

NBC Volleyball Power Camp 2009

Themes

1. Jump Training
2. Lateral Speed/Agility
3. Hand-Eye Coordination & Reaction Quickness
4. Core Control - Torque

Objectives

1. Campers will learn which exercises and principles to use in order to jump higher, move quicker, and use their core to get more power.
2. Campers will learn how to prevent volleyball injuries (knees, ankles, shoulders) through strength & flexibility training, GREAT warm-ups, and smart cool-downs.
3. Campers will learn how to use speed/explosion to get more power (i.e. faster arm swing, quick leg flexion/extension, faster torque to create power).

SCHEDULE KEY

POWER Module: Sports training learning, practicing, and mastering.

PLAY STATIONS: Volleyball skill/drill stations.

GAMES: Volleyball modified and regular games.

Schedule

DAY 1

12:30 PM	Registration
1:30 PM	Camper Orientation in Gym
2:00 PM	POWER Module 1: Introduction & Basics
4:00 PM	PLAY STATIONS: Combination Skill Drills
4:40 PM	GAMES: Modified 1v1, 2v2, 3v3, 4v4
5:00 PM	Dinner
6:00 PM	Agility Workouts: Ladders
7:00 PM	GAMES: 6v6
7:30 PM	Showers
8:00 PM	Main Event
8:50 PM	Discussion Groups
9:30 PM	Campers-Coaches Bonding Time
10:30 PM	Lights Out

DAY 2

7:45 AM	Wake Up
8:00 AM	Breakfast
8:45 AM	POWER Module 2:
10:00 AM	PLAY STATIONS: Combination Skill Drills
11:00 AM	POWER Module 3:
12:00 PM	Lunch
1:00 PM	Open Gym
1:30 PM	POWER Module 4:
2:30 PM	GAMES: Modified & 6v6
3:30 PM	POWER Module 5:

4:15 PM GAMES: 6v6
5:00 PM Dinner
6:00 PM Agility Workouts: Ladders
7:00 PM GAMES: 6v6
7:30 PM Showers
8:00 PM Main Event
8:50 PM Discussion Groups
9:30 PM Campers-Coaches Bonding Time
10:30 PM Lights Out

DAY 3

7:45 AM Wake Up
8:00 AM Breakfast
8:45 AM POWER Module 6:
9:15 AM PLAY STATIONS: Combination Skill Drills
9:45 AM POWER Module 7: Review & Remember
10:15 AM GAMES: 6v6
11:00 AM Camp Ends