

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, everyone can get a water break when coaches give the whole team a water break and all players help with set up and clean up.
- Meet your teammates and your coaches!
- Review names

**0:10 Warm-up:**

**Entire Group**

- 2x Lap around your court
- Dynamic Stretches (start at end line... 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)

**0:15 Base Position:**

**Base and Ready Position – Use Coaching Resource Packet and Video to know how to best teach both ([Hold CTRL + Click for Video](#)).**

- **Teach Base Position**
  - o Teach step by step and have players get into the correct body position.
  - o Repeat a few times so you can correct any errors that are being made.
- **Teach Ready Position**
  - o Have the players get into the correct position.
  - o Same as above, have players repeat getting into the position a few times to help correct any errors.

**0:20 Forearm Passing: Form –Use Skills Handbook to review skill**

- **Teach How to create a platform**
  - o Wrist and Hands together – straight and simple. Watch Video (2:00-5:30) ([Hold CTRL + Click for Platform video](#))
- **Teach Playing the Ball (angles)**
  - o Review the rules and reminders for their body and movement when playing any ball. The volleyball only knows angles. Mid-line is best but not always possible. Face where the ball is coming from and angle your platform to target. Facing the target during and after contact will result in more errors. ([Hold CTRL + Click for Video](#))

**\*Important Note - When you teach the basics to the players (based/ ready and all skills) have them spread out to listen and work on learning the skill first without the ball. Go over it 2-3 times and have coaches walking around to correct form.**

**0:30 Passing:**

**Drills – Shown in Video and Skills Handbook**  
**([Hold CTRL + Click for Video](#))**

• **Knee Passing**

- One partner on one knee with shoulders over knees, pulling arms forward, and passing from toss. Passers should be calling “mine”.
- 15x each for 2 rounds

• **Standing Passing**

- Base Position then Ready Position each time before toss.
- “Passer” should say “Base” then say “Ready” as they go into the two positions.
- After those two things are said, then the partner can give them a toss
- Each player should take two steps (left-Right) to re-set their feet before they pass (this gets them used to moving to the ball) - 10x each for 3 rounds.

• **Pass and Sprint**

- Same as above, but after each pass, “Passer” turns and runs to go touch the end line and then runs back to partner.
- When they get back to their partner they should show and say “base” and “ready” and then partner gives them the second toss If there is time you can also add in Side To Side Passing in a group of 4 10x each for 2 rounds.

**0:50 Overhead Passing Teach Form – Use Skills Handbook and Videos ([Hold CTRL + Click for Video](#))**

- Teach step by step without the ball
- Have players repeat the movements with coaches walking around making adjustments to their form.
- Drill – have them practice doing the “Standing Passing” drill from the video – instead of forearm passing, it would be overhead.

**\*Modifications: All players can do a “catch and set” to learn the form correct for the first round. There should be a pause as the player catches the ball, makes sure all 10 fingers are on the ball and then extends and sets the ball. Coaches can tell players when they can advance to a full speed set, but the goal is that the hand position is correct when you get to that time.**

**1:00 Playing/Group Drills – Coaches Can Decide**

• **Free Ball – 1 or 2 contacts OR 2 v 0 ([Hold CTRL + Click for Video](#))**

- o Coaches can decide based on your group and / or space you have in your gym.
- o Free Ball – great to start to put the contacts together in a controlled setting
- o 2 v 0 – could be more challenging of a drill, but again combines the two skills we taught in practice!

**If you have an experienced group, you can give them the last 5 minutes of this drill to hit the 3rd contact.**

**1:20 End Group Stretch**

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