Net Recovery

Players need to understand that they can play the ball out of the net. A player should follow this pattern:

- Get into a position lower than the ball.
- Hitting platform should be parallel to the ground.
- Wait for the ball to come off of the net.
- Lift the ball straight up in the air.

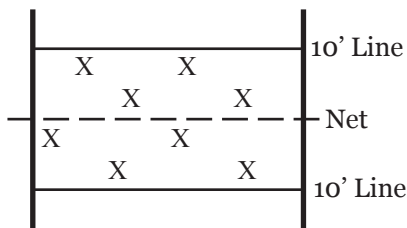
**Give Me a Boost!**

Divide the players into three lines at the 10' line facing the net. The first player in each line approaches the net and drops into a low position, arms out to pass. The next person in line throws the ball over the passer's head, into the net. The players attempt to pass it out of the net and return to the end of the line.

**Tip:** Explain how to anticipate how the ball will come off the net depending where it hits. If it hits the top of the net, it will usually drop straight down. If hits in the middle of the net, it generally pops straight out slightly.

**Session #3: Defense****Short Court**

This drill is a variation of a regular game. The players are all within the 10' line. These are the boundaries. Try to encourage good ball control skills as you remind them that each side gets only three hits.

**6 vs 6**

Use the remainder of the session to allow players to compete in a game-like situation. Depending on the skill level of your group, the coach can begin each play with a free ball, or have a camper serve. Play rally scoring to 25.

# **Friday**

## **Session #1: Warm Up and Review**

### **Warm Up Sequence**

Start with a simple warm up each day to create a routine for your campers. Include skills learned from the previous day as the week progresses.

#### **Get Movin'!**

Campers line up on the end line, facing the net.  
(See page 7 for more detailed instructions.)

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- arm circles
- criss-cross
- arms in front

#### **Partner Peppering**

Partners pass back and forth using a pass - set - hit sequence.

#### **Choose Your Favorite**

Have one camper choose his/her favorite passing, setting, or hitting drill from the week for the group to play. Repeat until you have done a drill for each skill as time allows.

## **Session #2: Game - Like Drills**

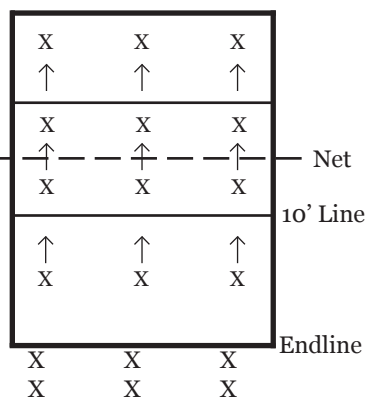
### **Queen of the Court**

Create teams of 2-4 players each. Teams will play against each other and the winners will keep the court. The coach can start the play by tossing a free ball, or letting a player serve. The team that wins the volley will take the receiving side of the court. To earn points, you must be on the receiving side. If you lose, you must leave the court and remember your score. A new team will rotate onto the court after each volley. The first team to 5 wins.

**Variation:** If you have a large number of campers, divide the court down the middle into two playing areas. Encourage teams to use both playing areas when they rotate on.

## Wave Drill

Set up the court with 6 players on each side. Any additional players will line up off the court in one of three lines behind the baseline (left, middle, or right). The coach will start the volley with a free ball to either side of the net and allow players to play it out. After three or four times, the coach calls out “wave!” Players transition as follows: On one side of the net, back row moves to front row, front row players go under the net and become the front row on the opposite side. On the other side, front row players move to back row, back row players transition off. All players should be shifting in the same direction.



## Session #3: Game Time

### Coaches vs Campers

During this session the campers will have the opportunity to play against the coaches. If you have multiple courts, divide the campers and coaches into multiple teams and have them switch at halftime. If only one court is available, invite all the campers to play at once, or divide them into two teams and switch them out every few minutes.

### Tips:

- Stress the importance of teamwork and good sportsmanship.
- Be sure to inform your volunteer coaches that this is still a learning activity for the campers and should not be used to run up the score or discourage the campers.

