

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.

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. –

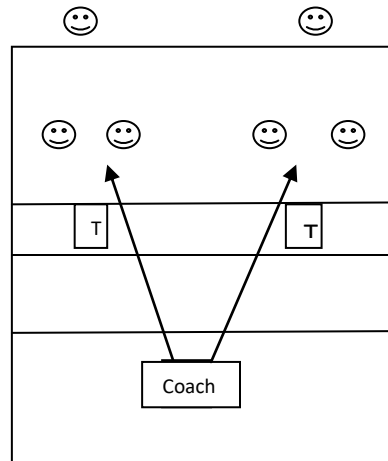
(<https://www.youtube.com/watch?v=XE8wxJMxUdE>)

- Partner Short Deep 10 reps 2 times:
<https://www.theartofcoachingvolleyball.com/partner-passing-fundamentals-for-beginning-players/>
- 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>

- 3/4th grade - can have coach bowling ball over the net if players are unable to bowl/toss themselves (have bowlers/tossers 10-15ft off the net).
- 5/6th 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. We should now try to progress and have target try to set the ball.
- **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.

0:40 2 vs 0

2 vs 0 (Split Court)

<https://youtu.be/hul4C76EoYU>

- 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. **Point for every time you win the rally AND every time a side makes 3 contacts before sending it over.**
- **To encourage players to try and make a play for a ball – add a rule where if the freeball from the coach drops without someone touching the ball first, they have to start back at 0.**

1:00 Play

6v6 Triple Ball – How we will play at our end of year tournament.

- Ball 1 – Team A Serves to Team B
- Ball 2 – Freeball over to TEAM B
- Ball 3 – Freeball over to TEAM A
- Ball 4 – Team B Serves to Team A
- Ball 5 – Freeball over to Team A
- Ball 6 – Freeball over to Team B
- Both Sides Rotate
- PLEASE NOTE – All freeballs should be tossed to player in Middle-Back.

1:15 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