

**Sample Practice Plans:** [https://cdn1.sportngin.com/attachments/document/9299-2707798/10\\_Volleyball\\_practice\\_plans.pdf](https://cdn1.sportngin.com/attachments/document/9299-2707798/10_Volleyball_practice_plans.pdf)

[Youth-Volleyball-Coach-Skills-and-Drills-1-1.pdf \(hastingsymca.net\)](#)

[1 Hour Volleyball Practice Plan \(getthepancake.com\)](#)

## **Beginner Youth Volleyball Practice Plan**

**Duration: 60 minutes**

**Objective: Build basic skills (passing, serving, setting, movement) and teamwork**

### **Warm-Up (10 minutes)**

1. **Jogging & Dynamic Stretches (5 min)** – Light jogging around the court, high knees, butt kicks, arm circles, lunges.
2. **Volleyball-Specific Movements (5 min)** – Quick feet drills, shuffle steps, jumping exercises.

### **Skill Drills (40 minutes)**

#### **1. Passing (10 min)**

- **Partner Passing (5 min)** – Players pair up and pass the ball back and forth, focusing on form.
- **Triangle Passing (5 min)** – Groups of three pass in a triangle, improving movement and control.

#### **2. Serving (10 min)**

- **Toss & Catch (5 min)** – Focus on hand-eye coordination by tossing and catching the ball.
- **Underhand Serve (5 min)** – Teach basic underhand serving, aiming for consistent contact.

#### **3. Setting & Hitting (10 min)**

- **Wall Setting (5 min)** – Players practice setting against a wall for control.
- **Toss & Hit (5 min)** – A coach or partner tosses the ball, and players practice hitting over the net.

#### **4. Mini Game (10 min)**

- **Modified 3-on-3 or 4-on-4 Game** – Encourage players to apply their skills in a fun, low-pressure setting.

### **Cool Down & Team Talk (10 minutes)**

- **Stretching & Breathing Exercises (5 min)**
- **Encouragement & Recap (5 min)** – Highlight good efforts, reinforce key skills, and set goals for the next practice.

**Instructional Videos:**

## Passing

[https://www.youtube.com/results?search\\_query=volleyball+instructional+videos+passing+for+beginners](https://www.youtube.com/results?search_query=volleyball+instructional+videos+passing+for+beginners)

<https://www.youtube.com/watch?v=VeaUwBxLcig>

**Passing (Forearm Pass):** [youtube.com](https://www.youtube.com)

## Setting

[https://www.youtube.com/watch?v=uO\\_gA7nfyYc](https://www.youtube.com/watch?v=uO_gA7nfyYc)

<https://www.youtube.com/watch?v=Mr-vaFKSLqI>

<https://www.youtube.com/watch?v=HFO3JFaXqQk>

## Serving

[https://www.youtube.com/watch?v=TBC\\_1c5kS3o](https://www.youtube.com/watch?v=TBC_1c5kS3o)

<https://www.youtube.com/watch?v=pREhctoJFPY>

## Hitting

[https://www.youtube.com/watch?v=08guf-U\\_jYY](https://www.youtube.com/watch?v=08guf-U_jYY)

<https://www.youtube.com/watch?v=EXwruyLHIs>