



## Summer Sports Spectacular Camp

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# JUMP START

## S P O R T S

<b><u>Camp Overview</u></b> "Summer Sports Spectacular Camp"	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	"Get ready for a summer of fun, fitness, and fantastic sports action at the Summer Sports Spectacular Camp! Designed for children grades 1-6 of all skill levels, this camp offers a dynamic mix of athletic activities, skill-building, and teamwork in a supportive and energetic environment. Participants will explore a variety of sports, including soccer, basketball, volleyball, tennis, track and field, and more, with expert coaches to guide them every step of the way."
Theme of each day	Day 1: "Ball game day part 1" (Soccer/Flag football/Kickball) Day 2: "Ball game day part 2" (Basketball/Volleyball/Handball) Day 3: "Stick and ball game day" (tennis/street hockey) Day 4: "Track and Field Day" (Running & Jumping/throwing) Day 5: Tournament Day  *These days can be switched depending on the weather
Sources	Depository of <a href="#">JSS Camp games</a> Final Camp <a href="#">Themes</a>

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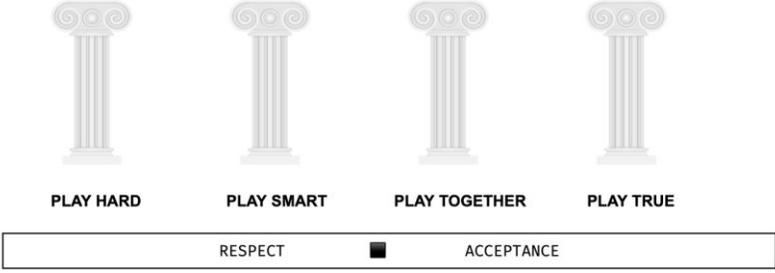


Day 1

“Ball game day part 1” (Soccer/Flag football/Kickball)

<p><b><u>Day 1; Arrival (9-9:15am)</u></b>: Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets               <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check in the campers as they arrive.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have arrived.</li> </ul>

<p style="text-align: center;"><b><u>Day 1; Daily Convocation (9:15-9:30am)</u></b></p>	
Daily Convocation	<ul style="list-style-type: none"> <li>● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> </ul>

	<ul style="list-style-type: none"> <li>• </li> <li>•</li> </ul>
Equipment needed	<ul style="list-style-type: none"> <li>• Script (see below)</li> <li>• Clipboard for script</li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>• “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>• Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>• These principles will then be reiterated in the following days of the camp.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Campers are lined up in rows.</li> <li>• Directors will be at the front of the rows.</li> <li>• Coaches will be dispersed amongst the rows of campers.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>• Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>• The Foundation: Respect and Acceptance</li> <li>• The Four Pillars <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> <li>○ Mental: Play Smart</li> <li>○ Social: Play Together</li> <li>○ Emotional: Play True</li> </ul> </li> <li>• Directors will use the following speech at each convocation:</li> <li>• Welcome: <ul style="list-style-type: none"> <li>○ ○ High energy greeting of all the kids</li> <li>○ ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”</li> </ul> </li> <li>• Introductions: <ul style="list-style-type: none"> <li>○ Have each coach introduce themselves</li> <li>○ Name, favorite sport, favorite team</li> </ul> </li> <li>• Respect and Acceptance - the Foundation of Character. Once you</li> </ul>

	<p>have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.</p> <ul style="list-style-type: none"> <li>○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>■ Be nice</li> <li>■ Don't be mean</li> <li>■ Never bully another person</li> <li>■ Be kind</li> <li>■ Treat others the way you would like to be treated</li> </ul> </li> <li>○ Who should we all be respectful of <ul style="list-style-type: none"> <li>■ Other campers - your peers</li> <li>■ The staff - we are here to help you learn and take care of you</li> <li>■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>■ Treat others the way you would like to be treated</li> <li>■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> <li>● What does acceptance mean to you <ul style="list-style-type: none"> <li>○ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>○ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> <li>● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> <li>○ Play Hard: always try your best to win or succeed</li> <li>○ Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently.</li> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> </li> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
Script	<p><i>"Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!"</i></p>

*Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!*

*Character:*

*One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.*

*Now, let's talk about Acceptance.*

*What does acceptance mean to you? Let's hear your thoughts.*

*Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate!*

*Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."*

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*Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!*

*Today we will be learning...*

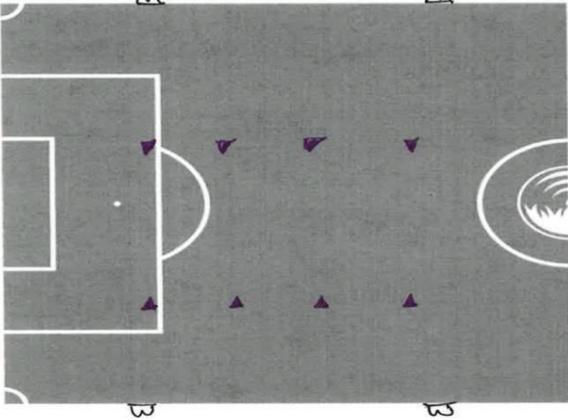
- 1) Soccer Fundamentals & Game Play*
- 2) Flag Football Fundamentals & Game Play*
- 3) And playing some kickball!!!*

***Day 1 only--Play a "get to know you" game with the group (5 minutes)***

	<p><i>Ball Toss Introduction Game for names</i></p> <ul style="list-style-type: none"> <li>● How to Play: Use a soft ball (like a beach ball or foam ball). Toss it to a camper, who says their name and a fun fact about themselves (e.g., "Hi, I'm Emma, and I love pizza!"). They then throw the ball to someone else.</li> <li>● Why It Works: Encourages active participation and quick thinking.</li> </ul> <p><i>High-Five Huddle Game</i></p> <ul style="list-style-type: none"> <li>● How to Play: Call out a category (e.g., "favorite color is blue" or "likes basketball"). Campers who match must run to the middle and high-five each other before running back.</li> <li>● Why It Works: Promotes quick thinking and energetic movement.</li> </ul>
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<b><u>Day 1; Session 1 (9:30-10:15am):</u></b> (Soccer fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 8 Soccer Balls</li> <li>● 20 Pinnies</li> <li>● 8 mini soccer nets</li> <li>● 40 cones</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Trap a ball from a pass</li> <li>● Pass to another player from a stationary position</li> <li>● Shoot from a stationary position</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling: <ul style="list-style-type: none"> <li>○ Keeping the ball close to the feet for improved control</li> <li>○ Keeping the head up to maintain awareness of surroundings</li> <li>○ Using both feet</li> <li>○ Changing pace and direction</li> <li>○ Employing fakes and feints</li> </ul> </li> <li>● Passing: <ul style="list-style-type: none"> <li>○ Using the inside of the foot for precision in shorter distances</li> <li>○ Practicing accurate short and long passes using both feet</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Controlling the pressure put on the ball to control the “weight” of the pass</li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Stance and Approach <ul style="list-style-type: none"> <li>■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target.</li> <li>■ Approach Angle: Encourage a smooth approach to the ball, avoiding stutter steps.</li> </ul> </li> <li>○ Body Positioning <ul style="list-style-type: none"> <li>■ Head Down: Instruct players to keep their head down and eyes on the ball while striking.</li> <li>■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.</li> </ul> </li> <li>○ Contact Technique <ul style="list-style-type: none"> <li>■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.</li> <li>■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.</li> </ul> </li> <li>○ Follow Through <ul style="list-style-type: none"> <li>■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.</li> </ul> </li> </ul> </li> </ul>
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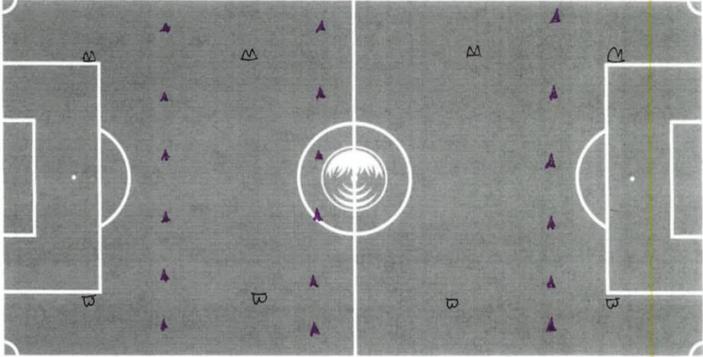
Field/court layout	<ul style="list-style-type: none"> <li>● Set up the 8 mini soccer nets around the edges of the field</li> <li>● 4 lines of cones 20 yards apart</li> </ul> 
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Activity description	20 minutes: DRIBBLING <ul style="list-style-type: none"> <li>● Spread the players out in the field</li> </ul>
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	<ul style="list-style-type: none"> <li>● Give each player a ball</li> <li>● Demonstrate the following skills and then have the players repeat while stationary. <ul style="list-style-type: none"> <li>○ Squish your ball like a bug.</li> <li>○ Put your heel on the ball and point your toe to the sky.</li> <li>○ Put your tiptoe on the ball like a ballet dancer.</li> <li>○ Heel...Toe...Heel...Toe</li> <li>○ Roll the ball in a circle.</li> </ul> </li> <li>● Place the players in four different lines. Coaches should be 20 yards in front of each line. <ul style="list-style-type: none"> <li>○ Have them run while pushing the ball with the right foot. <ul style="list-style-type: none"> <li>■ Get to the coaches and turn and head back to the original line and give the ball to the next player in line.</li> </ul> </li> <li>○ Have them run while pushing the ball with the left foot.</li> </ul> </li> </ul> <p>15 minutes: PASSING</p> <ul style="list-style-type: none"> <li>● Partner the campers up in pairs. <ul style="list-style-type: none"> <li>○ Put campers of similar sizes and abilities together, if you have an idea of skill set.</li> </ul> </li> <li>● Stationary partner passing: Right foot to right foot.</li> <li>● Stationary partner passing: Left foot to left foot.</li> <li>● Stationary partner passing: Right foot to left foot.</li> <li>● Stationary partner passing: Left foot to right foot.</li> <li>● Stationary partner passing: Right foot to right foot, dribble to left foot, pass back to the right foot.</li> </ul> <p>10 minutes: SHOOTING</p> <ul style="list-style-type: none"> <li>● Split the players up into 8 different groups</li> <li>● Place each group in front of a mini net</li> <li>● Place 2-3 balls with each group</li> <li>● Stationary shooting: Right foot</li> <li>● Stationary shooting: Left foot</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul>

<b><u>Day 1; Session 2 (10:15-11am):</u></b> (Soccer game play)	
Equipment needed	<ul style="list-style-type: none"> <li>● 8 Soccer Balls</li> <li>● 20 Pinnies</li> <li>● 8 mini soccer nets</li> <li>● 40 cones</li> </ul>

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Trap a ball from a pass</li> <li>● Pass to another player from a stationary position</li> <li>● Shoot from a stationary position</li> <li>● Conduct all those same skills while in small area game play</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling: <ul style="list-style-type: none"> <li>○ Keeping the ball close to the feet for improved control</li> <li>○ Keeping the head up to maintain awareness of surroundings</li> <li>○ Using both feet</li> <li>○ Changing pace and direction</li> <li>○ Employing fakes and feints</li> </ul> </li> <li>● Passing: <ul style="list-style-type: none"> <li>○ Using the inside of the foot for precision in shorter distances</li> <li>○ Practicing accurate short and long passes using both feet</li> <li>○ Controlling the pressure put on the ball to control the “weight” of the pass</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Stance and Approach <ul style="list-style-type: none"> <li>■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target.</li> <li>■ Approach Angle: Encourage a smooth approach to the ball, avoiding stutter steps.</li> </ul> </li> <li>○ Body Positioning <ul style="list-style-type: none"> <li>■ Head Down: Instruct players to keep their head down and eyes on the ball while striking.</li> <li>■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.</li> </ul> </li> <li>○ Contact Technique <ul style="list-style-type: none"> <li>■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.</li> <li>■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.</li> </ul> </li> <li>○ Follow Through <ul style="list-style-type: none"> <li>■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.</li> </ul> </li> </ul> </li> </ul>

Field/court layout	<ul style="list-style-type: none"> <li>● Set up 4 cross field games with 2 mini nets at each end</li> <li>● The fields should be about 30 yards wide and go lengthwise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul> 
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into four groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, and shooting</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 20 minute halves</li> <li>● Adjust the teams if mismatches occur</li> <li>● There does not need to be a goalie in the mini nets</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul>

<b><u>Day 1; Lunch (11-11:30am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 1; Session 3 (11:30-12:15am)</u></b> “Video and Classroom” (if possible)	
Equipment needed	<ul style="list-style-type: none"> <li>● Projector or TV</li> <li>● HDMI cable</li> <li>● Laptop or IPAD</li> <li>● Wifi access</li> </ul>

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basic fundamentals of soccer</li> <li>● Explain the basic fundamentals of soccer</li> <li>● Apply the basic fundamentals of soccer</li> </ul> <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basic fundamentals of flag football</li> <li>● Explain the basic fundamentals of flag football</li> <li>● Apply the basic fundamentals of flag football</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling</li> <li>● Passing</li> <li>● Shooting</li> <li>● Small area game play</li> </ul> <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching</li> <li>● Throwing</li> <li>● Running Routes</li> <li>● Handoffs</li> <li>● Flag Pulling</li> <li>● Angling</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Classroom or empty room</li> <li>● Desks, chairs, or just have campers sit on the floor</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Watch the following clips</li> <li>● Stop the video to reiterate what the campers learned earlier in the day</li> <li>● Think/Pair/Share- <ul style="list-style-type: none"> <li>○ Ask the campers to partner up and explain the most important part of each skill to their partner</li> <li>○ Then have the partners share their ideas out to the rest of the group</li> </ul> </li> </ul>
<p>Video clips</p>	<p>SOCCKER→</p> <ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul> <p>FLAG FOOTBALL→</p> <ul style="list-style-type: none"> <li>● A Beginners guide to flag <a href="#">football</a></li> <li>● Football <a href="#">handoff</a></li> <li>● How to <a href="#">throw</a> a football (first part of the video)</li> <li>● How to <a href="#">catch</a> a football (first part of the video)</li> </ul>

