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