

# Practice Planning

What, when, who, and how much?

Chris McGown

# Principles

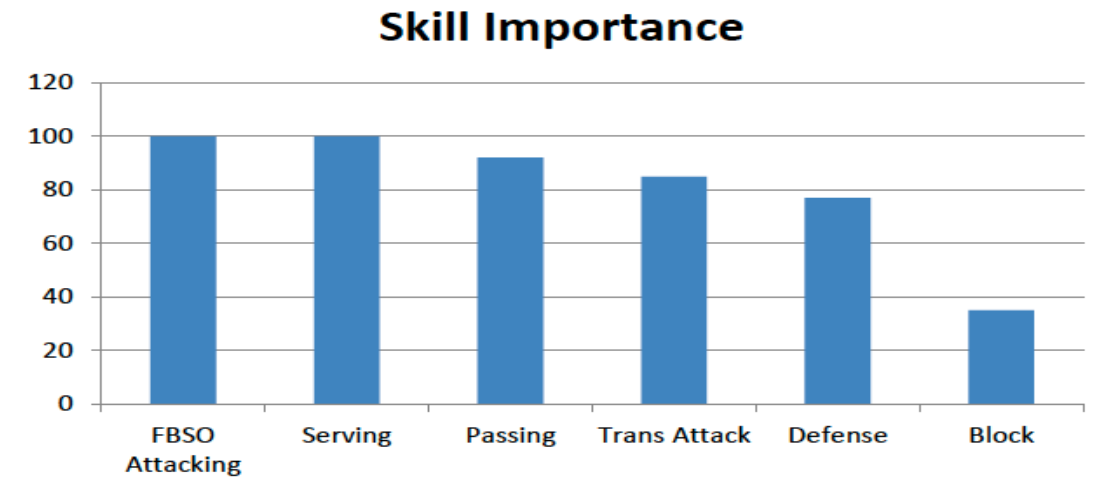
**“Simple, clear principles give rise to complex and intelligent behavior. Complex rules and regulations give rise to simple and stupid behavior.”**

Dee Hock

- **Triage**
  - What matters, and what matters NOW.
- **Mix Players / Equality**
  - Teams get better overall when players are mixed from day to day
- **Reps / Feedback**
  - Most influential factor in player development

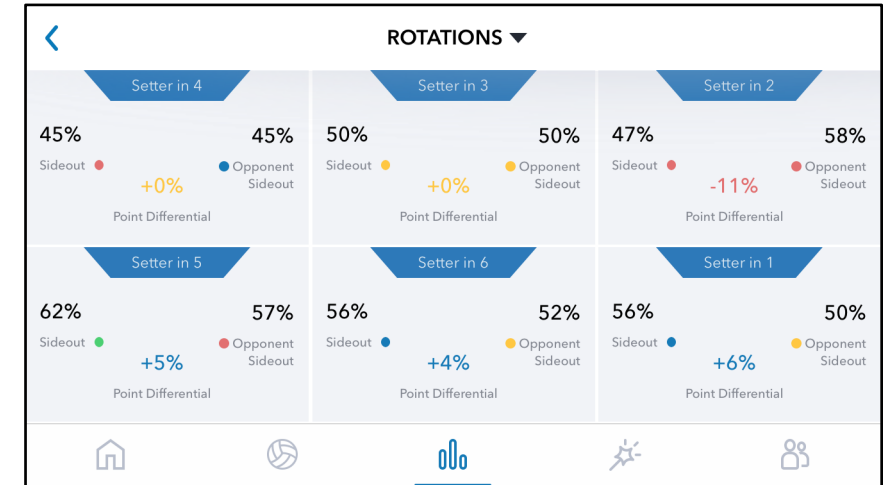
What?