**Day 1; Session 4 (12:15pm-1:30):** (Flag football fundamentals)

Equipment needed	<ul style="list-style-type: none"><li>● 20 pinnies</li><li>● 40 sets of flags</li><li>● 40 cones</li><li>● 20 footballs</li></ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"><li>● Catch a football using proper hand positioning and body alignment to consistently catch the ball</li><li>● Throw a football with correct grip, stance, and follow-through to ensure accurate passes</li><li>● Handoff the football, transferring the ball between players, with proper timing and coordination</li><li>● Pull the flag off an opponent properly and safely</li><li>● Drop into a standard defensive position</li></ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"><li>● Catching:<ul style="list-style-type: none"><li>○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.</li><li>○ Teach players to use their hands rather than their bodies to secure the ball</li></ul></li><li>● Throwing:<ul style="list-style-type: none"><li>○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through.</li><li>○ Ensure players understand how to deliver accurate passes</li></ul></li><li>● Running Routes:<ul style="list-style-type: none"><li>○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball</li></ul></li><li>● Handoffs:<ul style="list-style-type: none"><li>○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays</li></ul></li><li>● Flag Pulling:<ul style="list-style-type: none"><li>○ Teach effective flag-pulling techniques</li><li>○ Players should learn how to approach the ball carrier and pull flags without making contact</li></ul></li><li>● Angling:<ul style="list-style-type: none"><li>○ Emphasize taking an angle on an offensive player rather than running directly at them</li><li>○ Use the sideline to push the player to the edge of the field and away from the middle</li><li>○ Match their speed</li><li>○ Get your toes pointed in the same direction as the offensive player</li></ul></li></ul>

Field/court layout	<ul style="list-style-type: none"> <li>● 4 lines of cones 20 yards apart</li> </ul>
Activity description	<p>10 minutes: <i>HANDOFFS</i></p> <ul style="list-style-type: none"> <li>● Four lines of campers</li> <li>● Have the first player act as the QB hike the ball to themselves and step back <ul style="list-style-type: none"> <li>○ Turn and hand the ball to the next player who runs five yards</li> <li>○ That player then returns to the front of the line and becomes the QB</li> </ul> </li> </ul> <p>20 minutes: <i>PASSING &amp; CATCHING</i></p> <ul style="list-style-type: none"> <li>● Partner the campers up in pairs. <ul style="list-style-type: none"> <li>○ Put campers of similar sizes and abilities together, if you have an idea of skill set.</li> </ul> </li> <li>● Stationary partner passing: <ul style="list-style-type: none"> <li>○ Players will pass the football to each other while standing still</li> <li>○ Coaches and coaches should be correcting form throughout the field</li> </ul> </li> <li>● Beginner Mobile partner passing: <ul style="list-style-type: none"> <li>○ Players will mimic snapping the ball to themselves and stepping back a few yards before throwing to their stationary partner</li> <li>○ Coaches and coaches should be correcting form throughout the field</li> </ul> </li> <li>● Mobile partner passing: <ul style="list-style-type: none"> <li>○ Players will mimic snapping the ball to themselves and stepping back a few yards before throwing to their partner who is now in movement</li> <li>○ Coaches and coaches should be correcting form throughout the field</li> </ul> </li> </ul> <p>15 minutes: <i>PASSING &amp; CATCHING while being DEFENDED</i></p> <ul style="list-style-type: none"> <li>● Coaches should go over the basics of defending <ul style="list-style-type: none"> <li>○ How to run backwards in a defensive posture</li> <li>○ How to watch the ball and the player you are defending</li> <li>○ How to knock the ball down safely</li> <li>○ How to pull a flag from the player with the ball</li> <li>○ How to angle towards the sideline</li> </ul> </li> <li>● Split the players up into 8 different groups</li> <li>● Have three players step up <ul style="list-style-type: none"> <li>○ One player acts as the QB</li> <li>○ 1 player is on offense, 1 is on defense</li> <li>○ The QB hikes the ball and tries to pass to the offensive player who is running 10-20 yards down the field</li> <li>○ The defensive player tries to disrupt the pass</li> <li>○ The defensive player pulls the flag if the pass is complete</li> <li>○ 3 new players step up</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Ensure that players are alternating positions</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● A Beginners guide to flag <a href="#">football</a></li> <li>● Football <a href="#">handoff</a></li> <li>● How to <a href="#">throw</a> a football (first part of the video)</li> <li>● How to <a href="#">catch</a> a football (first part of the video)</li> </ul>

<b><u>Day 1; Session 5 (1:30-2:30):</u></b> (Flag football gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 40 sets of flags</li> <li>● 40 cones</li> <li>● 20 footballs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch a football using proper hand positioning and body alignment to consistently catch the ball</li> <li>● Throw a football with correct grip, stance, and follow-through to ensure accurate passes</li> <li>● Handoff the football, transferring the ball between players, with proper timing and coordination</li> <li>● Pull the flag off an opponent properly and safely</li> <li>● Drop into a standard defensive position</li> <li>● Do all of the skills above within a game play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching: <ul style="list-style-type: none"> <li>○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.</li> <li>○ Teach players to use their hands rather than their bodies to secure the ball</li> </ul> </li> <li>● Throwing: <ul style="list-style-type: none"> <li>○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through.</li> <li>○ Ensure players understand how to deliver accurate passes</li> </ul> </li> <li>● Running Routes: <ul style="list-style-type: none"> <li>○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball</li> </ul> </li> <li>● Handoffs: <ul style="list-style-type: none"> <li>○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays</li> </ul> </li> <li>● Flag Pulling: <ul style="list-style-type: none"> <li>○ Teach effective flag-pulling techniques</li> <li>○ Players should learn how to approach the ball carrier</li> </ul> </li> </ul>

	<p>and pull flags without making contact</p> <ul style="list-style-type: none"> <li>● Angling: <ul style="list-style-type: none"> <li>○ Emphasize taking an angle on an offensive player rather than running directly at them</li> <li>○ Use the sideline to push the player to the edge of the field and away from the middle</li> <li>○ Match their speed</li> <li>○ Get your toes pointed in the same direction as the offensive player</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up 2 cross field games</li> <li>● The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of catching, passing, handoffs, flag pulling, and angling on defense</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 25 minute halves</li> <li>● Give a 10 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● A Beginners guide to flag <a href="#">football</a></li> <li>● Football <a href="#">handoff</a></li> <li>● How to <a href="#">throw</a> a football (first part of the video)</li> <li>● How to <a href="#">catch</a> a football (first part of the video)</li> </ul>

<b><u>Day 1; Session 6 (2:30-3pm):</u></b> “Kickball gameplay & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Kickball</li> <li>● 4 square bases and one home base if no field is easily accessible</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Play kickball</li> </ul>

Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Kickball field (laid out like a baseball diamond)</li> <li>● 2 teams. <ul style="list-style-type: none"> <li>○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers</li> </ul> </li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the kickball game.</li> <li>● Head coach will communicate once all campers have departed.</li> </ul>



Day 2

“Ball game day part 2” (Basketball/Volleyball/Handball)

<p><b><u>Day 2; Arrival (9-9:15am):</u></b> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 handballs (smaller nerf type balls)</li> <li>○ 4 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>

Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check in the campers as they arrive.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have arrived.</li> </ul>

<b><u>Day 2; Daily Convocation (9:15-9:30am)</u></b>	
Daily Convocation	<ul style="list-style-type: none"> <li>● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>●</li> </ul> <div style="text-align: center;">  <p>PLAY HARD      PLAY SMART      PLAY TOGETHER      PLAY TRUE</p> </div> <ul style="list-style-type: none"> <li>●</li> </ul> <div style="text-align: center;">  <p>RESPECT      ■      ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> <li>● Script (see below)</li> <li>● Clipboard for script</li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Campers will be introduced to the convocation and four pillars on Day</li> </ul>

	<p>1.</p> <ul style="list-style-type: none"> <li>● These principles will then be reiterated in the following days of the camp.</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Campers are lined up in rows.</li> <li>● Coaches will be at the front of the rows.</li> <li>● coaches will be dispersed amongst the rows of campers.</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>● The Foundation: Respect and Acceptance</li> <li>● The Four Pillars <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> <li>○ Mental: Play Smart</li> <li>○ Social: Play Together</li> <li>○ Emotional: Play True</li> </ul> </li> <li>● Coaches will use the following speech at each convocation:</li> <li>● Welcome: <ul style="list-style-type: none"> <li>○ ○ High energy greeting of all the kids</li> <li>○ ○ Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes"</li> </ul> </li> <li>● Introductions: <ul style="list-style-type: none"> <li>○ Have each coach introduce themselves</li> <li>○ Name, favorite sport, favorite team</li> </ul> </li> <li>● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>■ Be nice</li> <li>■ Don't be mean</li> <li>■ Never bully another person</li> <li>■ Be kind</li> <li>■ Treat others the way you would like to be treated</li> </ul> </li> <li>○ Who should we all be respectful of <ul style="list-style-type: none"> <li>■ Other campers - your peers</li> <li>■ The staff - we are here to help you learn and take care of you</li> <li>■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>■ Treat others the way you would like to be treated</li> <li>■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> </ul> </li> <li>● What does acceptance mean to you</li> </ul>

	<ul style="list-style-type: none"> <li>○ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>○ Use examples of being respectful of others who look different or have different skill level than you have.</li> <li>● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> <li>○ Play Hard: always try your best to win or succeed</li> <li>○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently.</li> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> </li> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should we all be respectful of? That’s right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let’s talk about Acceptance. What does acceptance mean to you? Let’s hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they’re different from us. We’re all unique, and that’s something to celebrate! Once we “lay the foundation” of character, we want to build the house. We</i></p>

	<p><i>start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <li>1) Basketball</li> <li>2) Volleyball</li> <li>3) &amp; Handball!</li> </ol>
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<b><u>Day 2; Session 1 (9:30-10:15am)</u></b> (Basketball fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 4 lowered hoops</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Pass</li> <li>● Shoot</li> <li>● Rebound</li> <li>● Get into a defensive stance</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling <ul style="list-style-type: none"> <li>○ Ball Control: Use fingertips, not palms.</li> <li>○ Head Up: Maintain visual awareness of the court while dribbling.</li> <li>○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control.</li> <li>○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc.</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Proper Form: Focus on balanced stance and hand positioning behind the ball.</li> <li>○ Repetition: Encourage consistent practice from various distances.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Game-Like Scenarios: Create drills that simulate shooting with pressure.</li> <li>● Passing <ul style="list-style-type: none"> <li>○ Types of Passes: <ul style="list-style-type: none"> <li>■ Chest,</li> <li>■ Bounce,</li> <li>■ Overhead passes.</li> </ul> </li> <li>○ Accuracy: Emphasize precision in passing to teammates.</li> <li>○ Decision Making: Do not over handle the ball once a player is open.</li> </ul> </li> <li>● Rebounding <ul style="list-style-type: none"> <li>○ Positioning: Teach players to anticipate where the ball will land.</li> <li>○ Boxing Out: Stress the importance of using the body to block opponents.</li> </ul> </li> <li>● Defense <ul style="list-style-type: none"> <li>○ Stance: Maintain a low, balanced defensive position.</li> <li>○ Hand Activity: Keep hands active to disrupt passes and shots</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● If there are four coaches and coaches, then set up the court into four different stations.</li> <li>● Label these stations and place instructions for each station so that coaches can refer back to when needed.</li> </ul>
Activity description	<p><i>Warm-up</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Light jogging around the court</li> <li>● Simple stretching exercises</li> <li>● Fun game: "Red Light, Green Light" with basketball in hand</li> </ul> <p><i>Station Rotations</i> (32 minutes)</p> <ul style="list-style-type: none"> <li>● Divide the players into four groups. Each station lasts 8 minutes.</li> </ul> <p>Station 1: Dribbling</p> <ul style="list-style-type: none"> <li>● Stationary dribbling: right hand, left hand, alternating</li> <li>● Dribble while walking in a straight line</li> <li>● Dribble around cones</li> </ul> <p>Station 2: Passing</p> <ul style="list-style-type: none"> <li>● Partner passing: <ul style="list-style-type: none"> <li>○ chest pass</li> <li>○ bounce pass</li> <li>○ Overhead pass</li> </ul> </li> <li>● Pass to a target on the wall</li> <li>● One line of players across the court. Pass to the player in front of you who is rolling out to the left, who then passes to the next player in line who is rolling out to the right, then continues. When the player gets to the end of the line, run and pass back to the player who is now at the beginning of the line.</li> </ul>

	<ul style="list-style-type: none"> <li>○ Incorporate multiple balls once the group understands the drill.</li> </ul> <p>Station 3: Shooting</p> <ul style="list-style-type: none"> <li>● Form shooting close to the basket (no jumping)</li> <li>● Shoot from designated spots close to the hoop</li> <li>● Catch and shoot drill with a partner. <ul style="list-style-type: none"> <li>○ Switch roles after 1 minute of passing.</li> </ul> </li> </ul> <p>Station 4: Footwork and Agility</p> <ul style="list-style-type: none"> <li>● Ladder drills: high knees, lateral steps</li> <li>● Hop scotch with basketball in hand</li> <li>● Quick feet drill: forward, backward, side-to-side</li> </ul> <p><i>Cool Down and Review</i> (8 minutes)</p> <ul style="list-style-type: none"> <li>● Light stretching</li> <li>● Circle time: review one key point from each station</li> <li>● End with a fun team cheer</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● How to <a href="#">Dribble</a>, Basics <ul style="list-style-type: none"> <li>○ “How To Dribble A <a href="#">Basketball</a> For Beginners! Basketball Basics [SECRETS]”</li> </ul> </li> <li>● Passing Fundamentals <ul style="list-style-type: none"> <li>○ <a href="#">1</a></li> <li>○ <a href="#">2</a></li> </ul> </li> <li>● <a href="#">Shooting</a></li> <li>● <a href="#">Rebounding</a></li> <li>● Defensive <a href="#">stance</a></li> </ul>

