

RYYL Practice 2 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 set up 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 Review All Skills From Practice 1

- Base Position
- Ready Position
- Forearm Pass
- Overhead Pass

0:10 Passing Drills – (<https://www.youtube.com/watch?v=XE8wxJMxUdE>)

- Knee Passing 10x each for 2 rounds
- 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

### 0:20 Group Drill **Free Ball**

- Starting with 3 passers and a target
  - If you pass, you become target, target catches and puts ball back in coach's bucket and get back in line.
  - After 5 minutes you can add a goal of 25 or more target catches to end the drill. Depending on skill level, target can also set to the ball.
- Talking points
  - Angle platform to target with shoulders.
    - [https://youtu.be/\\_rE5JYfKijw](https://youtu.be/_rE5JYfKijw) (2:28 – 3:00)
  - Feet to the ball with a "3-Step Shuffle"
    - <https://youtu.be/wDhI304gEPw> (3:08-3:38)
  - Target should be 3-5ft off the net
  - This is a big emphasis at the higher level. We want our passers to pass off the net rather than too tight with the risk of an over pass or the setter having to jump set a tight ball. We would love to get our kids to learn how to pass high (about the antenna and off the net)

### 0:35 3<sup>rd</sup> Contact **Hitting and Forearm Pass Over – Use videos and Skills Handbook.**

- Teach Step by Step
- Downball
  - <https://youtu.be/D-OsnkBJhJY> (2:09 - 3:35)
  - **Change in technique: We are teaching our players to have their elbows at the height of their shoulder when they draw their hitting arm back for their bow and arrow.**
- Approach Attack – We are recommending teaching a 4 step approach.
  - Have players line up 15 ft off the net to practice 4 step approach.
  - <https://youtu.be/5UjM1d8UPxc>
- Arm Swing – See coaching resource packet and (5:33-6:00 in approach attack video above)
  - **Change in technique: We are teaching our players to have their elbows at the height of their shoulder when they draw their hitting arm back in their bow and arrow.**
- Footwork / Body
  - 3<sup>rd</sup>- 4<sup>th</sup>– Can focus on downball mostly
  - 5<sup>th</sup>-6<sup>th</sup>– Should do downball and approach attack
- Forearm Pass over
  - Drop the shoulder, load and unload to get the ball over.
  - <https://youtu.be/D-OsnkBJhJY> (0:36-2:00)
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### 0:50 Drill **Hitting Line**

- Round 1 - Ideally you have two lines going at the same time
  - Line 1 – Down ball off a coach toss
  - Line 2 – Forearm Pass off a coach toss
- Round 2 - Ideally you have two lines going at the same time
  - Line 1 and 2 – Approach Attack off coach toss

### 1:05 Play **2 vs 0 or 2v2 or 3v3 (can split net up with an antenna)**

- **Less players on the court = more contacts per player**
- Initiate first ball with a free ball by a coach.
- Lots of energy!!!
- If playing 2v2 or 3v3 – depending on skill level/grade level, can catch the 1<sup>st</sup> contact to keep rallies going.

**1:25 End Group Stretch**

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

**Team Cheer**