- **Level of Play**
- **What skills most influence the outcome?**



# What?

- **Statistics**
  - Point Differential



- **Sideout (we receive)**
  - Passing
  - Good pass attacking (in-system)
  - Medium/bad pass attacking (out of system)
- **Opponent Sideout (we serve)**
  - Serving
  - Digging
  - Blocking
  - Transition Attack

## What?

- **Phase of Season**
  - Early / Middle / Late (playoffs)
- **The parable of the rocks**
  - Big / little / gravel / sand

## What?

**“The structure of your practices is the main reason for your success or lack of success as a coach.”**

**Bobby Knight**

- **General Practice Format**
  - Pre-Practice
    - Habitual movements, odds and ends
  - Positional Fundamentals
    - 10 / 10 / 10
  - Small Group Activities
  - Positional 6 v 6
  - Team 6 v 6
  - Dedicated Serving / Passing

## What and Who?

- **Drills**
  - Not too many!
  - Variations on a theme
    - Feedback
    - Second ball entries
    - Scoring
  - Reps / Feedback / Compete / Measure
- **Plan on mixing players**

### 12 PLAYERS

#### Day 1/Round 1

1512	2810	379	4611
1811	259	3610	4712
1710	2612	3511	489
169	2711	3812	4510

#### Day 3/Round 3

1712	2610	359	4811
1611	279	3810	4512
1510	2812	3711	469
189	2511	3612	4710

#### Day 2/Round 2

1812	2710	369	4511
1711	289	3510	4612
1610	2512	3811	479
159	2611	3712	4810

#### Day 4/Round 4

1612	2510	389	4711
1511	269	3710	4812
1810	2712	3611	459
179	2811	3512	4610

# How much?

Plan around priorities

# Weekly Plan

Week 11 (of 12) Late Season - High School/Club

Date	12/6	12/7	12/8	12/9	12/10
Announcements					
Pre-Practice Routines	D A Y	Approach OH, M Liberos + Coach Pancake academy	Trans: OH, M Johanson Pancakes	Medicine balls Arm bands Block 3-3-3 Johanson	Trans Approach Pancakes
Setter Tutoring		Spin serves G, Q, R			→
Warm-up	O F F	Neville w/o Oh - L to set	Q+1 deep bounce	Neville w/ off L to set	Q+1 little bounce
Fundamentals					
Small-Group Offense		S/SR OH tournament	middle tournament		Doubles tournament
Small-Group Defense				Defend a slide	
Team Offense		1 + 4 setter/ ROS 1, 4	Games from 22 + You are the warrior - ROS 2, 5	1, 2, 1 / Setter ROS 3, 6	3 4 v 2 / 4 setter 3
Team Defense		We are 18-2			
S/SR	and the playoffs start next Monday	S/SR middle tournament (Round 1, 2)  OTM ↑ Cores	4 v 2  Serve OTM or Spike	S/SR middle tournament (Round 3, 4)	4 v 2
Fitness			Block dance 3-3-3	Cones	Block device 5-3-3
Notes					

# How much?

Plan around priorities

# Weekly Plan

Priorities This Week: • serving  
• passing  
• setting quick/bic  
• defending quick/bic

2 or 3  
• 5 great plays in each Ro?  
20 min

**VOLLEYBALL**  
BRIGHAM YOUNG UNIVERSITY

DATE/DAY	2/4 MON	2/5 TUES	2/6 WED		
PRE-PRACTICE	MBE OH/L Dpos				
TUTORING					
ACTIVITY 1	Doubles	spin serves w/plays	spin serves w/plays		
ACTIVITY 2	BSBH A/Bic High line	Row 1 & 2 journey 2's serving journey	Monarch 6's		
ACTIVITY 3	G/Bic Journey 1 3 2 4 3 1 4 2	Mindful matzu	5v2		
ACTIVITY 4		CRAIG MANNING @ 5:30			
S/SR	20: JPE JR		20: JPR TS		

# How much?

Plan around priorities

# Daily Plan

Warm up  
Stretch

3:00-5:30  
2 courts  
12/7

→ 1512 2810 379 4611  
1811 259 3610 4712  
1710 2612 3511 489  
169 2711 3812 4510

