

CAMPS AT HOME

Volleyball Skills at Home

Warm-up

1. Pass to yourself (20, 40, 50 in a row)
2. Volley to yourself (20, 40, 50 in a row)
Badger challenge!
Can you change the height of the ball that you are contacting (a high one, a medium one, and a low one)?

Passing

1. Pass with only 1 arm (x 20)
2. Then switch to your other arm (x 20)
3. Now work on alternating your pass between both arms (x 20)

Volleying

(you can do these on your own or if you have a partner at home)

1. While volleying a ball go from standing to on your knees, to your bottom, to laying down then back up again while the ball is being set.
2. Pass or volley then touch the ground before you must pass again.

Badger Challenge!

Count how many times you can clap your hands before you must pass it again.

Serving

Serve against a wall by choosing a brick or spot on wall and trying to hit it consistently (make sure there are no windows!)

Setting

Self toss to set to the wall and turning to target and facing where you are setting the ball

- x 10 facing front to target
- x 10 facing left side and turning to set
- x 10 back to the wall - toss and turn to set
- x 10 facing right of initial spot and set to wall