

**Please add water breaks as needed throughout the practice**

0:00 Group Talk:

**Welcome**

- Players arrive - RULES: sneakers on and tied, water bottles all in one spot, hair all pulled back, no talking or ball bouncing when a coach or teammate is, and all players help with set up and clean up, all players get water together when a coach says.
- Review Coaches names

0:00 Warm-up

**Entire Group**

- 2x Lap Your Court
- Walking Stretches (to the net and back) – led by coaches
  - Forward Lunge | Backward Lunge
  - High Knees | Butt Kicks
  - Quad Stretch | walk and alternate each leg
  - Jog to the net | back pedal - Walking Arm Circles (forward and back circles)

0:05 Ball Control

Pick 1 or 2 Drills below that best fit your age/ability. Make sure to work on forearm and overhead pass during this time. –

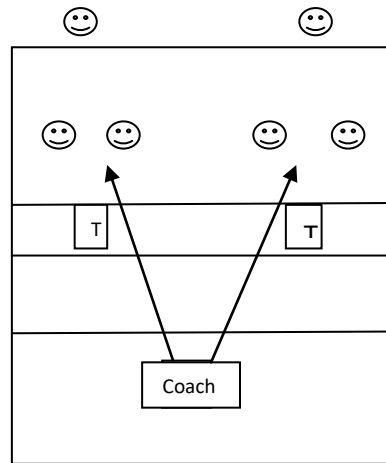
(<https://www.youtube.com/watch?v=XE8wxJMxUdE>)

- Partner Stand Passing (5/6 Grade: Tossers can make passers make their “three step-shuffle” to their left and right to forearm pass)
  - 10x each for 2 rounds
    - Round 1 – Forearm Pass
    - Round 2 – Overhead Pass
- Side to Side shuffle passing (groups of 4: 2 passers, 2 tossers)
  - 10x each for 2 rounds
    - Round 1 – Shuffle side to side
    - Round 2 – Turn and sprint
- Run Through - <https://www.youtube.com/watch?v=T2ceDxTK1xk>
  - 6x each for 2 rounds – focus on straight and simple platform and dropping shoulder to angle ball back to the target (middle of the court)
    - Endline to net
      - From the right side to net
      - From the left side to net
    - Sideline to Sideline
      - Left back to right back
      - Right back to left back

0:15 Group Drill

**Butterfly** - <https://www.youtube.com/watch?v=sHMU6mx1wqo>

- 3/4<sup>th</sup> grade - can have coach bowl ball over the net if players are unable to bowl/toss themselves (have bowlers/tossers 10-15ft off the net).
- 5/6<sup>th</sup> grade – players can bowl/toss or serve if they can handle it.
  - 2 passers in Middle back and Left Back like in the video with a target catching. Target catches then get in line to either serve/toss to the other side then they will go to the other side of the court to pass after they toss/serve.
- **NEW:** To speed up butterfly, you can split the court into half with two passers and a target for each side. Passer becomes target and target hands ball back to coach and get back in their line.



- You can add a goal of 20 Target catches as a team after a while to make it “competitive”.

0:25 Group Drill

**Hitting Line – Quick review of 4 step approach before Hitting Line**

- Round 1 - Ideally you have two lines going at the same time
  - Line 1 – Down ball off a Player set – coach toss to Setter
  - Line 2 – Forearm Pass off a teammate toss
- Round 2 - Ideally you have two lines going at the same time
  - Line 1 and 2 – 4 step Approach Attack off coach toss/ Coach toss to setter.

0:35 Serving

**Partner Serve or Serve and Chase**

- Have players partner up and practice serving over the net to their partner. If you have enough balls for each athlete, then you can have them serve and chase their ball.
  - <https://youtu.be/6xbCpt8HKm0> - Serving Drills

0:40 2 vs 0

### **2 vs 0 (Split Court)**

<https://youtu.be/huI4C76EoYU>

- Split the court by putting an antenna in the middle of the net.
- Fast paced game play drill to get them to move to the ball.
- Can keep individual points. Every time they get the ball over with 3 contacts, they will earn a point.
- Players can earn a bonus ball if the player makes an error but the player makes an effort to move to the ball or if the third contact is a jump and swing.

1:00 Review

### **Base, Serve Receive and Freeball Transition Review**

<https://youtu.be/XL7Gxm9e1GM>

- Review Base to Free
- Review freeball transition. When should they transition to freeball-base?
- 6v6 – freeball to each side and rotate.

1:10 Play

### **Triples – Queen of the court**

Example of Queen of the Court with a serve -

<https://youtu.be/dsbBsnVzVRY>

- To maximize touches – Coaches will send freeball to non-queen side of the court. If queen side loses, they go back to the end of the line and the winning team will go under the net to the queen side. They can only score a point if they win on the queen side. If they win a point on a pass-set-swing, they will get 3 points instead of 1.
- Please modify to your skill level.

1:27 End

### **Group Stretch**

**Clean up all equipment (have players help)**

**Team Cheer**