

**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)
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**0:05 Fun Warm up Game** (Please no more than 5 minutes)(Video in Skills Handbook)

- Simon Says – Partner up. Ball on the ground in between you and your partner with both players in a defensive posture. Lead coach yells – head, shoulders, knees or toes. Players must touch whatever the coach yells and after a few orders... coach will yell BALL... whichever partner grabs the ball first continues to the next round. Should end up with 1 winner. If 3 players are left in the final round... you can have the last three around 1 ball.
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**0:10 Ball Control** Pick 1 or 2 Drills below that best fit your age/ability. Make sure to work on forearm and overhead pass during this time.

(<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 - Review**

### 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.
  - Keep this drill moving fast – as target is catching the ball, the next toss should be in the air.
- Talking points
  - Angle platform to target with shoulders. [Video](#) (2:28 – 3:00)
  - Feet to the ball with a “3-Step Shuffle” [Video](#) (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)

### 0:30 **3rd Contact** Review Hitting and Forearm Pass Over – Use videos and Skills Handbook Review

- Downball [Video](#) (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. [Video](#)
- Arm Swing – See coaching skills handbook 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
  - 3rd– 4th Can focus on downball mostly
  - 5th-6th Should do downball and approach attack
- Forearm Pass over
  - Drop the shoulder, load and unload to get the ball over.

[Video](#) (0:36-2:00)

### 0:40 **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 – 4 step Approach Attack off coach toss

### 0:55 **Serve Teach Serving Technique**

- Standing Float [Video](#)

- Jump Float (If players are ready to move to a jump float) [Video](#)
  - Preparation, Toss, Step and Hit
  - Teach players in a group and allow them to practice their toss without hitting the ball. Coaches need to go around and correct errors at this time.
  - Have players partner up and practice serving over the net to their partner. If you have enough balls for each athlete, then you can have them serve and chase their ball.
- Serving Drills [Video](#)

1:10 **Play** If you have time: 2 vs 0 or 2v2 or 3v3 (can split net up with an antenna Or pool noodle if available)

- 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 1st contact to keep rallies going.

1:25 **End**

- Group Stretch
- Clean up all equipment (have players help)
- Team Cheer