Practice Plan: 3/18

Warm-Ups:

* Passing Progression
* Peppering: only passing, then only passing and setting, then getting after it pepper

Passing to target:

* Practice getting feet set first and platform out
* Make sure you are getting behind the ball
* Work on getting the ball up in the air, not straight into the net or too low for the setter to set it

Net practice:

* Blocking and hitting footwork
* Tipping, hitting, and passing at the net
* Getting the ball out of the net

Serving:

* Partner practice
* Game

Rotations

* Practice each rotation and switching to spots

Scrimmage if time allows