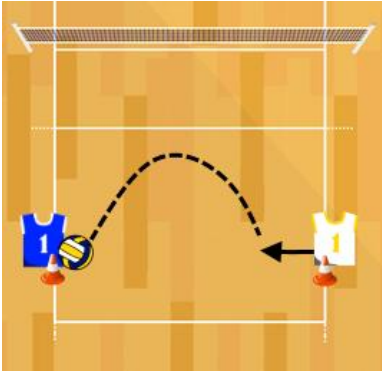


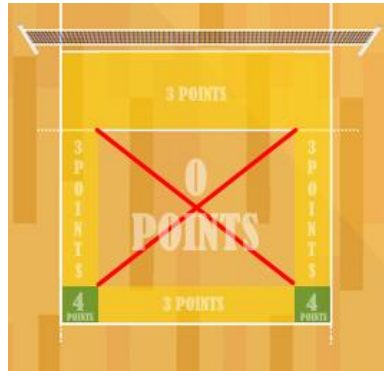
60-90 MINUTE VOLLEYBALL PRACTICE PLAN

Dynamic Warmup: Line Hops, High Knee Runs, Buttckickers, Walking Lunges, Carioca (5-10 mins)



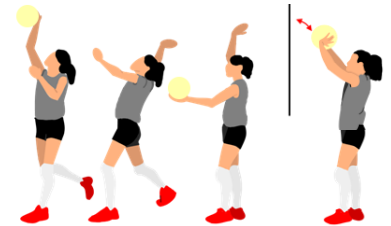
Passing Progression: 10-15 mins

- Split team into two lines – one on each sideline facing each other
- First player in one line tosses the ball to first player in the opposite line, then runs to the back of that line
- Receiving player passes back to the first line, then runs to the back of that line
- Continue passing back and forth



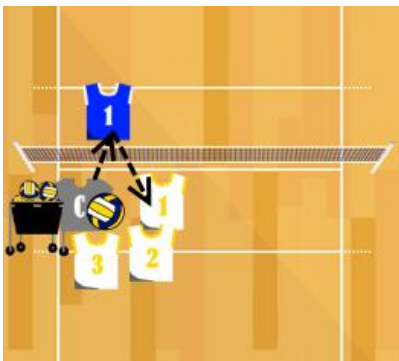
Serve & Run for 21: 10-15 mins

- Using cones, mark off scoring zones on both sides of the court as shown
- Every player gets a ball and sets up behind one of the two baselines
- Players serve over the net and try to land the ball into a scoring zone
- After each serve, players call out their score, chase down the ball, and repeat
- First player to reach 21 points wins



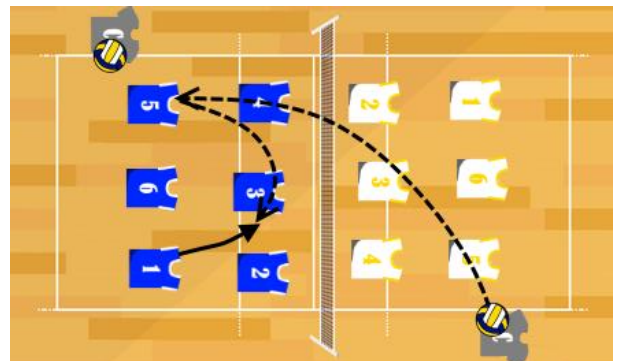
Wall Work: 10-15 mins

- Each player gets a ball and finds a spot 10 feet from a wall
- Players practice hitting by tossing the ball up, reaching high on the hitting shelf and hitting down on it into the wall
- Players move closer to the wall to practice setting, focusing on keeping the arms steady and rotating the wrists



Block and Dig Drill: 10-15 mins

- Coach starts at the net on the sideline with a ball rack next to him. Three defenders make a semi-circle around the coach, on their knees. The blocking player starts on the other side of the net.
- Coach throws the ball over the net. The player on the other side jumps up to block the ball, focusing on keeping a wide base, thumbs up, and landing softly and under control
- The three kneeling defenders attempt to dig the ball up.
- If the defenders are unable to touch the ball, the blocker gets a point.



First Kill Drill: 15-20 mins

- Players form two teams, 6 on each side in their proper positions. One coach stands on each side with balls.
- Coach lobs a serve to the other side of the court.
- Receiving team attempts to get a first kill – passer to setter, setter to attacker and point. Otherwise the rally will continue.
- Teams score 2 points if they get the first kill, 1 point if they just win the rally
- The game ends when one team reaches 25 points