





Express VC Practice Plan

Date: _____

Monthly Goals: Character / Technical _____

Session theme: Serve / Receive / Passing / Blocking / Hitting / Other: _____

Time	Activity	Diagram	Explanation including scoring system	Coaching Points
10 min.	Physical Warm-up			
20 min.	Small-Sided Games (2v2)			
5 min.	Individual Serving			
20 min.	Technical Activity			
20 min.	6 v 6 @ High Intensity	