



STC VOLLEYBALL CAMP GAMES AND GAME LIKE DRILLS RULES FOR GAMES PLAYED IN CAMP

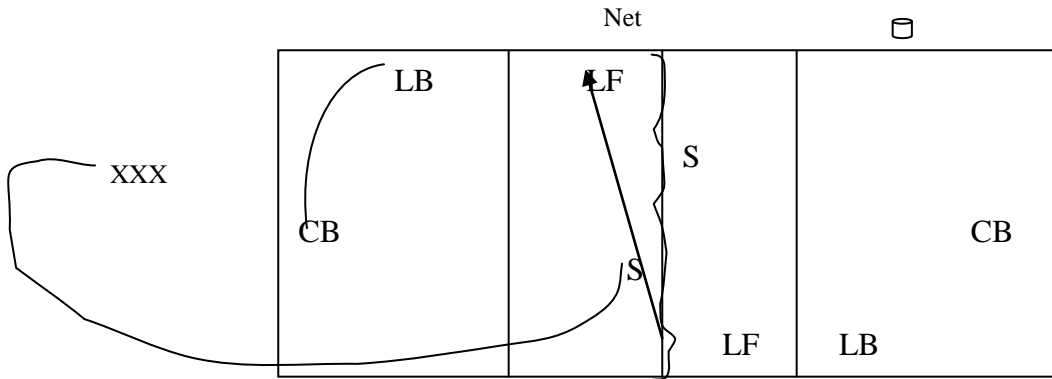
The following is a listing and brief description of the games or drills you may want to use in your practice sessions.

1. Singles
 - ◆ One Vs one with a running setter. Typically played with a 10' wide and 30' long court.
 - ◆ Play for a time limit (3 to 5 minutes)
 - ◆ Rally score
 - ◆ Round-Robin format
2. Triples
 - ◆ Teams may align themselves where they desire, but each player should serve in the same rotation as in the beginning of the game
 - ◆ Play regulation volleyball with the following exceptions:
 - ◆ Open hand tips or throws are not allowed
 - ◆ Server may serve from anywhere on the end line
 - ◆ The centerline may be crossed as long as play on the opposing court was not interfered with
3. Switching Triples
 - ◆ Same as triples, except that each court has a group of three on the end line waiting to participate.
 - ◆ The team may only stay on the court if they are winning. As soon as a side out occurs, the team on the court switches with a group on the end line.
 - ◆ Teams on the court do not serve for themselves. Groups on the end line serve for them.
 - ◆ Servers do not wait for the opposing teams to switch onto the court. Serve immediately to enhance Quick movement onto the court.
 - ◆ Score is kept for each individual group of three, but it is team pride that each group on a side of the Court does well.
4. "Plies" or "Dog Breakfast"
 - ◆ Winner's Court Triples, both teams (except the server) must be in a pile when the ball is contact on the serve. It is designed to promote quick play, cooperative play between teammates and general fun.
5. USA Triples - Winner's court or deep court, (do not rotate) setter's stay on their courts, with the other players filling in the two attacker's positions.
 - ◆ The players keep score individually. For each rally won, each individual player earns a half point, but after losing and after having to return to the challenge end of the court (lines waiting to come on the court) each player may only keep "whole" points, i.e. 1, 2, not 1.5. When a player has 5 points then she runs and writes her name on the coaches' clipboard.
6. Error Correct Triples or Fours
 - ◆ Regular triples except all attacks must be from behind the 10' line except for when the setter attacks an overpass. I usually do this with error-correct format. Teams switch on the end line when the coach is duplicating the last error. (Encourage aggressiveness because you are going to play the ball either the first time or the 75th time.



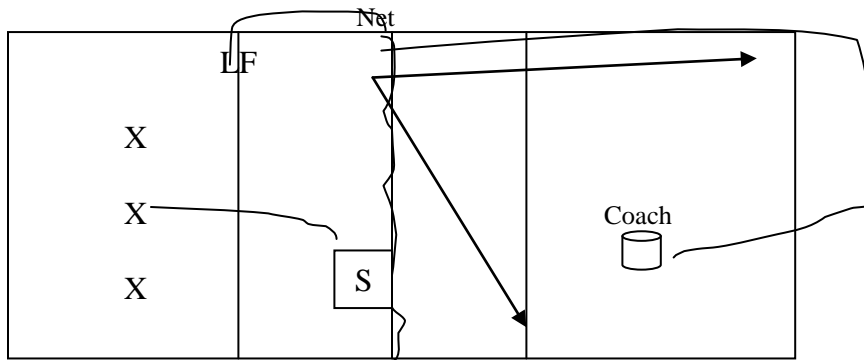
7. Warm up game – over the net - cross court pepper, left side only
- ◆ Cooperative, the ball is contacted 20 times (10 for lower groups, 40 for advanced groups) without ball hitting the floor. Every time ball is sent over the net, that team rotates clockwise from middle back to left back, to setter, to off court and in line behind middle back.

