

1ST PRACTICE PLAN

① Do a fun game to introduce everyone.

② Introduce / review passing platform
(how to pass (bump) a ball.
Remember, No interlaced fingers

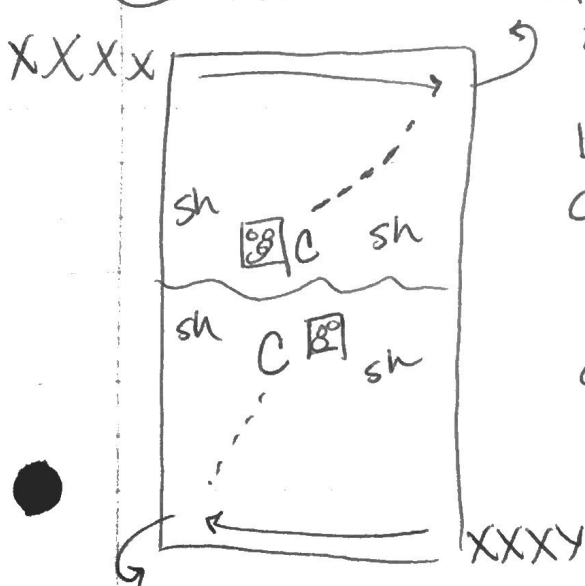
③ Players partner up

a) Teach how to Toss ball

- Use Both hands
- stiff arms
- toss with a rainbow (arc)
- catch ball down ~~up~~ by kneepads (to simulate passing platform)
- ball should not have any spin on it.

④ Pass back & forth with Partner
- Always start w/ toss to partner

⑤ RUN THROUGHTS - teaches moving feet



a) Divide team into shaggers (sh) and working x's

b) coach w/ ball cart at net area

c) coach tosses ball to opposite side of court for player to try to pass up towards C

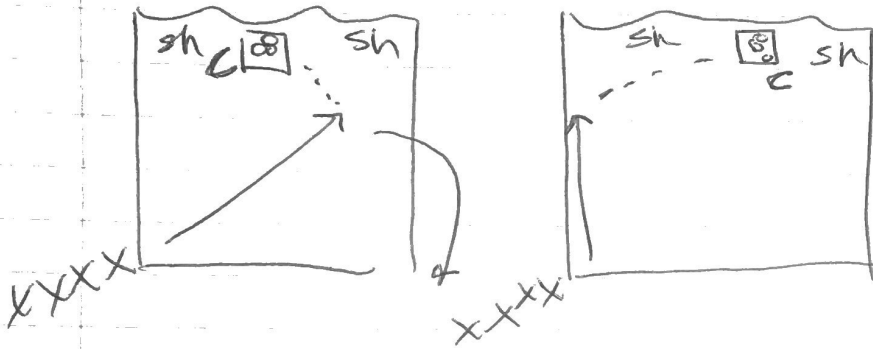
d) after line along baseline run-thru, they make line and go opposite direction

Coach → toss ball high enough to allow player time to get to

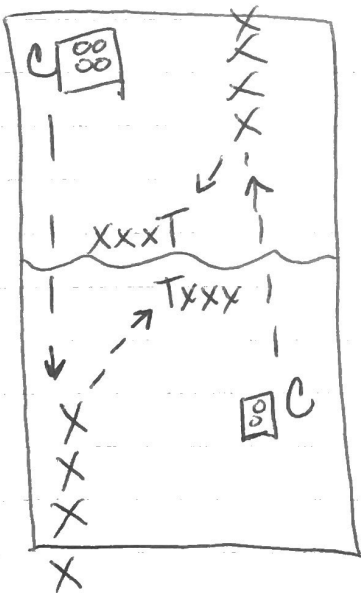
C = coach [000] = Ball cart sh = shaggers x = player

⑤ Runthroughs continued

- e) groups go through 2 times each
 * players can run-through going diagonal up towards net or up sideline



