

Sample Plan #1

Warm ups

- Static Stretching – Stretching in Place
- Dynamic Stretching – Stretching while in Motion
 - Examples: Lunges across the court, high knees across the court, jogging around gym, butt-kickers across court, calf dips

Terminology:

Go over what everything is called, positions on court, and basic rules of the game

- 6 players on the court at a time, 3 front row, 3 back row
- Rotation happens everytime you switch servers, players rotate clockwise.
- Explain rules regarding the net, what is considered in-bounds and out of bounds
- Explain serving position and how points are scored
- What is a bump, set, spike, serve, ace, etc.

Review Skill: Passing

- Passing - Review Good Form
 - Stay low and in an athletic position, knees bent.
 - Lift with legs, don't swing arms when making contact
 - Arms should remain straight when contacting the ball
 - Hand positioning, Make a fist with thumb out, fold second hand over fist, both thumbs should be out, not tucked into fist.

Passing Drills:

- Partner Pass from Toss
 - One partner is the tosser, the other is the passer.
 - Goal: 15 Good Passes for One Partner, then switch roles.
 - Helpful to review what a quality toss should look like before beginning. (lots of arch, no rockets at partner's chest)
- Progress to Passing Back and Forth continuously. Count how many each partner group can get in a row.

Review Skill: Setting

- Setting - Review Good Form
 - Make Hershey Kiss shape with hands above head
 - Goal is to use fingertips to guide the ball
 - Strong hands, not noodle hands
 - Follow through with arms straight over head, no waterfall hands in follow through

Setting Drills:

- Partner Set from Toss
 - One partner is the tosser, the other is the setter.
 - Goal: 15 Good Sets for One Partner, then switch roles.
 - Helpful to review what a quality toss should look like before beginning. (A goog set needs a high toss)
- Progress to Setting Back and Forth continuously. Count how many each partner group can get in a row.

Dead Fish to End Practice

Fun Serving Game, Easy to Google

Sample Plan #2

Warm ups

- Static Stretching – Stretching in Place
- Dynamic Stretching – Stretching while in Motion
 - Examples: Lunges across the court, high knees across the court, jogging around gym, butt-kickers across court, calf dips

Review Skill: Serving

- Serving - Review Good Form
 - The toss is essential, can't have a good serve with a poor toss
 - Make contact high above head with dominant hand
 - Contact should be on the palm of the hand, not fingertips
 - Follow through with arm, players thumb should brush outside of thigh when arm follows through on the serve.

Serving Drills:

- Toss Only
 - 10 good tosses, without making contact with the ball
 - Let the ball hit the ground in front of their foot
 - Focus on the consistency of toss height, and landing the ball in the right place in front of them
- Progress to serving with a partner across the net. Start at 10ft line, take a step back after three good serves.

Review Skill: Hitting

- Hitting - Review Good Form
 - Approach (Right foot, left foot, right foot), starting from 10ft line
 - Elbow back and high
 - Make contact with palm, not fingertips
 - Swing all the way through, hand should brush thigh on the follow-through.
 - Avoid hitting the net (that is a foul)

Hitting Drills:

- Practice Approach at Net
 - Start with no Balls, Footwork Only
 - Add in Arm Motion
- Progress to a Hitting Line
 - Players line up at 10-foot line. Coach tosses them a ball to hit over net. Focus on good footwork and solid contact, not power.

Dead Fish to End Practice

- Fun Serving Game, Easy to Google

Sample Plan #3

Warm ups

- Static Stretching – Stretching in Place
- Dynamic Stretching – Stretching while in Motion
 - Examples: Lunges across the court, high knees across the court, jogging around gym, butt-kickers across court, calf dips

Pepper Progression

- Partners pass back and forth
- Partners set back and forth
- Partners combination pass and set back and forth
- Finally, add in a hit. Partners continuously move from pass, to set, to hit, then back to pass, etc

Circle Passing

- Groups of 3
- How many passes in a row can your group get in three minutes?
- It's a competition between groups.
- Play three times, switching up groups every time.

Two Player Set and Hit

- Two lines on one half of the court, one in the setter position and one in the hitting position
- Coach positions themselves on the same side of the court as if they are a back row player
- Coach tosses to player in setting position
- Player in setting position sets ball to player in hitting position
- Player in hitting position attempts to hit ball over the net
- Goal is to simulate the pass, set, hit progression of a game

Digging Drill

- Players position themselves in the three backrow positions
- Remaining players form one line off the court, filling in backrow positions
- Coach lines up at the net, facing players
- Coach hits a light ball at each backrow players one at a time. Start with a softer hit and increase how challenging it is as players improve
- Backrow player attempts to complete a good pass to the setting position
- After attempting a pass, player shags their ball and goes to the back of the line.

Queen of the Court to End Practice

- Groups of Three, one group on each side of the court
- Groups play a volley against each other, winning group stays on the court, losing group is replaced
- New Group Serves

