



Typical Day

@ Pakmen March Break Camp

Start Time	End Time	Events
8:00AM	9:00AM	Early Drop-off/Check-in/Free Time
9:00AM	10:45AM	The morning will be dedicated to learning and implanting volleyball skills. Each day coaches will teach 2 different skills of volleyball. They will learn skills as well as do drills to enhance those skills each day. There will also be modified game play during this time, game play will be based on the skills that were learnt that day.
10:45AM	11:00AM	Snack Break
11:00AM	12:30PM	Campers will continue the skill development portion of the day, they will learn skills and have an opportunity to implement them during modified gameplay.
12:30PM	1:00PM	Lunch
1:00PM	1:20PM	Free time
1:20PM	2:50PM	This slot will be dedicated to non-volleyball activities. Activities will vary throughout the week. Some activities will be held indoors and some will be held outdoors (dependent on location and weather).
2:50PM	5:00PM	The last porting of the day will be specifically for volleyball. Coaches will start with modified games to warm up the campers, and then lead to eventual tournament/game play until the end of the day.
5:00PM	6:00PM	End of Day / Late Pick-up



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