



SMUS Overnight Volleyball Camp

Age 15 - 17 y/o



	Sun Aug 4	Mon Aug 5	Tue Aug 6	Wed Aug 7	Thu Aug 8	Fri Aug 9
7:45-8:45	Breakfast					
9:00-12:00	Group Warm Up	Group Warm Up	Group Warm Up	Position Training middles, setters, left sides and liberos	Teams are announced Team play with coaches - side out	Tournament Play - 6v6
	Stations for passing and serving	Stations for defense and attack				
12:00-13:00	Lunch					
13:00-16:00	Arrival Time 14:00 - 16:00	Arm Swing Clinic	Mental Training	Strength & Conditioning	Team play	Tournament Play - 6v6
		Attack footwork and blocking	Skills competition	Specialized Stations Diving/Backrow attacking/Front row attack shots/Net play		Recognition
		Attack games				
16:00 - 17:30	Orientation / Ice Breaker	Free Time	Coaches Game	Tournament Play	Free Time	Pickup Time 15:00 - 15:30
17:30-18:30	Dinner					
18:30 - 20:00	Volleyball: Passing intro and 2v2	Tournament Play 4 on 4	Evening Activity	Tournament Play 6v6 Triple Ball	6v6 Wash Drills	
20:00-21:00	Evening Activity	Evening Activity		Evening Activity	Evening Activity	
21:00 - 21:30	Snack					
21:00-22:30	Free Time					
22:30	Lights Out					