<b><u>Day 2; Session 2 (10:15-11am)</u></b> (Basketball gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 4 lowered hoops</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble in gameplay</li> <li>● Pass in game situations</li> <li>● Shoot while under pressure in a game</li> <li>● Rebound in gameplay</li> <li>● Play defense in a game</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling <ul style="list-style-type: none"> <li>○ Ball Control: Use fingertips, not palms.</li> <li>○ Head Up: Maintain visual awareness of the court while dribbling.</li> <li>○ Dribble Intensity: Be able to change the speed of the</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ dribble while maintaining control.</li> <li>○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc.</li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Proper Form: Focus on balanced stance and hand positioning behind the ball.</li> <li>○ Repetition: Encourage consistent practice from various distances.</li> <li>○ Game-Like Scenarios: Create drills that simulate shooting with pressure.</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ Types of Passes: <ul style="list-style-type: none"> <li>■ Chest,</li> <li>■ Bounce,</li> <li>■ Overhead passes.</li> </ul> </li> <li>○ Accuracy: Emphasize precision in passing to teammates.</li> <li>○ Decision Making: Do not over handle the ball once a player is open.</li> </ul> </li> <li>● Rebounding <ul style="list-style-type: none"> <li>○ Positioning: Teach players to anticipate where the ball will land.</li> <li>○ Boxing Out: Stress the importance of using the body to block opponents.</li> </ul> </li> <li>● Defense <ul style="list-style-type: none"> <li>○ Stance: Maintain a low, balanced defensive position.</li> <li>○ Hand Activity: Keep hands active to disrupt passes and shots</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● If possible, have two full court games going at the same time. <ul style="list-style-type: none"> <li>○ If this is not possible, have two cross court games.</li> <li>○ If this is not possible, have two half court touch up games.</li> <li>○ Maximize the amount of game play that campers receive.</li> </ul> </li> <li>● 2 coaches/coaches to ref and supervise each game while reinforcing the teaching points.</li> </ul>
Activity description	<p>Start with a fun <i>warmup</i> that brings together the skills that the players have just worked on. (5 minutes)</p> <ul style="list-style-type: none"> <li>● Simon Says with basketball movements</li> <li>● Freeze tag while dribbling</li> </ul> <p>Gameplay (40 minutes)</p> <ul style="list-style-type: none"> <li>● Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, shooting, and defense</li> </ul>

	<ul style="list-style-type: none"> <li>● Have the coaches spread out to monitor each game</li> <li>● Play two 18 minute halves</li> <li>● Give a 2 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Clips that show the principles transferred to game competition	<ul style="list-style-type: none"> <li>● How to <a href="#">Dribble</a>, Basics <ul style="list-style-type: none"> <li>○ “How To Dribble A <a href="#">Basketball</a> For Beginners! Basketball Basics [SECRETS]”</li> </ul> </li> <li>● Passing Fundamentals <ul style="list-style-type: none"> <li>○ <a href="#">1</a></li> <li>○ <a href="#">2</a></li> </ul> </li> <li>● <a href="#">Shooting</a></li> <li>● <a href="#">Rebounding</a></li> <li>● Defensive <a href="#">stance</a></li> </ul>

<b><u>Day 2; Lunch (11-11:30am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 2; Session 3 (11:30-12:15pm)</u></b> “Video and Classroom”	
Equipment needed	<ul style="list-style-type: none"> <li>● Projector or TV</li> <li>● HDMI cable</li> <li>● Laptop or IPAD</li> <li>● Wifi access</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basic skills of basketball</li> <li>● Explain the basic skills of basketball</li> <li>● Apply the basic skills of basketball</li> </ul> <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basic skills of volleyball</li> <li>● Explain the basic skills of volleyball</li> <li>● Apply the basic skills of volleyball</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribble in gameplay</li> <li>● Pass in game situations</li> </ul>

	<ul style="list-style-type: none"> <li>● Shoot while under pressure in a game</li> <li>● Rebound in gameplay</li> <li>● Play defense in a game</li> </ul> <p>-----</p> <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Serving</li> <li>● Passing</li> <li>● Set</li> <li>● Attack (Hitting)</li> <li>● Block</li> <li>● Dig (Defensive skills)</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Classroom or empty room</li> <li>● Desks, chairs, or just have campers sit on the floor</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Watch the following clips</li> <li>● Stop the video to reiterate what the campers learned earlier in the day</li> <li>● Think/Pair/Share- <ul style="list-style-type: none"> <li>○ Ask the campers to partner up and explain the most important part of each skill to their partner</li> <li>○ Then have the partners share their ideas out to the rest of the group</li> </ul> </li> </ul>
Clips that show the principles transferred to game competition	<ul style="list-style-type: none"> <li>● How to <a href="#">Dribble</a>, Basics <ul style="list-style-type: none"> <li>○ “How To Dribble A <a href="#">Basketball</a> For Beginners! Basketball Basics [SECRETS]”</li> </ul> </li> <li>● Passing Fundamentals <ul style="list-style-type: none"> <li>○ <a href="#">1</a></li> <li>○ <a href="#">2</a></li> </ul> </li> <li>● <a href="#">Shooting</a></li> <li>● <a href="#">Rebounding</a></li> <li>● Defensive <a href="#">stance</a></li> </ul> <p>-----</p> <ul style="list-style-type: none"> <li>● Underhand <a href="#">serve</a></li> <li>● <a href="#">Passing</a></li> <li>● <a href="#">Setting</a></li> <li>● <a href="#">Attack</a> (Hitting)</li> <li>● <a href="#">Blocking</a></li> </ul>

<b><u>Day 2; Session 4 (12:15-1:30pm)</u></b> (Volleyball fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 youth volleyballs (oversized and underweight)</li> <li>● 20 pinnies</li> <li>● At least 2 lowered nets</li> </ul>

	<ul style="list-style-type: none"> <li>● 10 balloons</li> <li>● 10 foam balls</li> <li>● 2 hula hoops</li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Underhand Serve</li> <li>● Passing</li> <li>● Set</li> <li>● Attack (Hitting)</li> <li>● Block</li> <li>● Dig (Defensive skills)</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Serving (Underhand) <ul style="list-style-type: none"> <li>○ Proper ball grip with the non-dominant hand</li> <li>○ Correct stance and body positioning</li> <li>○ Smooth, upward swinging motion with the dominant hand</li> <li>○ Consistent contact point on the ball</li> <li>○ Follow-through towards the target</li> </ul> </li> <li>● Passing (Bumping) <ul style="list-style-type: none"> <li>○ Proper arm positioning (straight arms, hands together)</li> <li>○ Stable platform creation with forearms</li> <li>○ Correct body positioning under the ball</li> <li>○ Eye contact with the ball</li> <li>○ Controlled movement to direct the ball upwards</li> </ul> </li> <li>● Setting <ul style="list-style-type: none"> <li>○ Proper hand positioning (diamond shape above forehead)</li> <li>○ Soft touch with fingertips</li> <li>○ Balanced stance and footwork</li> <li>○ Eye contact with the ball</li> <li>○ Pushing the ball upwards with controlled force</li> </ul> </li> <li>● Attacking (Hitting) <ul style="list-style-type: none"> <li>○ Basic arm swing mechanics</li> <li>○ Proper approach and timing</li> <li>○ Hand positioning for contact with the ball</li> <li>○ Follow-through after hitting</li> <li>○ Aiming for open court areas</li> </ul> </li> <li>● Blocking <ul style="list-style-type: none"> <li>○ Proper hand and arm positioning</li> <li>○ Basic footwork along the net</li> <li>○ Timing of the jump</li> <li>○ Reaching over the net without touching it</li> <li>○ Landing safely after the block attempt</li> </ul> </li> <li>● Digging <ul style="list-style-type: none"> <li>○ Low body position and ready stance</li> <li>○ Quick reaction and movement to the ball</li> <li>○ Using forearms or hands to control the ball</li> <li>○ Redirecting the ball towards a teammate</li> <li>○ Recovering quickly after the dig</li> </ul> </li> </ul>

<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● At least two courts with the lowered nets in between the two sides</li> <li>● If there are four coaches and coaches, then set up the court into four different stations.</li> <li>● Label these stations and place instructions for each station so that coaches can refer back to when needed.</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● <i>Warm-up</i> (8 minutes) <ul style="list-style-type: none"> <li>○ Circle game: Kids form a large circle with adults spread out</li> <li>○ Light jogging in place (30 seconds)</li> <li>○ Arm circles forward and backward (30 seconds each)</li> <li>○ High knees and butt kicks (30 seconds each)</li> <li>○ Volleyball-specific movements: <ul style="list-style-type: none"> <li>■ Pretend to pass, set, and hit (1 minute)</li> <li>■ Practice ready position and quick steps (1 minute)</li> </ul> </li> </ul> </li> <li>● <i>Skill Stations</i> (32 minutes)</li> <li>● Divide the group into four stations with one adult supervising each. Rotate every 8 minutes. <ul style="list-style-type: none"> <li>○ Passing Station <ul style="list-style-type: none"> <li>■ Balloon bump: Kids try to keep a balloon in the air using proper passing form</li> <li>■ Partner passing: Gentle tosses and passes with foam balls</li> </ul> </li> <li>○ Setting Station <ul style="list-style-type: none"> <li>■ Wall setting: Kids practice setting against a wall</li> <li>■ Hula hoop target: Set the ball into a hula hoop held by a partner</li> </ul> </li> <li>○ Serving Station <ul style="list-style-type: none"> <li>■ Target practice: Underhand serve to hit targets on the floor</li> <li>■ Partner serve: Practice serving to a partner over a low net or rope</li> </ul> </li> <li>○ Dig Station <ul style="list-style-type: none"> <li>■ Coaches hit the ball over the net to campers who have to dig the ball.</li> <li>■ Then advance to trying to set it for a teammate who is close to them.</li> </ul> </li> </ul> </li> <li>● <i>Mini-game: "Keep It Up"</i> (5 minutes) <ul style="list-style-type: none"> <li>○ Divide into small groups of 5-6 campers</li> <li>○ Try to keep a foam ball in the air using any volleyball skill</li> </ul> </li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● Underhand <a href="#">serve</a></li> <li>● <a href="#">Passing</a></li> <li>● <a href="#">Setting</a></li> <li>● <a href="#">Attack</a> (Hitting)</li> <li>● <a href="#">Blocking</a></li> </ul>

**Day 2; Session 5 (1:30-2:30pm)** (Volleyball gameplay)

Equipment needed	<ul style="list-style-type: none"> <li>● 20 youth volleyballs (oversized and underweight)</li> <li>● 20 pinnies</li> <li>● At least 2 lowered nets</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Underhand serve in gameplay</li> <li>● Pass in gameplay</li> <li>● Set in gameplay</li> <li>● Attack in gameplay</li> <li>● Block in gameplay</li> <li>● Dig in gameplay</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Serving (Underhand) <ul style="list-style-type: none"> <li>○ Proper ball grip with the non-dominant hand</li> <li>○ Correct stance and body positioning</li> <li>○ Smooth, upward swinging motion with the dominant hand</li> <li>○ Consistent contact point on the ball</li> <li>○ Follow-through towards the target</li> </ul> </li> <li>● Passing (Bumping) <ul style="list-style-type: none"> <li>○ Proper arm positioning (straight arms, hands together)</li> <li>○ Stable platform creation with forearms</li> <li>○ Correct body positioning under the ball</li> <li>○ Eye contact with the ball</li> <li>○ Controlled movement to direct the ball upwards</li> </ul> </li> <li>● Setting <ul style="list-style-type: none"> <li>○ Proper hand positioning (diamond shape above forehead)</li> <li>○ Soft touch with fingertips</li> <li>○ Balanced stance and footwork</li> <li>○ Eye contact with the ball</li> <li>○ Pushing the ball upwards with controlled force</li> </ul> </li> <li>● Attacking (Hitting) <ul style="list-style-type: none"> <li>○ Basic arm swing mechanics</li> <li>○ Proper approach and timing</li> <li>○ Hand positioning for contact with the ball</li> <li>○ Follow-through after hitting</li> <li>○ Aiming for open court areas</li> </ul> </li> <li>● Blocking <ul style="list-style-type: none"> <li>○ Proper hand and arm positioning</li> <li>○ Basic footwork along the net</li> <li>○ Timing of the jump</li> <li>○ Reaching over the net without touching it</li> <li>○ Landing safely after the block attempt</li> </ul> </li> <li>● Digging <ul style="list-style-type: none"> <li>○ Low body position and ready stance</li> <li>○ Quick reaction and movement to the ball</li> <li>○ Using forearms or hands to control the ball</li> <li>○ Redirecting the ball towards a teammate</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Recovering quickly after the dig</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● At least two courts with the lowered nets in between the two sides.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of serving, passing, setting, attacking, blocking, and digging</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 25 minute halves</li> <li>● Give a 10 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Underhand <a href="#">serve</a></li> <li>● <a href="#">Passing</a></li> <li>● <a href="#">Setting</a></li> <li>● <a href="#">Attack</a> (Hitting)</li> <li>● <a href="#">Blocking</a></li> </ul>

<b><u>Day 2; Session 6 (2:30-3pm):</u></b> “Handball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● 3 handballs (smaller nerf type balls)</li> <li>● 4 mini soccer nets</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Play handball until they are picked up</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 2 smaller handball courts with 2 mini soccer nets set up across the court.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the handball games.</li> </ul>

