

# SoFLO VOLLEYBALL SUMMER CAMP SCHEDULE 2026

Athletes will receive a significant amount of court time during the camp, a total of 22.5 hours of instruction each week. *One camp week* of court time is equivalent to *5 full weeks of club team practices* at 3 practices per week. The camp is geared to condense the learning and conditioning of each athlete and to prepare them for their upcoming fall season whether trying out for club, middle school or high school volleyball team.

**Drop off 8am Pick up by 500pm**

**July 6,7,8 July 13,14,15 July 20,21,22 July 27,28,29**

**Instruction Starts at 8:30am Ends at 4:30pm**

Monday	AM 8:30am - 11:45am Introduction & Group Warm up Player Assessment Platform Passing Setting	PM 12:15pm - 4:30pm Hitting, Outside Setting & Hitting Outside Passing with movement Serving, Standing Float & Jump Float
Tuesday	AM 9 - 11:45, Break @ 10:15 Review & Group Warm up Passing Platform/Movement Defense Setting & Hitting Outside	PM 12:15 - 3:00, Break @ 1:30 Blocking & Transition Hitting, Opposite & Middle Open Hand Passing Serving, Float & Standing Topspin
Wednesday	AM 9 - 11:45, Break @ 10:15 Review & Group Warm up Passing Defensive Systems Offensive Systems	PM 12:15 - 3:00, Break @ 1:30 Serve & Serve Receive Team Drills Team Play Camp Review & Dismissal

Updated: 5/1/2026

The following is what a Typical Hourly Schedule at our camp looks like:

8:00am Early drop off time – 30 minutes: Allows plenty of time for athletes to be prepared to start camp

8:30am AM Session Starts: Introduction, Warm-up & Player Assessment

10:15am Morning Break – 15 minutes: **Players will provide their own healthy snacks.** Water provided, athlete must provide their own bottle

10:30am Camp Resumes: Platform Passing

11:45am Lunch Time – 30 minutes: **Players will provide their own healthy lunches**

12:15pm PM Session Starts: Passing with movement & Setting

1:30pm Afternoon Break – 15 minutes: **Players will provide their own healthy snacks**

1:45pm Camp Resumes: Serving, standing float

4:30pm Camp Ends: Athletes are dismissed after recap of the day and discussion/planning for the coming day.

4:30-5:00pm Pick Up Ends and CAMP DOORS CLOSE:

**Pick up after 5:00pm will incur \$1.00 per minute late fee applied to your account.** But we don't want to charge anyone for this, we just want you to pick up your athlete on time please. **Thank you** 😊