13 Teal 4/8 Practice Plan

6:00: Warm ups

* Pushups for dropped balls/missed serves in tournament
* Passing progression
* Peppering

6:15: Passing

* 3 people per group
* One person tosses ball over net to passer, that person passes to target at the net
* 10 tosses per person then switch
* 3 passers in back row with target
* Coach throws/hits ball in seams
* Practice who covers what spots
* Butterfly passing drill

6:40: Serving

* Warm up
* Serving game (1 point for over the net, 2 for missed serve)
* Team choice game

7:00: Hitting

* Mya and Taylor take turns setting to hitting lines
* Ducks on a pond if time allows

7:15: Covering

* Watch body language of hitters
* Coach and extra players throw ball in
* Go through all rotations
* Work on who goes for what balls (seams, short, deep, lines)
* Work on covering teammates
* When ball goes out of bounds: stay on the court for when the person running to the ball passes it back in (only one person should run for that ball, so the others can help it back over the net)

7:45: Scrimmage

* Work on finding open spots on the court
* Push corners/deep if the other team is moving up the court during the volley
* Push up for missed serve/dropped ball