

RYVL Practice 6 Length: 1.5 Hrs

**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 setup 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. – ([Video](#))

- 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](#) -
  - 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](#)

- 3/4th grade - can have a 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. 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.

- We can progress to target catching and setting or live setting to the pin as the players get the hang of the butterfly. 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**

- 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.
  - [Serving Drills](#)

#### 0:40 2 vs 0 [2 vs 0 \(Split Court\)](#)

- 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](#)

- Review Base positioning.
- Review Serve-Receive W pattern.
- Review freeball transition. When should they transition to freeball base?

#### 1:10 Play **6 vs 0 or 6 vs 6**

- Depending on where your group is at, 6 vs 0 might be the best place to start. Have them go from base to free or base to serve receive and then have a coach enter a ball.
  - After 4 balls if you are doing 6 vs 0 have players are off rotate on and encourage the girls to play different spots on the court
- If you do 6 vs 6, toss 2 or 3 balls to one side and then toss 2 or 3 balls to the other side and have all players rotate. If you have more then 6 on each side have a spot that players rotate off and back on to the court from.

#### 1:27 End **Group Stretch**

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

**Team Cheer**