

**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)

0:05

**Optional Fun Warm up Game** (Please no more than 5 minutes)

- Sharks and Minnows

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. – ([RYVL Youtube](#))

- 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
- Pass and sprint
  - 10x each for 2 rounds each
    - Partner up – Tosser 5ft off the net. Passer passing around 15ft off the net back to tosser then sprints to end line and back to pass again.

## 0:20 Group Drill

### Butterfly -

- 3/4<sup>th</sup> grade - can have coach bowling ball over the net if players are unable to bowl/toss themselves (have bowlers/tossers 10-15ft off the net).
- 5/6<sup>th</sup> grade – players can bowl/toss or serve if they can handle it.
  - 2 passers in Middle back and Left Back like in the video with a target catching. Target catches then get in line to either serve/toss to the other side then they will go to the other side of the court to pass after they toss/serve.
- This drill will be a staple in all of our practice plans going forward. We can progress to target catching and setting or live setting to the pin as the players get the hang of the butterfly. You can add a goal of 20 Target catches as a team after a while to make it “competitive”.

## 0:30 3<sup>rd</sup> Contact Review

### **Hitting and Forearm Pass Over – Use videos and RYVL Skills Handbook.**

- Review
  - Downball
    - [Third Ball Form and Technique](#) (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. Reason in email.
    - Have players line up 15 ft off the net to practice 4 step approach.
      - [Keys to Attacking](#)
  - Arm Swing – See RYVL 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
    - 3<sup>rd</sup> – 4<sup>th</sup> – Can focus on downball mostly
    - 5<sup>th</sup>-6<sup>th</sup> – Should do downball and approach attack
  - Forearm Pass over
    - Drop the shoulder, load and unload to get the ball over.
      - [Third Ball form and technique](#) (0:36-2:00)

0:35 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

0:50 Serve Review

### Review Standing Float

Video - [Serving form and technique](#) - Standing Float

Video - [Mechanics of a Jump Serve](#) - Jump Float (If players are ready to move to a jump float)

- 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](#) - Serving Drills

1:05 Freeball

### Teach Freeball Transition [6v6 positioning](#)

- Master Demo – If you have 6 players who know how to freeball transition, have them volunteer to be part of the demo.
  - Start players at base then yell free to signal freeball transition. Players should be yelling free after the coach says “Free”.
    - After Demo – Have your court go through freeball transition in all 6 rotations.
    - Coach yells base to signal players back to base position. Then yell “Rotate” to signal players to rotate.
    - If you have time – you can add a toss a freeball to play after you have them transition for the freeball.

1:25 End

### Group Stretch

Clean up all equipment (have players help)

Team Cheer