Week 1 Practice, Friday 22nd

6-6:20: Warm-up/ball control

Half-court stretch

Side lunge-with stretch arms, switch at half court

High knees

Butt-kickers

Run to net and back

Warm up arms

Pass 15 to partner

Set 15 to partner

Pepper

6:20-6:40

In and Out Passing (over the net)

Get 20 as a group (each direction)

Left to right

Right to left

Short

Deep

6:40-7:00 Free ball/ Serve Receive

Enter free ball and have girls play it out

Enter serve have them play them play it out

7:00-7:25

Defense Overview

Go over Red and Purple Defenses

Add free ball

Set up ball

7:25-7:35 Serving

serving progression

get 3 over then move back

7:35-7:45 Rotation

Against 14 Ice