

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