	<ul style="list-style-type: none"> <li>○ Players can only take two steps before they have to pass the ball to their teammate.</li> <li>○ It is a turnover if the ball is dropped on a pass.</li> <li>● Head coach will communicate once all campers have departed.</li> </ul>
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Day 3

“Stick and ball game day” (Tennis/Street hockey)

<p><b><u>Day 3; Arrival (9-9:15am):</u></b> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check in the campers as they arrive.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have arrived.</li> </ul>

**Day 3; Daily Convocation (9:15-9:30am)**

<p>Daily Convocation</p>	<ul style="list-style-type: none"> <li>● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>●</li> </ul> <div style="text-align: center;">  <p>PLAY HARD      PLAY SMART      PLAY TOGETHER      PLAY TRUE</p> </div> <ul style="list-style-type: none"> <li>●</li> </ul> <div style="text-align: center;">  <p>RESPECT      ■      ACCEPTANCE</p> </div>
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<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>● Script (see below)</li> <li>● Clipboard for script</li> </ul>
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<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> <li>● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
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<p>Areas of focus</p>	<ul style="list-style-type: none"> <li>● Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>● These principles will then be reiterated in the following days of the camp.</li> </ul>
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<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Campers are lined up in rows.</li> <li>● Coaches will be at the front of the rows.</li> <li>● Coaches will be dispersed amongst the rows of campers.</li> </ul>
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<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>● The Foundation: Respect and Acceptance</li> <li>● The Four Pillars             <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> <li>○ Mental: Play Smart</li> <li>○ Social: Play Together</li> <li>○ Emotional: Play True</li> </ul> </li> <li>● Coaches will use the following speech at each convocation:</li> <li>● Welcome:             <ul style="list-style-type: none"> <li>○ High energy greeting of all the kids</li> <li>○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny.</li> </ul> </li> </ul>
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Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”

- Introductions:
  - Have each coach introduce themselves
  - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
  - What does RESPECT mean to you? Ask kids to raise their hands to answer
    - Be nice
    - Don't be mean
    - Never bully another person
    - Be kind
    - Treat others the way you would like to be treated
  - Who should we all be respectful of
    - Other campers - your peers
    - The staff - we are here to help you learn and take care of you
    - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
    - Treat others the way you would like to be treated
    - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
  - Be respectful of ALL PEOPLE, even those who are different than you
  - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means.
  - Play Hard: always try your best to win or succeed
  - Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently.
  - Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)
  - Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport
- Win with Grace, Lose with Dignity

	<ul style="list-style-type: none"> <li>• Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <li>1) Tennis</li> <li>2) &amp; Street Hockey!</li> </ol>

**Day 3; Session 1 (9:30-10:15am)** (Tennis fundamentals)

<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>● 10 tennis courts</li> <li>● 10 balloons</li> <li>● 10 foam balls (similar to small handballs or lacrosse size balls)</li> <li>● 32 balls in each court</li> <li>● 40 rackets <ul style="list-style-type: none"> <li>○ Rackets can be distributed at the start of the fundamentals if the campers are mature enough to then keep track of their racket for the duration of instruction and game play.</li> </ul> </li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Hold the tennis racket</li> <li>● Drop into a proper tennis stance</li> <li>● Move and use appropriate footwork</li> <li>● Hit the ball forehand</li> <li>● Hit the ball backhand</li> <li>● Underhand serve</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Hand-Eye Coordination <ul style="list-style-type: none"> <li>○ Ball Tossing and Catching: Focus on consistent toss height and proper hand positioning.</li> </ul> </li> <li>● Basic Strokes (Forehand and Backhand) <ul style="list-style-type: none"> <li>○ Grip: Teach proper grip for forehands and two handed grip for backhands.</li> <li>○ Swing Path: Emphasize low-to-high motion, focusing on form without the ball initially<sup>1</sup>.</li> <li>○ Contact Point: Guide players to hit the ball at the optimal point in front of their body.</li> <li>○ Follow-through: Stress the importance of a complete follow-through for power and control.</li> </ul> </li> <li>● Serving Skills <ul style="list-style-type: none"> <li>○ Introduce and reinforce the one handed grip for serving</li> <li>○ Ball Toss: Focus on consistent toss height and placement slightly in front of the player</li> </ul> </li> <li>● Footwork and Movement <ul style="list-style-type: none"> <li>○ Split Step: Teach proper timing and execution of the split step for quick reactions.</li> <li>○ Lateral Movement: Focus on quick, small steps for efficient court coverage.</li> <li>○ Balance: Emphasize maintaining balance throughout all movements on court.</li> </ul> </li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● 10 tennis courts</li> <li>● 10 balloons</li> <li>● 10 foam balls (similar to small handballs or lacrosse size balls)</li> <li>● 32 balls in each court</li> <li>● 4 rackets laid out in each court (2 in each side) <ul style="list-style-type: none"> <li>○ Rackets can be distributed at the start of the fundamentals if the campers are mature enough to then keep track of their racket for the duration of instruction and game play.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● All campers in front of the coaches who are spread out among the four courts.</li> <li>● Spread the campers out behind the nets.</li> <li>● Then set up the courts into the three different stations as detailed below.</li> <li>● Label these stations and place instructions for each station so that coaches can refer back to when needed.</li> </ul>
<p>Activity description</p>	<p><i>Full group work (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● Coaches will go over the forehand grip and backhand grip</li> <li>● Coaches will go through the forehand stroke</li> <li>● Coaches will go through the backhand stroke</li> <li>● Coaches will go through the underhand serve</li> </ul> <p><i>3 Stations (10 minute per station)</i></p> <p><i>Station 1: Hand-Eye Coordination (3 courts)</i></p> <ul style="list-style-type: none"> <li>● Balloon Tennis: <ul style="list-style-type: none"> <li>○ Players use their rackets to keep a balloon in the air, focusing on gentle touches and tracking the slow-moving object. This activity helps develop racket control and improves hand-eye coordination in a fun, low-pressure environment</li> </ul> </li> <li>● Ball Tossing and Catching: <ul style="list-style-type: none"> <li>○ Campers practice tossing a tennis ball up and catching it on their racket strings, gradually increasing the height and difficulty.</li> </ul> </li> <li>● Dribbling Practice: <ul style="list-style-type: none"> <li>○ Players bounce the ball on their racket face, trying to maintain a consistent rhythm and height. As they improve, encourage them to alternate between forehand and backhand sides to develop control with both sides of the racket.</li> </ul> </li> </ul> <p><i>Station 2: Basic Strokes (4 courts)</i></p> <ul style="list-style-type: none"> <li>● Forehand Practice: Using foam balls to slow down play, children work on their forehand technique, focusing on grip, swing path, and contact point.</li> <li>● Backhand Introduction: Similar to forehand practice, but introducing the backhand grip and motion. Start with simple shadow swings before progressing to hitting foam balls, emphasizing proper form and follow-through.</li> <li>● Mini-Rallies (if possible): Pair up players for short rallies, encouraging them to focus on consistent contact rather than power.</li> </ul> <p><i>Station 3: Underhand Serving (3 courts)</i></p> <ul style="list-style-type: none"> <li>● Campers will practice underhand serving to the other player.</li> <li>● Mini-Rallies can be practiced once the underhand serve is emphasized.</li> </ul> <p><i>Full group work (5 minutes)</i></p>

	<ul style="list-style-type: none"> <li>● Coaches will recap the forehand grip and backhand grip</li> <li>● Coaches will recap the forehand stroke</li> <li>● Coaches will recap the backhand stroke</li> <li>● Coaches will recap the underhand serve</li> </ul>
College/professional clips that show the principles transferred to game competition	<ul style="list-style-type: none"> <li>● Beginner Tennis <a href="#">skills</a> (18 minutes)</li> <li>● <a href="#">Forehand</a></li> <li>● <a href="#">Backhand</a></li> </ul>

<b><u>Day 3; Session 2 (10:15-11am)</u></b> (Tennis gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 40 youth rackets</li> <li>● 320 tennis balls</li> <li>● 10 courts</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Hold the tennis racket</li> <li>● Drop into a proper tennis stance</li> <li>● Move and use appropriate footwork</li> <li>● Hit the ball forehand</li> <li>● Hit the ball backhand</li> <li>● Underhand serve</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Hand-Eye Coordination <ul style="list-style-type: none"> <li>○ Ball Tossing and Catching: Focus on consistent toss height and proper hand positioning.</li> </ul> </li> <li>● Basic Strokes (Forehand and Backhand) <ul style="list-style-type: none"> <li>○ Grip: Teach proper grip for forehands and two handed grip for backhands.</li> <li>○ Swing Path: Emphasize low-to-high motion, focusing on form without the ball initially<sup>1</sup>.</li> <li>○ Contact Point: Guide players to hit the ball at the optimal point in front of their body.</li> <li>○ Follow-through: Stress the importance of a complete follow-through for power and control.</li> </ul> </li> <li>● Serving Skills <ul style="list-style-type: none"> <li>○ Introduce and reinforce the one handed grip for serving</li> <li>○ Ball Toss: Focus on consistent toss height and placement slightly in front of the player</li> </ul> </li> <li>● Footwork and Movement</li> </ul>

	<ul style="list-style-type: none"> <li>○ Split Step: Teach proper timing and execution of the split step for quick reactions.</li> <li>○ Lateral Movement: Focus on quick, small steps for efficient court coverage.</li> <li>○ Balance: Emphasize maintaining balance throughout all movements on court.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 10 tennis courts</li> <li>● 32 balls in each court</li> <li>● 4 rackets laid out in each court (2 in each side) <ul style="list-style-type: none"> <li>○ Rackets can be distributed at the start of the fundamentals if the campers are mature enough to then keep track of their racket for the duration of instruction and game play.</li> </ul> </li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Coaches pair up players of equal size and ability (if possible)</li> <li>● Then direct them to their court</li> <li>● Station coaches around the courts appropriately</li> <li>● Have players play games 15 minutes <ul style="list-style-type: none"> <li>○ Players can keep score with integers rather than tennis terms such as “love” and “40”</li> </ul> </li> <li>● Adjust partners as needed</li> <li>● Bring players together at 30 minutes (after 2 games) <ul style="list-style-type: none"> <li>○ Highlight main concepts</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Beginner Tennis <a href="#">skills</a> (18 minutes)</li> <li>● <a href="#">Forehand</a></li> <li>● <a href="#">Backhand</a></li> </ul>

<b><u>Day 3; Lunch (11-11:30am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 3; Session 3 (11:30-12:15pm)</u></b> “Video and Classroom” (if possible)	
Equipment needed	<ul style="list-style-type: none"> <li>● Projector or TV</li> <li>● HDMI cable</li> <li>● Laptop or IPAD</li> <li>● Wifi access</li> </ul>

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basics of tennis</li> <li>● Explain the basics of tennis</li> <li>● Apply the basics of tennis</li> </ul> <p>-----</p> <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basics of floor hockey</li> <li>● Explain the basics of floor hockey</li> <li>● Apply the basics of floor hockey</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Hold the tennis racket</li> <li>● Drop into a proper tennis stance</li> <li>● Move and use appropriate footwork</li> <li>● Hit the ball forehand</li> <li>● Hit the ball backhand</li> <li>● Underhand serve</li> </ul> <p>-----</p> <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Stick Handling <ul style="list-style-type: none"> <li>○ Proper grip: Dominant hand at the bottom, non-dominant hand at the top</li> <li>○ Keeping the stick blade below knee level for safety</li> <li>○ Soft touches and control when moving the puck or ball</li> <li>○ Using both sides of the stick to move the ball</li> <li>○ Encouraging head-up play while maintaining control</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ Proper form for passing and receiving</li> <li>○ Accuracy over power for beginners</li> <li>○ Trapping the puck when receiving passes</li> <li>○ Practicing with a partner at various distances</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Correct stance with bent knees and straight back</li> <li>○ Proper hand placement for shooting (dominant hand lower on the stick)</li> <li>○ Follow-through after shooting</li> <li>○ Aiming at specific targets to improve accuracy</li> </ul> </li> <li>● Movement and Positioning <ul style="list-style-type: none"> <li>○ Maintaining a low stance with bent knees for better balance</li> <li>○ Moving to open spaces on the playing area</li> <li>○ Basic positioning concepts (e.g., staying in designated areas)</li> <li>○ Coordinating upper and lower body</li> </ul> </li> </ul>

	movements independently
Field/court layout	<ul style="list-style-type: none"> <li>● Classroom or empty room</li> <li>● Desks, chairs, or just have campers sit on the floor</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Watch the following clips</li> <li>● Stop the video to reiterate what the campers learned earlier in the day</li> <li>● Think/Pair/Share- <ul style="list-style-type: none"> <li>○ Ask the campers to partner up and explain the most important part of each skill to their partner</li> <li>○ Then have the partners share their ideas out to the rest of the group</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Beginner Tennis <a href="#">skills</a> (18 minutes)</li> <li>● <a href="#">Forehand</a></li> <li>● <a href="#">Backhand</a></li> </ul> <hr/> <ul style="list-style-type: none"> <li>● How to stickhandle <a href="#">basics</a> (14 minutes)</li> <li>● <a href="#">Passes</a> basics</li> <li>● Wrist <a href="#">shot</a> basics</li> </ul>

