

Volleyball Practice #1
Focus: Passing and Serving fundamentals

0:00-0:10 Introductions

0:10-0:20 Passing movements

- Groups of 3, 2 balls, rolling the ball on the floor
- Side to side 20x, short to deep 10x, deep to short 10x
- Focus: Shuffling to the side, staying low, drop step shuffle and balance when moving short/deep, contacting the ball at your midline, feet just outside hips

0:20-0:30 Forearm passing

- Groups of 3, 2 balls, tossing
- Side to side 20x, short to deep 10x, deep to short 10x
- Focus: Platform away from your body, shoulders forward, watching the ball hit your platform, passing from your midline

0:30-0:40 Passing angles

- Groups of 3, 1 ball, tossing 20x
- Player 1 is passing, player 2 tosses to player 1, player 1 passing to player 3, player 3 catches, player 1 shuffles in front of player 3, player 3 tosses, player 1 passes to player 2
- Focus: Facing the player that is tossing the ball, dropping the inside shoulder to direct the ball, holding their platform out after passing

0:40-0:45 Underhand serving (even for those with an overhand serve! It works basic ball control and body awareness)

- Underhand: Ball in non-dominant (ND) hand, holding it in front of your dominant arm, keep the ball in your hand when it is contacted (common mistake to throw the ball up before swinging), contacting the ball with the heel of your hand, split stance (ND foot in front), shift your weight to your front foot as you contact and swing through the ball

0:45-0:55 Partner serving (overhand)

- Get across the net from your partner, starting at the 10 ft line
- Toss the ball with your ND hand, high and in front of your dominant arm
- Contact the ball with an open hand
- Step through the ball—ND foot starts in the front
- Finish your hand high, strong, and facing your partner
- After getting 5 serves at your partner, take a step back

0:55-1:00 Review

- Passing: arms away from your body, shoulders forward, passing from your midline
- Serving: contact high, using your body weight (not just your arm), finishing with a straight hand where you want the ball to go

Volleyball Practice #2

Focus: Review passing, review serving, serve receive

0:00-0:05 Practice plan review

0:05-0:15 Warm up with 3 person passing

- 2 balls—rolling (side to side 10x, short to deep 10x, deep to short 10x)
- 2 balls—passing (side to side 10x, short to deep 10x, deep to short 10x)
- 1 ball—passing across to other person 10x

0:15-0:25 Partner serving

- Across the net, starting at 10 ft line
- 5 serves then step back
- (Older divisions) Pass to self, catch, serve to partner

0:25-0:35 Butterfly

- Person at target, Z1, and Z5 on both sides of the net
- Z1 throws over the net to person in Z5, Z5 player passes to target, target catches and goes to Z1—follow your ball to the next position!
- After 5 minutes, switch which zone is serving and which zone is passing

0:35-0:45 Serve Receive with partner

- Get with a partner, hold each other's arms (making a hole for the ball to go through), work together, focus on seeing the ball early, 10 balls through their arms to switch
- Others are serving

0:45-0:55 Serve Receive through legs

- 3 people on in SR positions—10 balls to get out of SR
- Play lanes! Short seam to the right, deep seam to the left.
- Focus: Seeing the ball early (off the server's hand), getting behind the ball
- If time allows, passing out of SR

0:55-1:00 Review

- Only 3 people SR, playing lanes, be stopped when passing

Volleyball Practice #3
Focus: Setting and hitting fundamentals

0:00-0:05 Practice plan review

0:05-0:10 Setting hands and body positioning

- Hands on hips, keep shape, dump on forehead, slight wrist flexion, flatten hands and extend
- Setting happens on the pads of the fingers (not the fingertips!)
- Left, right steps to balance out—Left foot gets to the ball, right foot points where you want the ball to go and brings feet under hips

0:10-0:20 3 person setting

- Side to side—turn and run
- Catch and push 10x, setting 10x
- Go through twice

0:20-0:30 2 person ball control series

- Passing continuously 20x
- Setting continuously 20x
- Pass self, set partner 20x
- Set self, pass partner 20x

0:30-0:40 Approach breakdown and hitting lines

- Right handed—LRL steps
- Left handed—RLR steps
- Focus: staying low and loaded, first step is big and to the ball, last two are quick gather steps,
- Arms move together: start by your side like you have ski poles and are about to push off, go straight back, then straight up, elbow high and back, speed up your swing as you contact the ball
- Hitting line(s) off coach toss

0:40-0:55 Game day preparations

- Differentiate between SR, base, and FB transitions
- 6 on, coach enters SR ball then free ball
- Focus on proper SR position then moving base to FB

0:55-1:00 Serve 5 balls in the court then review