

# 14 Midnight Practice Plan 2/18/19

1. 7:00-7:15 Dynamic Warm-Up with partner

a. 50 pass/pass

b. 50 set/set

c. 50 pass to self then set/pass to self then set

2. 7:15-7:30 Ball Control

a. Coach bowls ball and player passes to target

b. Setter passes to 5’s

3. 7:30-7:50 Hitting Drill

a. 9’s, 2’s and 5’

b. Alternate setters

c. Defenders can dig

4. 7:50-8:00 Serving and zones