<b><u>Day 3; Session 4 (12:15-1:30pm)</u></b> (Floor hockey fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 6 street/floor hockey nets (or just small soccer nets)</li> <li>● 30 floor hockey sticks</li> <li>● 30 floor hockey balls</li> <li>● 20 pinnies</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Stick Handle</li> <li>● Pass</li> <li>● Shoot</li> <li>● Move and position themselves on the court</li> <li>● Play a game of floor hockey</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Stick Handling <ul style="list-style-type: none"> <li>○ Proper grip: Dominant hand at the bottom, non-dominant hand at the top</li> <li>○ Keeping the stick blade below knee level for safety</li> <li>○ Soft touches and control when moving the puck or ball</li> <li>○ Using both sides of the stick to move the ball</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Encouraging head-up play while maintaining control</li> <li>● Passing <ul style="list-style-type: none"> <li>○ Proper form for passing and receiving</li> <li>○ Accuracy over power for beginners</li> <li>○ Trapping the puck when receiving passes</li> <li>○ Practicing with a partner at various distances</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Correct stance with bent knees and straight back</li> <li>○ Proper hand placement for shooting (dominant hand lower on the stick)</li> <li>○ Follow-through after shooting</li> <li>○ Aiming at specific targets to improve accuracy</li> </ul> </li> <li>● Movement and Positioning <ul style="list-style-type: none"> <li>○ Maintaining a low stance with bent knees for better balance</li> <li>○ Moving to open spaces on the playing area</li> <li>○ Basic positioning concepts (e.g., staying in designated areas)</li> <li>○ Coordinating upper and lower body movements independently</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 3 separate areas of the court, with the shooting station having all 6 nets.</li> <li>● Label these stations and place instructions for each station so that coaches can refer back to when needed.</li> </ul>
Activity description	<p><i>Full group instruction (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● Director and other coaches should be spread out among the group</li> <li>● Director should explain how to hold the stick <ul style="list-style-type: none"> <li>○ Safety first- so keep the stick on the floor at ALL times!</li> </ul> </li> <li>● Explain how to stickhandle, using the forehand and then the backhand.</li> <li>● Explain how to pass, getting your hands away from your body in order to receive the pass, and then following through in one smooth motion.</li> <li>● Explain how to shoot by coming from farther back and exerting more pressure on the stick.</li> <li>● Emphasize keeping your head up while moving, stickhandling, passing, and shooting.</li> </ul> <p><i>Station Rotations (30 minutes)</i></p> <ul style="list-style-type: none"> <li>● Divide the players into three groups. Each station lasts 10 minutes.</li> </ul> <p><i>Stick Handling Station (10 minutes)</i></p>

	<ul style="list-style-type: none"> <li>● Dribbling through cones</li> <li>● Figure-8 around stationary objects</li> <li>● Relay races with stick handling</li> </ul> <p><i>Passing and Receiving</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● Partner passing drills <ul style="list-style-type: none"> <li>○ Increase distance gradually</li> </ul> </li> <li>● Groups of 3 with players moving towards the other player for a give and go, then take that player's spot.</li> <li>● 3 player weave while moving up the court.</li> </ul> <p><i>Shooting Practice</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● Practice shooting from various distances <ul style="list-style-type: none"> <li>○ Emphasize proper form over power</li> </ul> </li> </ul> <p>Bring the whole group together.</p> <ul style="list-style-type: none"> <li>● Director should recap the most important concepts.</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● How to stickhandle <a href="#">basics</a> (14 minutes)</li> <li>● <a href="#">Passes</a> basics</li> <li>● Wrist <a href="#">shot</a> basics</li> </ul>

<b><u>Day 3: Session 5 (1:30-2:30pm)</u></b> (Floor hockey gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 6 street/floor hockey nets (or just small soccer nets)</li> <li>● 30 floor hockey sticks</li> <li>● 30 floor hockey balls</li> <li>● 20 pinnies</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Stick Handle</li> <li>● Pass</li> <li>● Shoot</li> <li>● Move and position themselves on the court</li> <li>● Play a game of floor hockey</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Stick Handling <ul style="list-style-type: none"> <li>○ Proper grip: Dominant hand at the bottom, non-dominant hand at the top</li> <li>○ Keeping the stick blade below knee level for safety</li> <li>○ Soft touches and control when moving the puck or ball</li> <li>○ Using both sides of the stick to move the ball</li> <li>○ Encouraging head-up play while maintaining control</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ Proper form for passing and receiving</li> <li>○ Accuracy over power for beginners</li> <li>○ Trapping the puck when receiving passes</li> <li>○ Practicing with a partner at various distances</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Shooting <ul style="list-style-type: none"> <li>○ Correct stance with bent knees and straight back</li> <li>○ Proper hand placement for shooting (dominant hand lower on the stick)</li> <li>○ Follow-through after shooting</li> <li>○ Aiming at specific targets to improve accuracy</li> </ul> </li> <li>● Movement and Positioning <ul style="list-style-type: none"> <li>○ Maintaining a low stance with bent knees for better balance</li> <li>○ Moving to open spaces on the playing area</li> <li>○ Basic positioning concepts (e.g., staying in designated areas)</li> <li>○ Coordinating upper and lower body movements independently</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 3 cross court games.</li> <li>● 2 nets on either side of each cross court.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into three groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, shooting, and defense</li> <li>● Have the coaches spread out to monitor each game</li> </ul> <p><i>Mini-Games (15 minutes)</i></p> <ul style="list-style-type: none"> <li>● Use all 3 courts, but make them half court, so the defensive team has to check the ball out at the top of the half in order to then become the offensive team.</li> <li>● 1v1 or 2v1 small area games</li> <li>● Focus on movement, positioning, and applying learned skills</li> </ul> <p><i>3 Half court games (45 minutes)</i></p> <ul style="list-style-type: none"> <li>● Play two 20 minute halves</li> <li>● Give a 5 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● How to stickhandle <a href="#">basics</a> (14 minutes)</li> <li>● <a href="#">Passes</a> basics</li> <li>● Wrist <a href="#">shot</a> basics</li> </ul>

<b><u>Day 3; Session 6 (2:30-3pm): “Kickball &amp; Parent Pick up”</u></b>	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Kickball</li> <li>● 4 square bases and one home base if no field is easily accessible</li> </ul>
Learning goals/objectives	Campers will be able to... <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Play kickball</li> </ul>
Areas of focus	<i>Coaches will emphasize...</i> <ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Kickball field (laid out like a baseball diamond)</li> <li>● 2 teams.               <ul style="list-style-type: none"> <li>○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers</li> </ul> </li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the kickball game.</li> <li>● Director will communicate once all campers have departed.</li> </ul>



Day 4

“Track and Field Day” (Running & Jumping/throwing)

<p><b><u>Day 4; Arrival (9-9:15am):</u></b> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>
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Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check in the campers as they arrive.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have arrived.</li> </ul>

<b><u>Day 4; Daily Convocation (9:15-9:30am)</u></b>	
Daily Convocation	<ul style="list-style-type: none"> <li>● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>●</li> </ul> <div style="text-align: center;">  <p>PLAY HARD      PLAY SMART      PLAY TOGETHER      PLAY TRUE</p> </div> <ul style="list-style-type: none"> <li>●</li> </ul> <div style="text-align: center;">  <p>RESPECT      ■      ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> <li>● Script (see below)</li> <li>● Clipboard for script</li> </ul>

<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> <li>● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
<p>Areas of focus</p>	<ul style="list-style-type: none"> <li>● Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>● These principles will then be reiterated in the following days of the camp.</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Campers are lined up in rows.</li> <li>● Coaches will be at the front of the rows.</li> <li>● Coaches will be dispersed amongst the rows of campers.</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>● The Foundation: Respect and Acceptance</li> <li>● The Four Pillars <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> <li>○ Mental: Play Smart</li> <li>○ Social: Play Together</li> <li>○ Emotional: Play True</li> </ul> </li> <li>● Coaches will use the following speech at each convocation:</li> <li>● Welcome: <ul style="list-style-type: none"> <li>○ High energy greeting of all the kids</li> <li>○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”</li> </ul> </li> <li>● Introductions: <ul style="list-style-type: none"> <li>○ Have each coach introduce themselves</li> <li>○ Name, favorite sport, favorite team</li> </ul> </li> <li>● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>■ Be nice</li> <li>■ Don't be mean</li> <li>■ Never bully another person</li> <li>■ Be kind</li> <li>■ Treat others the way you would like to be treated</li> </ul> </li> <li>○ Who should we all be respectful of <ul style="list-style-type: none"> <li>■ Other campers - your peers</li> <li>■ The staff - we are here to help you learn and take care of you</li> <li>■ The facility and equipment - we are fortunate to be</li> </ul> </li> </ul> </li> </ul>

	<p>able to use this amazing building/school. We need to be sure we take care of it.</p> <ul style="list-style-type: none"> <li>■ Treat others the way you would like to be treated</li> <li>■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> <ul style="list-style-type: none"> <li>● What does acceptance mean to you <ul style="list-style-type: none"> <li>○ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>○ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> <li>● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> <li>○ Play Hard: always try your best to win or succeed</li> <li>○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently.</li> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> </li> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should</i></p>

	<p><i>we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <li>1) Running</li> <li>2) Jumping</li> <li>3) &amp; Throwing</li> </ol>
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<b><u>Day 4; Session 1 (9:30-10:30am)</u></b> (Running & Jumping fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 4 stop watches</li> <li>● 2 tape measures</li> <li>● High jump stick</li> <li>● 4 landing pads (if possible) for the high jump</li> </ul> <p><b>Encourage students to stay hydrated, giving them water breaks early and often</b></p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Execute proper form while running <ul style="list-style-type: none"> <li>○ Technique and form</li> <li>○ Foot strike</li> <li>○ Breathing and pacing</li> </ul> </li> <li>● Execute proper form while jumping <ul style="list-style-type: none"> <li>○ Approach run</li> <li>○ Takeoff</li> <li>○ Flight phase</li> <li>○ Landing</li> </ul> </li> </ul>

<p>Areas of focus</p>	<p><i>For running, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Technique and Form <ul style="list-style-type: none"> <li>○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed.</li> <li>○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement</li> <li>○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length.</li> </ul> </li> <li>● Foot Strike <ul style="list-style-type: none"> <li>○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency</li> <li>○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints.</li> </ul> </li> <li>● Breathing <ul style="list-style-type: none"> <li>○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake.</li> <li>○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence.</li> <li>○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system.</li> </ul> </li> <li>● Pacing <ul style="list-style-type: none"> <li>○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.</li> </ul> </li> </ul> <p><i>For jumping, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Approach Run <ul style="list-style-type: none"> <li>○ Speed Control: Teach athletes to use maximum controllable speed, not just sprinting as fast as possible</li> <li>○ Rhythm and Cadence: Focus on developing a consistent rhythm, especially in the final steps</li> <li>○ Checkmark System: Implement a system to help athletes hit the takeoff board consistently</li> <li>○ Progression: Start with shorter approaches (5-8 steps) and gradually increase to full approach</li> </ul> </li> <li>● Takeoff <ul style="list-style-type: none"> <li>○ Penultimate Step: Emphasize the importance of the second-to-last step in setting up the takeoff</li> <li>○ Foot Placement: Teach proper foot placement on the board, with the whole foot landing and toe slightly ahead of knees and hips</li> <li>○ Body Position: Focus on maintaining tall hips at takeoff</li> <li>○ Arm and Free Leg Action: Teach forceful arm swing and aggressive free leg drive</li> </ul> </li> <li>● Flight Phase <ul style="list-style-type: none"> <li>○ Body Control: Teach techniques to minimize forward rotation and maintain a tall posture</li> <li>○ In-Air Mechanics: Focus on proper positioning of arms and legs to maximize time in the air</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>● Landing <ul style="list-style-type: none"> <li>○ Preparation: Teach athletes to extend arms and feet forward before impact</li> <li>○ Technique: Emphasize the importance of landing for maximum distance</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Four stations throughout the track</li> <li>● The landing station needs the safety pads</li> <li>● Label these stations and place instructions for each station so that coaches can refer back to when needed.</li> </ul>
Activity description	<p><i>Warmup (8 minutes)</i></p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Full group instruction (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● Coaches spread out among the campers.</li> <li>● Director going through the basic concepts of running and jumping</li> <li>● Campers mimicking while stationary.</li> <li>● Director and other coaches correcting form throughout the introductory lesson.</li> </ul> <p><i>Station Rotations (32 minutes)</i></p> <ul style="list-style-type: none"> <li>● Divide the campers into four groups. Each station lasts 8 minutes.</li> </ul> <p>Station 1: Running- starts and form</p> <ul style="list-style-type: none"> <li>● Teach how to assume a runners start</li> <li>● Anticipate the whistle</li> <li>● Explode up and OUT off the start</li> <li>● Run a few steps and then slow down gradually (do not just STOP on a dime)</li> <li>● Mirror drills: Students mimic coach's proper running form</li> </ul> <p>Station 2: Running - pacing and stride</p> <ul style="list-style-type: none"> <li>● Foot placement <ul style="list-style-type: none"> <li>○ Ask campers to land on toes, then balls of feet, then heels</li> <li>○ Emphasize how important foot placement is</li> <li>○ Butt kicks</li> <li>○ Toe-tap exercises</li> </ul> </li> <li>● Breathing <ul style="list-style-type: none"> <li>○ Running with rhythmic breathing (e.g., in for 2 steps, out for 2 steps)</li> </ul> </li> <li>● Pacing</li> </ul>

	<ul style="list-style-type: none"> <li>○ Run at different speeds (walk, jog, run, sprint) on command</li> <li>○ "Red Light, Green Light" game focusing on quick starts and stops</li> </ul> <p>Station 3: Approach and jumping</p> <ul style="list-style-type: none"> <li>● Practice accelerating in a straight line</li> <li>● Curved approach drills for high jump</li> <li>● Single-leg hops</li> <li>● Practice planting foot and driving upward</li> <li>● "Freeze" mid-air games (land on soft mats)</li> <li>● Practice different arm positions while jumping</li> </ul> <p>Station 4: Landing safely</p> <ul style="list-style-type: none"> <li>● Safe landing techniques on mats</li> <li>● Two-foot landing practice in sand pit</li> <li>● Emphasize using your knees to protect you while landing</li> </ul> <p><i>Cool Down and Review</i> (8 minutes)</p> <ul style="list-style-type: none"> <li>● Light stretching</li> <li>● Circle time: review one key point from each station</li> </ul>
Video clips	<p>Proper Sprinting <a href="#">Form</a> In 3 Steps  Block <a href="#">starts</a>  How to long <a href="#">jump</a>  How to high <a href="#">jump</a></p>