Coach



8. Revolver Drill - +50 Pass/Hit Get +50 successful hits

- ◆ +1 for a kill, -1 for attack error
- ◆ Passer rotates to setter, to hitter, to shagger, to end of the line



9. One third or One half court – doubles, triples

10. Four Vs Four

- ◆ With one blocker (the setter)
- ◆ With two blockers and front row setter
- ◆ With two blockers and back row setter
- ◆ Deep court only (all attacks behind the 10' line)
- ◆ Rotating deep court (all attacks behind the 10' line and every player switches positions every time the ball crosses the net)
- ◆ With bonus scoring if the ball goes down untouched the team receives 2 points, if the defense touches the ball, the winning team only receives 1 point. You may play with switching format or winner's court. Emphasis is on the quicker offensive sets.

11. Championship Court

- a) Winner's Court

- ◆ Receiving team is considered the winners' court and it their goal to score as many side outs as Possible.
- ◆ When the serving side wins a serve, they go to the winners' court to receive serve.
- ◆ Score is kept by the number of side outs the group receives before the end of the time period.
 - ◆ 3 Vs 3
 - ◆ 4 Vs 4, etc.
 - ◆ 3 Vs 3 or 4 Vs 4 with a running setter
 - ◆ 6 Vs 6 with 1 side of the court determined to receive serve
 - ◆ Receiving team is considered the winner and it is their goal to score as many side-outs as possible



- ◆ When the serving side wins a serve, they go to the winner's court to receive serve
 - ◆ Rotating depends on your goals for the drill:
 - ◆ Rotate after team returns to serving court
 - ◆ Rotate after each side out
 - ◆ Rotate after 3 side outs
 - ◆ Rotate after each serve
12. Switching Sixes
- ◆ Similar to switching triples, in that two teams of six are on each side of the court rotate after each side out
13. Warm up drill - 6 Vs 6 court Running Wide Court
- ◆ 6 vs. 6 Short Court (in front of 3 m line)
 - ◆ Rally score
 - ◆ The player contacts the ball and immediately must run and touch the backcourt line.
9. 3 Point Champions
- ◆ Use with groups of 3, 4, or 6
 - ◆ The groups play until 3 points or a time limit
 - ◆ Team that wins gets to stay and play the next group
 - ◆ Groups waiting to play can officiate, take a water break, or work on individual skills in stations
 - ◆ (I prefer the stations option, as I would like to keep everyone busy and fast moving)
10. Mini-Volleyball
- ◆ Same as regulation volleyball, except the court is made smaller on all sides
 - ◆ Used with one-third court or one-half court doubles, triples, or fours
11. Three Contact Volleyball
- ◆ To score, the players must have three contacts on a side. (I.e. pass, set, hit)
12. Emphasis Volleyball
- ◆ Play a game where you choose the skill you want to concentrate on. (I.e. setting-you can not score unless you set the ball for an attack)
 - ◆ Use this game to enhance talking on the court, etc.
13. Houston drill - This is from Lisa Love - USC - Fun Drill.
- ◆ The LF must have a kill and the entire group gets to rotate. Uses 9 players or up to 11 players. Coach directs the drill from RF and may start with a lob, a smash for a dig, or turn and attack the other side to keep the defense honest. The whole group rotates clockwise, when the LF scores. Everyone plays every position.
14. Wash
- ◆ 6 Vs 6 and the team must score in the following pattern to receive a point, serve for a point, and score on a tossed free ball for a point. Play to 5 points.
15. Baseball
- ◆ A wash game variation: (Lisa Love -USC) we use this to promote the idea of working hard on Serve Receive and on Defense. Lisa uses the concept a little different, and I will explain sometime if you are interested.
- 6 vs. 6
- ◆ The serving team is up to bat. The receiving team is out in the field. The serving team to get a chance to score runs must stop the opposing receiving team (score a traditional point), when they do so; they receive a tossed free ball. For every free ball the batting team scores on they receive a run, and another free ball. If the receiving team stops the batting team from the rally starting with a serve then they have an "out". When the receiving team has 3 outs they have earned the right to rotate and serve or bat. When the receiving (fielding team) stops the batting team on free balls it is considered a wash.
 - ◆ This game takes a long time, sometimes, if players missed their serve it doesn't take very long at all. Have fun!



16. Tournament play -6 VS 6

- ◆ Each match will last the time period allotted for the competition. The number of games won will determine the winner of the match, and will be recorded for the tournament results. If a tie occurs at the end of the time period, play off the tie for five minutes to determine a winner.
- ◆ Each game is to be played to 15 with a two-point advantage. (**All games will be Rally Score**)
- ◆ If neither team has a 2-point advantage when time expires, the game will continue until one team is ahead by 2 points.
- ◆ Substitution rules apply.
- ◆ Each team is allowed two, 45 seconds time outs per game.
- ◆ Coaches should get your teams ready to play on time. If you do not, the teams will have less time to play. You should end on time, no matter what time you started.
- ◆ A flip of a coin or numbers game will determine serve.
- ◆ Keep several balls handy to allow quick play, as opposed to taking the time to chase the ball.
- ◆ Winning is not the issue in these games. You should continue to teach and reinforce technique. See Camp Tournament Guidelines for more tips and information.
 - ◆ Coaches or the players will do the officiating. Stress fairness. Keep a running score.
 - ◆ **HAVE FUN!!!!!!!!!!!!!!!**