

Week Two: 12/11/2018

7:00 – 9:30pm

7:00 Warm up Series

* Partner and Ball
  + Pass 50, Set 50, Pass self/ Set 50, Pass Set Tip 50
    - Emphasizing over exaggeration of holding finishes for passing and setting
    - Emphasizing position 1-2-3 arms swing (hitting) follow by tip
      * Don’t follow through into position 4 of hitting

7:15 Purple vs. Red Defense

* 6 players on court in base defense/ blocking
  + Practice OH (Red and Purple)
  + Practice RH (Purple)
  + Practice and talk about Middle defense
* Six on Six
  + Decide on a defense
  + Play it out – each side gets to set it up then dead ball

8:00 Water Break

8:05 Serving

* Refresh on serving zones
* Emphasizing “Palm of Target” holding finish to target
* Aggressive serves vs. strategic serving

8:15 Team Playing

* Error Repeat
  + Really holding the girls accountable for their mistakes
  + Get to the root of the mistake, not just what was visible
* Fun Games
  + Bingo, Bango, Bongo
  + Chaos
  + Etc.