<b><u>Day 4; Session 2 (10:30-11am)</u></b> (Running & Jumping gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 4 stop watches</li> <li>● 2 tape measures</li> <li>● High jump stick</li> <li>● 4 landing pads (if possible) for the high jump</li> <li>● Clipboard with campers names to record running and jumping scores.</li> </ul> <p><b>Encourage students to stay hydrated, giving them water breaks early and often</b></p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Execute proper form while running <ul style="list-style-type: none"> <li>○ Technique and form</li> <li>○ Foot strike</li> <li>○ Breathing and pacing</li> </ul> </li> <li>● Execute proper form while jumping <ul style="list-style-type: none"> <li>○ Approach run</li> <li>○ Takeoff</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Flight phase</li> <li>○ Landing</li> </ul>
<p>Areas of focus</p>	<p><i>For running, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Technique and Form <ul style="list-style-type: none"> <li>○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed.</li> <li>○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement</li> <li>○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length.</li> </ul> </li> <li>● Foot Strike <ul style="list-style-type: none"> <li>○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency</li> <li>○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints.</li> </ul> </li> <li>● Breathing <ul style="list-style-type: none"> <li>○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake.</li> <li>○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence.</li> <li>○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system.</li> </ul> </li> <li>● Pacing <ul style="list-style-type: none"> <li>○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.</li> </ul> </li> </ul> <p><i>For jumping, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Approach Run <ul style="list-style-type: none"> <li>○ Speed Control: Teach athletes to use maximum controllable speed, not just sprinting as fast as possible</li> <li>○ Rhythm and Cadence: Focus on developing a consistent rhythm, especially in the final steps</li> <li>○ Checkmark System: Implement a system to help athletes hit the takeoff board consistently</li> <li>○ Progression: Start with shorter approaches (5-8 steps) and gradually increase to full approach</li> </ul> </li> <li>● Takeoff <ul style="list-style-type: none"> <li>○ Penultimate Step: Emphasize the importance of the second-to-last step in setting up the takeoff</li> <li>○ Foot Placement: Teach proper foot placement on the board, with the whole foot landing and toe slightly ahead of knees and hips</li> <li>○ Body Position: Focus on maintaining tall hips at takeoff</li> <li>○ Arm and Free Leg Action: Teach forceful arm swing and aggressive free leg drive</li> </ul> </li> <li>● Flight Phase</li> </ul>

	<ul style="list-style-type: none"> <li>○ Body Control: Teach techniques to minimize forward rotation and maintain a tall posture</li> <li>○ In-Air Mechanics: Focus on proper positioning of arms and legs to maximize time in the air</li> <li>● Landing <ul style="list-style-type: none"> <li>○ Preparation: Teach athletes to extend arms and feet forward before impact</li> <li>○ Technique: Emphasize the importance of landing for maximum distance</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Long jump and high jump in the middle of the track</li> <li>● Place safety mats at these stations</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers up into five separate groups.</li> <li>● The competitions will be as follows.</li> <li>● Record each camper's scores onto the clipboard.</li> <li>● Make sure EACH camper has a score recorded by the end of the session.</li> </ul> <p>Events:</p> <ul style="list-style-type: none"> <li>● Running <ul style="list-style-type: none"> <li>○ 100 meter dash</li> <li>○ 200 meter dash</li> <li>○ 400 meter dash</li> </ul> </li> <li>● Jumping <ul style="list-style-type: none"> <li>○ Long jump</li> <li>○ High jump</li> </ul> </li> </ul>
Video clips	<p>Proper Sprinting <a href="#">Form</a> In 3 Steps  Block <a href="#">starts</a>  How to long <a href="#">jump</a>  How to high <a href="#">jump</a></p>

**Day 4; Lunch (11-11:30am)**

Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>
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**Day 4; Session 3 (11:30-12:15pm)** "Video and Classroom" (if possible)

Equipment needed	<ul style="list-style-type: none"> <li>● Projector or TV</li> <li>● HDMI cable</li> </ul>
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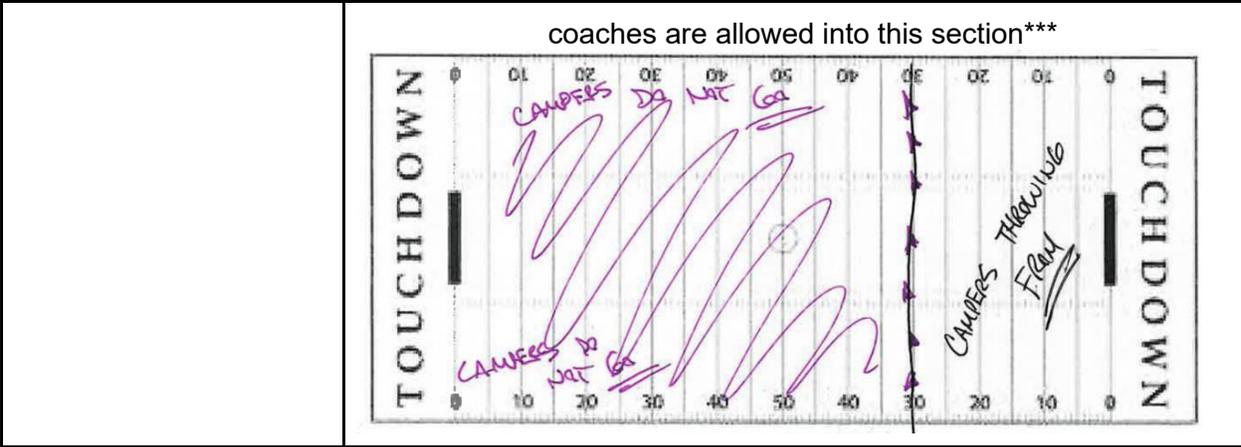
	<ul style="list-style-type: none"> <li>● Laptop or IPAD</li> <li>● Wifi access</li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basics of running and jumping</li> <li>● Explain the basics of running and jumping</li> <li>● Apply the basics of running and jumping</li> </ul> <p>---</p> <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the basics of discus and shot put</li> <li>● Explain the basics of discus and shot put</li> <li>● Apply the basics of discus and shot put</li> </ul>
<p>Areas of focus</p>	<p><i>For running, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Technique and Form <ul style="list-style-type: none"> <li>○ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed.</li> <li>○ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement</li> <li>○ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length.</li> </ul> </li> <li>● Foot Strike <ul style="list-style-type: none"> <li>○ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency</li> <li>○ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints.</li> </ul> </li> <li>● Breathing <ul style="list-style-type: none"> <li>○ Diaphragmatic Breathing: Teach belly breathing techniques to maximize oxygen intake.</li> <li>○ Breathing Rhythms: Introduce various breathing patterns like 4:4 box breathing, 2:2, 3:3, or 2:1 rhythms to sync with running cadence.</li> <li>○ Nasal Breathing: Encourage nasal breathing to activate the parasympathetic nervous system.</li> </ul> </li> <li>● Pacing <ul style="list-style-type: none"> <li>○ Understanding Pace: Educate runners on proper pacing for different types of runs and races.</li> </ul> </li> </ul> <p><i>For jumping, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Approach Run <ul style="list-style-type: none"> <li>○ Speed Control: Teach athletes to use maximum controllable speed, not just sprinting as fast as possible</li> <li>○ Rhythm and Cadence: Focus on developing a consistent rhythm, especially in the final steps</li> <li>○ Checkmark System: Implement a system to help</li> </ul> </li> </ul>

	<p>athletes hit the takeoff board consistently</p> <ul style="list-style-type: none"> <li>○ Progression: Start with shorter approaches (5-8 steps) and gradually increase to full approach</li> <li>● Takeoff <ul style="list-style-type: none"> <li>○ Penultimate Step: Emphasize the importance of the second-to-last step in setting up the takeoff</li> <li>○ Foot Placement: Teach proper foot placement on the board, with the whole foot landing and toe slightly ahead of knees and hips</li> <li>○ Body Position: Focus on maintaining tall hips at takeoff</li> <li>○ Arm and Free Leg Action: Teach forceful arm swing and aggressive free leg drive</li> </ul> </li> <li>● Flight Phase <ul style="list-style-type: none"> <li>○ Body Control: Teach techniques to minimize forward rotation and maintain a tall posture</li> <li>○ In-Air Mechanics: Focus on proper positioning of arms and legs to maximize time in the air</li> </ul> </li> <li>● Landing <ul style="list-style-type: none"> <li>○ Preparation: Teach athletes to extend arms and feet forward before impact</li> <li>○ Technique: Emphasize the importance of landing for maximum distance</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Classroom or empty room</li> <li>● Desks, chairs, or just have campers sit on the floor</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Watch the following clips</li> <li>● Stop the video to reiterate what the campers learned earlier in the day</li> <li>● Think/Pair/Share- <ul style="list-style-type: none"> <li>○ Ask the campers to partner up and explain the most important part of each skill to their partner</li> <li>○ Then have the partners share their ideas out to the rest of the group</li> </ul> </li> </ul>
Video clips	<p><i>Running &amp; Jumping</i>  Proper Sprinting <a href="#">Form</a> In 3 Steps  Block <a href="#">starts</a>  How to long <a href="#">jump</a>  How to high <a href="#">jump</a></p> <p><i>Throwing</i>  Discus <a href="#">basics</a>  Discus &amp; Shot put <a href="#">basics</a>  How to throw <a href="#">shot put</a></p>

**Day 4; Session 4 (12:15-1:45pm)** (Track & field throwing fundamentals)

Equipment needed	<ul style="list-style-type: none"><li>● 20 pinnies</li><li>● 4 stop watches</li><li>● 4 tape measures</li><li>● 10 discus</li><li>● 10 shot put balls</li><li>● 10 hacky sacks</li><li>● Clipboard with campers names to record throwing scores.</li><li>● 10 cones or hula hoops</li></ul> <p><b>Encourage students to stay hydrated, giving them water breaks early and often</b></p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"><li>● Grip the discus correctly</li><li>● Grip the shot put correctly</li><li>● Throw the discus correctly and safely</li><li>● Throw the shot put correctly and safely</li></ul>
Areas of focus	<p><i>For discus, Coaches will emphasize...</i></p> <ul style="list-style-type: none"><li>● Grip and Handling<ul style="list-style-type: none"><li>○ Proper Grip: Camper should hold the discus with four fingers underneath and the thumb on top, ensuring the discus is positioned vertically with the palm facing their leg.</li></ul></li><li>● Swinging Practice: Encourage swinging the discus gently in a small arc (like a "tick-tock" motion) to help them feel its weight and learn how to control it.</li><li>● Rolling the Discus<ul style="list-style-type: none"><li>○ Discus Roll: Start with a simple rolling exercise where the camper rolls the discus along the ground. This helps them practice releasing the discus off their first finger, which is crucial for a successful throw</li><li>○ Targeted Rolling: Progress to rolling the discus toward targets or through hoops to introduce distance and aim</li></ul></li><li>● Underarm Throwing Technique<ul style="list-style-type: none"><li>○ Underarm Throw: They should step forward with their opposite foot while keeping their grip consistent and releasing at about a 90-degree angle</li></ul></li><li>● Standing Throw<ul style="list-style-type: none"><li>○ Focus on achieving a controlled standing throw before introducing more complex techniques. The camper should stand side-on, with their feet shoulder-width apart, and practice releasing the discus while maintaining balance.</li></ul></li></ul>

	<ul style="list-style-type: none"> <li>● Developing Balance and Coordination <ul style="list-style-type: none"> <li>○ Balance Drills: Incorporate activities that enhance balance, such as standing on one foot or practicing pivoting motions. These skills are foundational for executing more advanced techniques later on.</li> </ul> </li> <li>● Rhythm and Timing: Teach them to use rhythm in their throws by counting or clapping before releasing the discus, which helps in timing their movements effectively.</li> </ul> <p><i>For shot put, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Grip and Placement <ul style="list-style-type: none"> <li>○ Hold the shot at the base of the fingers, not in the palm</li> <li>○ Spread fingers slightly with thumb for support</li> <li>○ Place the shot under the jaw, against the neck, near the windpipe</li> <li>○ Position the hand so the little finger points to the earlobe and thumb to the collarbone</li> </ul> </li> <li>● Stance and Position <ul style="list-style-type: none"> <li>○ Adopt a side-on starting position</li> <li>○ Offset the feet for easier hip rotation (front foot toes in line with back foot heel)</li> <li>○ For younger children, start with an open side-on stance, non-throwing arm pointing at target</li> <li>○ For older athletes, consider a "chin-knee-toe" stance</li> </ul> </li> <li>● Basic Throwing Technique <ul style="list-style-type: none"> <li>○ Emphasize the "turn and push" action</li> <li>○ Keep the elbow high during the throw ("elbow up, thumb down")</li> <li>○ Pivot the back foot to turn hips, trunk, and shoulders to the front</li> <li>○ Keep both feet on the ground during release</li> <li>○ Pull the non-throwing arm inwards and downwards to "lock" the body</li> <li>○ Fully extend arm and wrist, propelling the shot off the fingers with a final "flick"</li> </ul> </li> <li>● Safety and Form <ul style="list-style-type: none"> <li>○ Maintain a strong, tall throwing position at release</li> <li>○ Avoid bending forward at the hips or tipping to the side</li> <li>○ Use a hoop on the ground as a target and to keep feet out of the way during drills</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Track and field will be split up into 5 stations for techniques of both discus and shot put.</li> <li>● Track will then be split off into 2 sections. <ul style="list-style-type: none"> <li>○ 1 smaller section for throwing FROM.</li> <li>○ 1 much larger section for throwing INTO.</li> <li>○ ***Campers SHOULD NOT be in this larger section, at any time, or for any reason. Only director and</li> </ul> </li> </ul>



Activity description

**DISCUS**

*Warm-up* (10 minutes)

- Gather all campers in a large circle
- Lead simple stretches and light jogging in place
- Play a quick game of "Simon Says" incorporating basic discus movements (e.g., "Simon says pretend to hold a discus")

*Station Rotation* (30 minutes) 6 minutes at each station. Divide campers into 5 groups.

