

December 17th 14 Storm Practice Plan

8:00 WARM UP

8:05 Defensive Coverage

1. Purple

2. Red

3. Middle

4. Back row attack?

Base Purple Red Middle

8:20 Offensive Coverage

1. OH, RH, MH

Right-side Middle Outside

8:40 Passing

1. Work on getting ball to setter and closer to net

2. At same time, setter will be setting 5’s, 3’s, 2’s, 9’s

9:00 Game Play with 13 Storm

1. HIGH INTENSITY