5s 25-25-25  
OHs Ms  
4+4 1,2,1 234 - Gap  
3+3 1,2,1 234 - Slide  
4+3 1,2,3 1,2,34 - Gap

Liberos v Coach

Pancake academy - 3:10

3:15 Spin serves 5 min / S0, Q, red

3:30 6 serves / S/SR OH

Tourney

1	0	0	5	4	9	0	0	11	12	7	8
2			5	6	10			7	8		
3			S1		11			S2			
4			1	2	12			10			

152 354  
251 451

10510 11512  
1059 11511

4:00 Neville w/o - on - 3 min /  
Setters

4	3	2	S2	1
9	3	2	L1	1
4	3	2	L2	1

4:15 1+4 / setter ROS 1,4 1+4 2x trade setters, repeat

1	1	4	4
S1	S2	S1	S2
S1	S2	S1	S2
S2	S1	S2	S1
S2	S1	S2	S1

4:35 S/SR - middle tourney - 1<sup>st</sup> 2 rounds  
15 serves

1	5	3	5	6	7	8	6	5	7	8
L2	L1	4	S1	S2	3	11				
1	5	8	S2	S1	4	12				
1	5	8	S1	S2	4	11				
1	5	8	S2	S1	4	12				

5:15 OTM 1,2,5,6,9  
10, S1, L1  
CONE 1 set 5

# How much?

Plan around priorities

# Daily Plan

**Y** Date: 1/14/2015

Pre-Practice  
 • Losing it  
 • Limit reps? Need to know  
 • Schedule

1512 2810 379 4611	1812 2710 359 4511
1811 259 3610 4712	1711 289 3510 4612
1710 2612 3511 489	1610 2512 3811 479
169 2711 3812 4510	159 2611 3712 4810
1712 2610 359 4811	1612 2510 389 4711
1611 279 3810 4512	1511 269 3710 4812
1510 2812 3711 469	1810 2712 3611 459
189 2511 3612 4710	179 2811 3512 4610

OH/OP

M	Tu	W	Th	F	Sa	Su
			Hand	SPP	SPP	SPP

L

M	Tu	W	Th	F	Sa	Su
S/P	Hand	S/P	Hand	Hand	Hand	Hand

- Warrior Format
- Mindful Meter
- Three-Peat
- Purpose of Each Drill
- Coaching assignment

① Bic no blocks / D full 2<sup>nd</sup>

② Bic vs. 2 / D full 2<sup>nd</sup>

Spin 2, 5

BSB H + anywhere P  
+ anywhere P

24	24
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JL/TH KM BS PF

EG	LD	TD
M1	M2	M3
OH1	OH2	OH3
CH	RS	OH4

RS 25  
HH 39

JL/TH BS PF KM  
CR PJ MH JA  
35 29

1:2:1 = ?  
= med bis

Nev's

LL	HL	FL
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+ W/D  
++ TK  
++ DE  
= AE

1	2	3	4
12	13	7	29

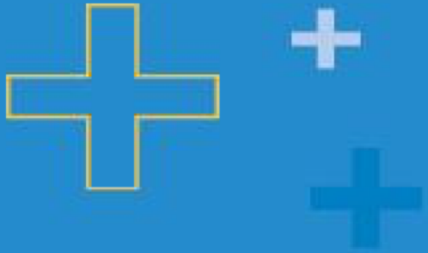
HH 23  
RS 19  
LD 19

EC	JG	KM
BS	LD	MH
EC	JR	EC

24 15

## What?

- **Run practice**
  - Get there early and get practice on the board (supervise pre-practice)
  - Review coaching assignments with staff
  - Move the pace along (reps!!)
  - You get the energy from your players that you bring to practice
- **Post practice**
  - Good? Better?
  - Reps / Feedback / Compete / Measure



# Thank You!

**Please contact us with questions!**  
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