*Station 1: Grip and Handling*

- Practice proper grip technique
- Swing discus gently in vertical and horizontal planes
- Discus Sandwich Technique: Make a "discus sandwich" where they hold the discus with one hand on top and another underneath for support before throwing. This visual can help them remember proper hand positioning.

*Station 2: Rolling the Discus*

- Roll discus towards targets (e.g., hula hoops or cones)
- Focus on releasing off the index finger

*Station 3: Underarm Throws*

- Practice stepping and releasing with underarm throws
- Aim for distance markers on the ground

*Station 4: Standing Throws*

- Introduce side-on stance
- Practice "discus sandwich" technique progressing to one-handed throws

*Station 5: Balance and Coordination*

- One-foot balance contests
- Simple pivoting exercises
- Rhythm practice with clapping and mock throws

	<p><i>Cool down and concept recap (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Go over coaches areas of focus</li> </ul> <p><b><u>SHOT PUT</u></b></p> <p><i>Full group instruction (10 minute)</i></p> <ul style="list-style-type: none"> <li>● Director at the front of the group</li> <li>● Coaches spread out among campers</li> <li>● Director walk the campers through the proper technique of shot put</li> </ul> <p><i>Station Rotation (32 minutes) 8 minutes at each station. Divide campers into 4 groups.</i></p> <p><i>Station 1: Grip and Placement</i></p> <ul style="list-style-type: none"> <li>● Practice proper grip using small bean bags or soft balls</li> <li>● Focus on correct placement against the neck</li> <li>● Play "Freeze Frame" where children freeze in the correct grip and placement position</li> </ul> <p><i>Station 2: Stance and Position</i></p> <ul style="list-style-type: none"> <li>● Practice side-on stance using hula hoops for foot placement</li> <li>● Play "Statue Game" where children hold the correct stance</li> <li>● Introduce simple pivoting without throwing</li> </ul> <p><i>Station 3: Basic Throwing Technique</i></p> <ul style="list-style-type: none"> <li>● Use foam balls or soft objects for safety</li> <li>● Practice the "turn and push" action without actual throws</li> <li>● Introduce wrist flick exercises using small beanbags</li> </ul> <p><i>Station 4: Practice Drills</i></p> <ul style="list-style-type: none"> <li>● Set up targets (e.g., buckets, hula hoops) for accuracy practice</li> <li>● Start with hacky sacks</li> <li>● Then progress to using the actual shot put</li> </ul> <p><i>Cool down and concept recap (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Go over coaches areas of focus</li> </ul>
Video clips	<p><i>Throwing</i></p> <p>Discus <a href="#">basics</a></p> <p>Discus &amp; Shot put <a href="#">basics</a></p> <p>How to throw <a href="#">shot put</a></p>

<b>Day 4; Session 5 (1:45-2:30pm)</b> (Track & field throwing gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 4 stop watches</li> </ul>

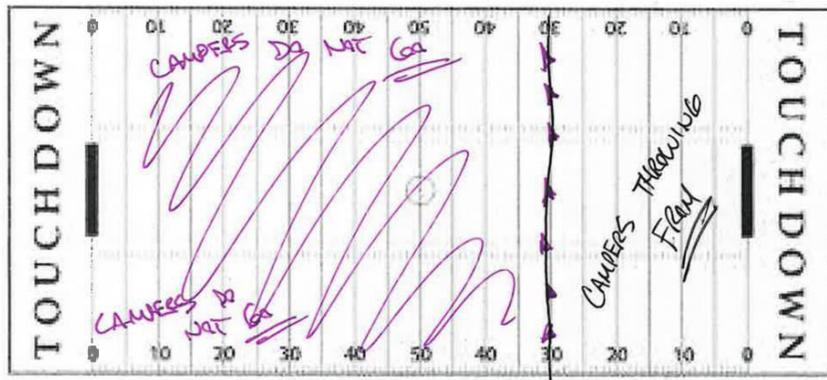
	<ul style="list-style-type: none"> <li>● 4 tape measures</li> <li>● 10 discus</li> <li>● 10 shot put balls</li> <li>● 10 hacky sacks</li> <li>● Clipboard with campers names to record throwing scores.</li> </ul> <p><b>Encourage students to stay hydrated, giving them water breaks early and often</b></p>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Grip the discus correctly</li> <li>● Grip the shot put correctly</li> <li>● Throw the discus correctly and safely</li> <li>● Throw the shot put correctly and safely</li> </ul>
<p>Areas of focus</p>	<p><i>For discus, Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Grip and Handling <ul style="list-style-type: none"> <li>○ Proper Grip: Camper should hold the discus with four fingers underneath and the thumb on top, ensuring the discus is positioned vertically with the palm facing their leg.</li> </ul> </li> <li>● Swinging Practice: Encourage swinging the discus gently in a small arc (like a "tick-tock" motion) to help them feel its weight and learn how to control it.</li> <li>● Rolling the Discus <ul style="list-style-type: none"> <li>○ Discus Roll: Start with a simple rolling exercise where the camp rolls the discus along the ground. This helps them practice releasing the discus off their first finger, which is crucial for a successful throw</li> <li>○ Targeted Rolling: Progress to rolling the discus toward targets or through hoops to introduce distance and aim</li> </ul> </li> <li>● Underarm Throwing Technique <ul style="list-style-type: none"> <li>○ Underarm Throw: They should step forward with their opposite foot while keeping their grip consistent and releasing at about a 90-degree angle</li> </ul> </li> <li>● Standing Throw <ul style="list-style-type: none"> <li>○ Focus on achieving a controlled standing throw before introducing more complex techniques. The camper should stand side-on, with their feet shoulder-width apart, and practice releasing the discus while maintaining balance.</li> </ul> </li> <li>● Developing Balance and Coordination <ul style="list-style-type: none"> <li>○ Balance Drills: Incorporate activities that enhance balance, such as standing on one foot or practicing pivoting motions. These skills are foundational for executing more advanced techniques later on.</li> </ul> </li> <li>● Rhythm and Timing: Teach them to use rhythm in their throws by counting or clapping before releasing the discus, which helps in timing their movements effectively.</li> </ul>

For shot put, Coaches will emphasize...

- Grip and Placement
  - Hold the shot at the base of the fingers, not in the palm
  - Spread fingers slightly with thumb for support
  - Place the shot under the jaw, against the neck, near the windpipe
  - Position the hand so the little finger points to the earlobe and thumb to the collarbone
- Stance and Position
  - Adopt a side-on starting position
  - Offset the feet for easier hip rotation (front foot toes in line with back foot heel)
  - For younger children, start with an open side-on stance, non-throwing arm pointing at target
  - For older athletes, consider a "chin-knee-toe" stance
- Basic Throwing Technique
  - Emphasize the "turn and push" action
  - Keep the elbow high during the throw ("elbow up, thumb down")
  - Pivot the back foot to turn hips, trunk, and shoulders to the front
  - Keep both feet on the ground during release
  - Pull the non-throwing arm inwards and downwards to "lock" the body
  - Fully extend arm and wrist, propelling the shot off the fingers with a final "flick"
- Safety and Form
  - Maintain a strong, tall throwing position at release
  - Avoid bending forward at the hips or tipping to the side
  - Use a hoop on the ground as a target and to keep feet out of the way during drills

Field/court layout

- Track will then be split off into 2 sections.
  - 1 smaller section for throwing FROM.
  - 1 much larger section for INTO.
  - \*\*\*Campers SHOULD NOT be in this larger section, at any time, or for any reason. Only coaches and coaches are allowed into this section\*\*\*



Activity description	<p>Coaches will all have a clipboard with campers names to record throwing scores.</p> <p>Director will review the areas of focus for discus</p> <ul style="list-style-type: none"> <li>● Split campers up into two separate groups</li> <li>● First group will step up and throw discus <ul style="list-style-type: none"> <li>○ Scores will be recorded</li> <li>○ Coaches will retrieve discus and return to the front</li> </ul> </li> <li>● Next group will have a turn</li> <li>● Give each camper 3 throws with the discus.</li> <li>● After 20 minutes take a water break and transition to shot put</li> </ul> <p>Director will review the areas of focus for shot put</p> <ul style="list-style-type: none"> <li>● Split campers up into two separate groups</li> <li>● First group will step up and throw their shot put <ul style="list-style-type: none"> <li>○ Scores will be recorded</li> <li>○ coaches will retrieve shot puts and return to the front</li> </ul> </li> <li>● Next group will have a turn</li> <li>● Give each camper 3 throws with the shot put.</li> </ul>
Video clips	<p><i>Throwing</i>  Discus <a href="#">basics</a>  Discus &amp; Shot put <a href="#">basics</a>  How to throw <a href="#">shot put</a></p>

<b><u>Day 4; Session 6 (2:30-3pm):</u></b> “Handball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● 3 handballs (smaller nerf type balls)</li> <li>● 4 mini soccer nets</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Play handball until they are picked up</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 2 smaller handball courts with 2 mini soccer nets set up across the court.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as their guardians arrive.</li> </ul>

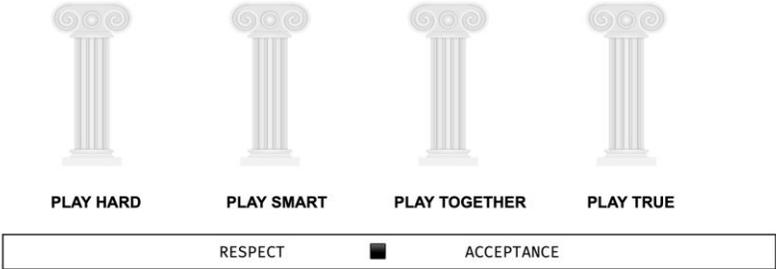
	<ul style="list-style-type: none"> <li>● Other coaches will maintain supervision of the handball games. <ul style="list-style-type: none"> <li>○ Players can only take two steps before they have to pass the ball to their teammate.</li> <li>○ It is a turnover if the ball is dropped on a pass.</li> </ul> </li> <li>● Director will communicate once all campers have departed.</li> </ul>
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Day 5  
"Jump Start Sports T Shirt Day"  
"Tournament Day"

<p><b><u>Day 5; Arrival (9-9:15am):</u></b> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>

Field/court layout	<ul style="list-style-type: none"> <li>Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>Director and coaches will check in the campers as they arrive.</li> <li>Other coaches will maintain supervision of unorganized play.</li> <li>Director will communicate once all campers have arrived.</li> </ul>

<b><u>Day 5; Daily Convocation (9:15-9:30am)</u></b>	
Daily Convocation	<ul style="list-style-type: none"> <li>“The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>  </li> </ul>
Equipment needed	<ul style="list-style-type: none"> <li>Script (see below)</li> <li>Clipboard for script</li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>“The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>These principles will then be reiterated in the following days of the camp.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>Campers are lined up in rows.</li> <li>Coaches will be at the front of the rows.</li> <li>Coaches will be dispersed amongst the rows of campers.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>The Foundation: Respect and Acceptance</li> <li>The Four Pillars <ul style="list-style-type: none"> <li>Physical: Play Hard</li> </ul> </li> </ul>

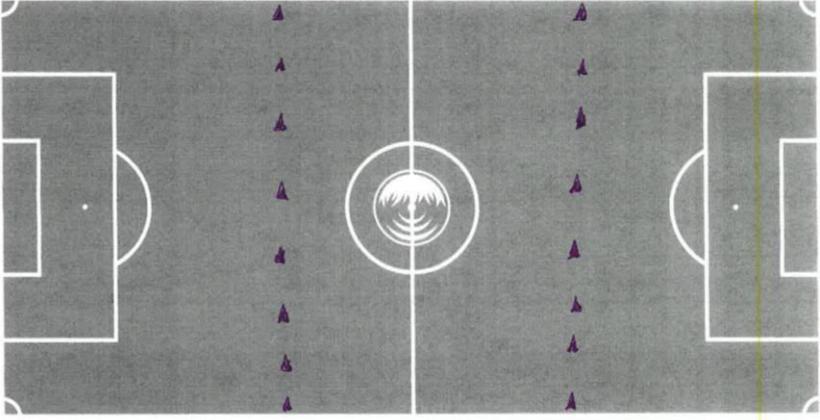
- Mental: Play Smart
- Social: Play Together
- Emotional: Play True
- Coaches will use the following speech at each convocation:
- Welcome:
  - High energy greeting of all the kids
  - Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes")
- Introductions:
  - Have each coach introduce themselves
  - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
  - What does RESPECT mean to you? Ask kids to raise their hands to answer
    - Be nice
    - Don't be mean
    - Never bully another person
    - Be kind
    - Treat others the way you would like to be treated
  - Who should we all be respectful of
    - Other campers - your peers
    - The staff - we are here to help you learn and take care of you
    - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
    - Treat others the way you would like to be treated
    - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
  - Be respectful of ALL PEOPLE, even those who are different than you
  - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
  - Play Hard: always try your best to win or succeed
  - Play Smart: always pay attention and try to make the "right"

	<p>play (use specific examples from sports they know or have seen recently.</p> <ul style="list-style-type: none"> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> <ul style="list-style-type: none"> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p>

