

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 | backpedal - Walking Arm Circles (forward and back circles)

0:05 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. – ([Partner drills](#))

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

Run Through - [Volleyball defensive run thru drill](#)

- 6x each for 2 rounds – focus on straight and simple platform and dropping shoulder to angle ball back to the target (middle of the court)
 - Endline to net
 - From the right side to net
 - From the left side to net
 - Sideline to Sideline
 - Left back to right back
 - Right back to left back

0:15 Group Drill

Butterfly - [Butterfly Drill](#)

3/4th grade - can have coach bowling ball over the net if players are unable to bowl/toss themselves (have bowlers/tossers 10-15 ft off the net).

5/6th 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.

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”.

0:25 Group Drill

Hitting Line

Round 1 - Ideally you have two lines going at the same time

- Line 1 – Down ball off a Player set – coach toss to Setter
- 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/ Coach toss to setter.

0:40 Serving

Partner Serve or Serve and Chase

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.

- [RYVL Serving Drills](#)- Serving Drills

0:50 Freeball

Freeball Transition [6 v 6 positioning](#)

Introduction to Triple ball

- Play Triple ball (depending on how many girls are waiting you can play one ball per side then rotate... you be the judge).
 - Make sure coach slaps the ball and the girls yell Free before tossing the ball over. If you think girls can handle sending the free ball over themselves, have a coach toss to the player to forearm pass the ball over to simulate a true freeball.
 - 5/6th grade – No catching
 - 3/4th grade – can catch the 1st contact and set the 2nd contact from wherever they catch the pass.

1:25 End

Group Stretch

Clean up all equipment (have players help)

Team Cheer