

RYYL Practice 11

Please add water breaks throughout the practice

0:00 – Group talk

If your players dressed up for Halloween, please take a picture prior to the start of practice.

Review last week's game and things your teams did well and things they need to work on.

0:05 – Warmup

Dynamics – Forward lunge, backward lunge, high knees, butt kicks, quad stretch (walk and alternate each leg), jog to the net and sprint bac.

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>)

- Partner Short Deep 10 reps 2 times:

<https://www.theartofcoachingvolleyball.com/partner-passingfundamentals-for-beginning-players/>

- Side to Side shuffle passing (groups of 4: 2 passers, 2 tossers) o 10x each for 2 rounds

- ♣ Round 1 – Shuffle side to side

- ♣ Round 2 – Turn and sprint

- Run Through - <https://www.youtube.com/watch?v=T2ceDxTK1xk> o 6x each for 2 rounds – focus on straight and simple platform and dropping shoulder to angle ball back to the target (middle of the court)

- ♣ Endline to net

- From the right side to net

- From the left side to net

- ♣ Sideline to Sideline

- Left back to right back

- Right back to left back

0:25 Group Drill

Butterfly Drill – with two setters –

(<https://www.youtube.com/watch?v=sHMU6mx1wqo>)

Split the court into half so there are two passers and one setter.

When the passer passes the ball, the setter tries to set the passer who passed the ball so they can swing or put the third contact over. $\frac{3}{4}$ grade can catch the pass before setting.

0:45 Group Drill

Serve and Chase

0:55 Water break

1:00 Game Play

Triple ball 6v6 – Error Correction

If a player makes an error, try to replicate the play again so they have another opportunity to play that exact ball.

i.e – ball drops in front of a player without the player going for the ball. Discuss who should have went for the ball then coach will toss the ball to the same spot and have the player who should have went for the ball play the ball.