	1) Tournaments!
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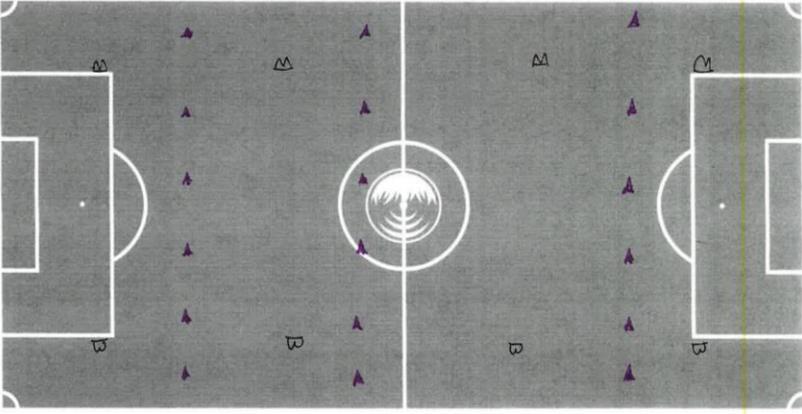
<b><u>Day 5; Session 1 (9:30-10:15am)</u></b> (Flag Football tournament)	
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Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 40 sets of flags</li> <li>● 40 cones</li> <li>● 20 footballs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch a football using proper hand positioning and body alignment to consistently catch the ball</li> <li>● Throw a football with correct grip, stance, and follow-through to ensure accurate passes</li> <li>● Handoff the football, transferring the ball between players, with proper timing and coordination</li> <li>● Pull the flag off an opponent properly and safely</li> <li>● Drop into a standard defensive position</li> <li>● Do all of the skills above within a game play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching:             <ul style="list-style-type: none"> <li>○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.</li> <li>○ Teach players to use their hands rather than their bodies to secure the ball</li> </ul> </li> <li>● Throwing:             <ul style="list-style-type: none"> <li>○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through.</li> <li>○ Ensure players understand how to deliver accurate passes</li> </ul> </li> <li>● Running Routes:             <ul style="list-style-type: none"> <li>○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball</li> </ul> </li> <li>● Handoffs:             <ul style="list-style-type: none"> <li>○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays</li> </ul> </li> <li>● Flag Pulling:             <ul style="list-style-type: none"> <li>○ Teach effective flag-pulling techniques</li> <li>○ Players should learn how to approach the ball carrier and pull flags without making contact</li> </ul> </li> <li>● Angling:             <ul style="list-style-type: none"> <li>○ Emphasize taking an angle on an offensive player</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ rather than running directly at them</li> <li>○ Use the sideline to push the player to the edge of the field and away from the middle</li> <li>○ Match their speed</li> <li>○ Get your toes pointed in the same direction as the offensive player</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Set up 2 cross field games</li> <li>● The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul> 
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of catching, passing, handoffs, flag pulling, and angling on defense</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 25 minute halves</li> <li>● Give a 10 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● A Beginners guide to flag <a href="#">football</a></li> <li>● Football <a href="#">handoff</a></li> <li>● How to <a href="#">throw</a> a football (first part of the video)</li> <li>● How to <a href="#">catch</a> a football (first part of the video)</li> </ul>

**Day 5; Session 2 (10:15-11am)** (Soccer tournament)

<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>● 8 Soccer Balls</li> <li>● 20 Pinnies</li> <li>● 8 mini soccer nets</li> <li>● 40 cones</li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Trap a ball from a pass</li> <li>● Pass to another player from a stationary position</li> <li>● Shoot from a stationary position</li> <li>● Conduct all those same skills while in small area game play</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling: <ul style="list-style-type: none"> <li>○ Keeping the ball close to the feet for improved control</li> <li>○ Keeping the head up to maintain awareness of surroundings</li> <li>○ Using both feet</li> <li>○ Changing pace and direction</li> <li>○ Employing fakes and feints</li> </ul> </li> <li>● Passing: <ul style="list-style-type: none"> <li>○ Using the inside of the foot for precision in shorter distances</li> <li>○ Practicing accurate short and long passes using both feet</li> <li>○ Controlling the pressure put on the ball to control the “weight” of the pass</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Stance and Approach <ul style="list-style-type: none"> <li>■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target.</li> <li>■ Approach Angle: Encourage a smooth approach to the ball, avoiding stutter steps.</li> </ul> </li> <li>○ Body Positioning <ul style="list-style-type: none"> <li>■ Head Down: Instruct players to keep their head down and eyes on the ball while striking.</li> <li>■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.</li> </ul> </li> <li>○ Contact Technique <ul style="list-style-type: none"> <li>■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.</li> <li>■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.</li> </ul> </li> <li>○ Follow Through</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Set up 4 cross field games with 2 mini nets at each end</li> <li>● The fields should be about 30 yards wide and go lengthwise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul> 
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Split the campers into four groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, and shooting</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 20 minute halves</li> <li>● Adjust the teams if mismatches occur</li> <li>● There does not need to be a goalie in the mini nets</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul>

<p><b><u>Day 5; Lunch (11-11:30am)</u></b></p>	
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 5; Session 3 (11:30-12:15pm)</u></b> “Highlight Videos” (if possible)	
Equipment needed	<ul style="list-style-type: none"> <li>● Projector or TV</li> <li>● HDMI cable</li> <li>● Laptop or IPAD</li> <li>● Wifi access</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● See how the professionals utilize the skills that we covered in camp this week.</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Skills highlighted in the video clips.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Classroom or empty room</li> <li>● Desks, chairs, or just have campers sit on the floor</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Watch the following clips</li> <li>● Stop the video to reiterate what the campers learned earlier in the day</li> <li>● Think/Pair/Share- <ul style="list-style-type: none"> <li>○ Ask the campers to partner up and explain the most important part of each skill to their partner</li> <li>○ Then have the partners share their ideas out to the rest of the group</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● <a href="#">NBA highlights</a> (top 100 plays)</li> <li>● <a href="#">Premier League highlights</a></li> <li>● <a href="#">NFL highlights</a> (top 100 plays)</li> <li>● <a href="#">Olympic volleyball highlights</a></li> </ul>

<b><u>Day 5; Session 4 (12:15-1:30pm)</u></b> (Basketball tournament)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 4 lowered hoops</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble in gameplay</li> <li>● Pass in game situations</li> <li>● Shoot while under pressure in a game</li> <li>● Rebound in gameplay</li> <li>● Play defense in a game</li> </ul>

<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling <ul style="list-style-type: none"> <li>○ Ball Control: Use fingertips, not palms.</li> <li>○ Head Up: Maintain visual awareness of the court while dribbling.</li> <li>○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control.</li> <li>○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc.</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Proper Form: Focus on balanced stance and hand positioning behind the ball.</li> <li>○ Repetition: Encourage consistent practice from various distances.</li> <li>○ Game-Like Scenarios: Create drills that simulate shooting with pressure.</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ Types of Passes: <ul style="list-style-type: none"> <li>■ Chest,</li> <li>■ Bounce,</li> <li>■ Overhead passes.</li> </ul> </li> <li>○ Accuracy: Emphasize precision in passing to teammates.</li> <li>○ Decision Making: Do not over handle the ball once a player is open.</li> </ul> </li> <li>● Rebounding <ul style="list-style-type: none"> <li>○ Positioning: Teach players to anticipate where the ball will land.</li> <li>○ Boxing Out: Stress the importance of using the body to block opponents.</li> </ul> </li> <li>● Defense <ul style="list-style-type: none"> <li>○ Stance: Maintain a low, balanced defensive position.</li> <li>○ Hand Activity: Keep hands active to disrupt passes and shots</li> </ul> </li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● If possible, have two full court games going at the same time. <ul style="list-style-type: none"> <li>○ If this is not possible, have two cross court games.</li> <li>○ If this is not possible, have two half court touch up games.</li> <li>○ Maximize the amount of game play that campers receive.</li> </ul> </li> <li>● 2 coaches/coaches to ref and supervise each game while reinforcing the teaching points.</li> </ul>
<p>Activity description</p>	<p>Start with a fun <i>warmup</i> that brings together the skills that the players have just worked on. (5 minutes)</p> <ul style="list-style-type: none"> <li>● Simon Says with basketball movements</li> <li>● Freeze tag while dribbling</li> </ul>

	<p>Gameplay (40 minutes)</p> <ul style="list-style-type: none"> <li>● Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, shooting, and defense</li> <li>● Have the coaches spread out to monitor each game</li> <li>● Play two 18 minute halves</li> <li>● Give a 2 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● How to <a href="#">Dribble</a>, Basics <ul style="list-style-type: none"> <li>○ “How To Dribble A <a href="#">Basketball</a> For Beginners! Basketball Basics [SECRETS]”</li> </ul> </li> <li>● Passing Fundamentals <ul style="list-style-type: none"> <li>○ <a href="#">1</a></li> <li>○ <a href="#">2</a></li> </ul> </li> <li>● <a href="#">Shooting</a></li> <li>● <a href="#">Rebounding</a></li> <li>● Defensive <a href="#">stance</a></li> </ul>

<p><b><u>Day 5; Session 5 (1:30-2:30pm)</u></b> (Volleyball tournament)</p>	
<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>● 20 youth volleyballs (oversized and underweight)</li> <li>● 20 pinnies</li> <li>● At least 2 lowered nets</li> <li>● 10 balloons</li> <li>● 10 foam balls</li> <li>● 2 hula hoops</li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Underhand Serve</li> <li>● Passing</li> <li>● Set</li> <li>● Attack (Hitting)</li> <li>● Block</li> <li>● Dig (Defensive skills)</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Serving (Underhand) <ul style="list-style-type: none"> <li>○ Proper ball grip with the non-dominant hand</li> <li>○ Correct stance and body positioning</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Smooth, upward swinging motion with the dominant hand</li> <li>○ Consistent contact point on the ball</li> <li>○ Follow-through towards the target</li> <li>● Passing (Bumping) <ul style="list-style-type: none"> <li>○ Proper arm positioning (straight arms, hands together)</li> <li>○ Stable platform creation with forearms</li> <li>○ Correct body positioning under the ball</li> <li>○ Eye contact with the ball</li> <li>○ Controlled movement to direct the ball upwards</li> </ul> </li> <li>● Setting <ul style="list-style-type: none"> <li>○ Proper hand positioning (diamond shape above forehead)</li> <li>○ Soft touch with fingertips</li> <li>○ Balanced stance and footwork</li> <li>○ Eye contact with the ball</li> <li>○ Pushing the ball upwards with controlled force</li> </ul> </li> <li>● Attacking (Hitting) <ul style="list-style-type: none"> <li>○ Basic arm swing mechanics</li> <li>○ Proper approach and timing</li> <li>○ Hand positioning for contact with the ball</li> <li>○ Follow-through after hitting</li> <li>○ Aiming for open court areas</li> </ul> </li> <li>● Blocking <ul style="list-style-type: none"> <li>○ Proper hand and arm positioning</li> <li>○ Basic footwork along the net</li> <li>○ Timing of the jump</li> <li>○ Reaching over the net without touching it</li> <li>○ Landing safely after the block attempt</li> </ul> </li> <li>● Digging <ul style="list-style-type: none"> <li>○ Low body position and ready stance</li> <li>○ Quick reaction and movement to the ball</li> <li>○ Using forearms or hands to control the ball</li> <li>○ Redirecting the ball towards a teammate</li> <li>○ Recovering quickly after the dig</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● At least two courts with the lowered nets in between the two sides</li> <li>● If there are four coaches, then set up the court into four different stations.</li> <li>● Label these stations and place instructions for each station so that coaches can refer back to when needed.</li> </ul>
Activity description	<p><i>Warm-up</i> (8 minutes)</p> <ul style="list-style-type: none"> <li>○ Circle game: Kids form a large circle with adults spread out</li> <li>○ Light jogging in place (30 seconds)</li> <li>○ Arm circles forward and backward (30 seconds each)</li> </ul>

	<ul style="list-style-type: none"> <li>○ High knees and butt kicks (30 seconds each)</li> <li>○ Volleyball-specific movements: <ul style="list-style-type: none"> <li>■ Pretend to pass, set, and hit (1 minute)</li> <li>■ Practice ready position and quick steps (1 minute)</li> </ul> </li> </ul> <p><i>Skill Stations (32 minutes)</i></p> <ul style="list-style-type: none"> <li>● Divide the group into four stations with one adult supervising each. Rotate every 8 minutes. <ul style="list-style-type: none"> <li>○ Passing Station <ul style="list-style-type: none"> <li>■ Balloon bump: Kids try to keep a balloon in the air using proper passing form</li> <li>■ Partner passing: Gentle tosses and passes with foam balls</li> </ul> </li> <li>○ Setting Station <ul style="list-style-type: none"> <li>■ Wall setting: Kids practice setting against a wall</li> <li>■ Hula hoop target: Set the ball into a hula hoop held by a partner</li> </ul> </li> <li>○ Serving Station <ul style="list-style-type: none"> <li>■ Target practice: Underhand serve to hit targets on the floor</li> <li>■ Partner serve: Practice serving to a partner over a low net or rope</li> </ul> </li> <li>○ Dig Station <ul style="list-style-type: none"> <li>■ Coaches hit the ball over the net to campers who have to dig the ball.</li> <li>■ Then advance to trying to set it for a teammate who is close to them.</li> </ul> </li> </ul> </li> <li>● <i>Mini-game: "Keep It Up" (5 minutes)</i> <ul style="list-style-type: none"> <li>○ Divide into small groups of 5-6 campers</li> <li>○ Try to keep a foam ball in the air using any volleyball skill</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Underhand <a href="#">serve</a></li> <li>● <a href="#">Passing</a></li> <li>● <a href="#">Setting</a></li> <li>● <a href="#">Attack</a> (Hitting)</li> <li>● <a href="#">Blocking</a></li> </ul>

<b><u>Day 5: Session 6 (2:30-3pm):</u></b> "Unorganized play & Parent Pick up"	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Be checked out</li> <li>● Conduct unorganized play as all other campers depart</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not departed yet</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as they exit.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have departed.</li> </ul>