⑥ BUTTERFLY - works tracking ball over net



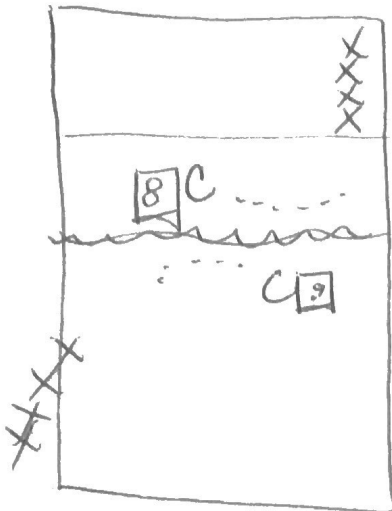
- passing to Target (Setter)
- Divide team into passers down line from Coach (C)
 - Others are at Setter (Target) position at net
 - Coach throws ball to X (passer) - start drill by just catching & throwing to understand drill pattern
 - X catches ball at kneepads area (simulate passing platform)
 - X then tosses to Target (setter)
 - Setter takes ball to coach cart
 - X goes to T + then goes to X

- h) after sequence is learned, X passes to T
 i) T sets to self & catches ball - then takes to C
 j) Progression:
 X passes to T; T sets the ball back to X who attacks (spikes) ball across net

⑥ Butterfly continued:

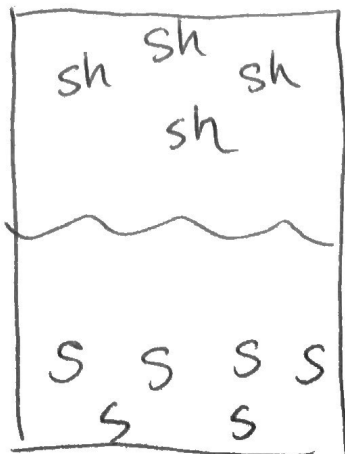
- * require perfect number of passes before moving to next sequence (perfect pass means T (setter) only can take 2 steps to catch ball)

⑦ ATTACKING (Spiking)



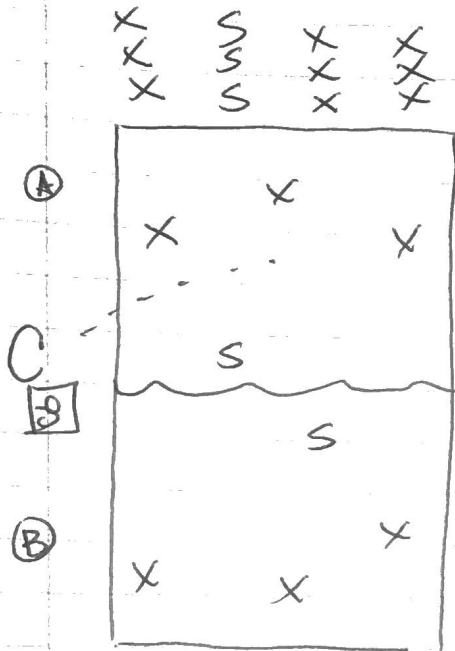
- line up all players in left back
- Coach toss ball up into air to land around 10ft line
- players start by just standing and hitting
- players can then start jumping → approach footwork added later
- player shags own ball and goes to opposite line

⑧ SERVING



- have ONE side serve for 2 minutes, while the other side shags. (no one gets hit by ball then)
- switch

9) QUEEN of the COURT 4's
 → NO SCRIMMAGING ←



- a) 4 lines @ baseline
 - 3 passer/hitter lines w/
 1 setter line
- b) C tosses ball into court,
 players Pass to Setter
 at net
 → GOAL: 3 contacts per
 SIDE

+ NO BANG BALL

- teach the game!!
- c) C tosses 3 balls, then
 wave through
 A side goes under net to B side
 B's snag all balls and
 return to baseline lines

- * players get lots of touches
- * work on multiple contacts on each side
- * must move feet to keep ball alive

* Variation:

- Side B stays the Queen (winners) side
- when ball drops, new group replaces (wave)

HAVE FUN!! Keep players MOVING!!