



## **PRACTICE #2**

### **Warmup Drill (5 mins)**

Players partner up, lie in pairs on the ground in a big circle, other than two players. The "It" player chases the other who runs around the outside of the circle, until she lies next to a pair (but has to run past at least one pair before doing so). When she dives/lies down next to a pair, the player on the opposite side of the now set of three players is being chased. If the It tags her, she becomes It. Can not run on inside of the circle.

**Stretching (5 mins):** Players spread out on endline. Unless otherwise noted, motion is done to the net, next motion done on way back to endline. Players should focus on good form and not rushing.

Jog to the net, back pedal to endline (x2)

High knees to the net, butt kicks back to the end line

Frankenstein march (high, straight leg kicks to hand)

Seesaws (lift both arms, and one knee. That knee goes back, outstretch leg behind, touch both hands to the ground. Then alternate).

"Feed the chickens" (extend one leg out with heel on ground, toes in the air, arms come down and brush towards the ground and forward with hands open to the ceiling)

"Cherry pickers" (lift one arm to the sky, other hand grabs foot behind, pull on foot towards back, then alternate)

Figure 4s (use both hands to grab foot, bringing it to opposite hip, alternate)

Open the gate, alternating legs (lift knee straight up, open leg to side)

Close the gate, alternating legs (left knee on side, close in)

Front lunges with a twist

Side lunges

Karaoke/grapevine to the net and back

Stretch anything else that feels tight



### **Partner Ball Warmups (approx. 5 mins)**

Bump to yourself, (x10)

Bump to your partner (x10)

Set to yourself (x10)

Set to your partner (x10)

Pepper – i.e. bump set spike back and forth with partner (coach should wait until everyone is done with warmup and has had at least 5 mins to pepper)

### **Passing 10 mins**

Reminders: Ready position – down low, arms down to sides (not on knees or crossed), ready to move feet, right foot slightly in front, knees bent. Pass on forearms, not hands/knuckles. If pass goes in wrong direction, have passers freeze when they pass so they can see where their feet are pointed and where their arms are pointed.

Three passers in the back row – right, middle, left. Coach tosses free balls. Players should call “mine” and try to pass to a player serving as target/setter (right of center at the net). Once passer passes a ball, they replace the target, target gets back in line to pass.

### **Setting 10 mins**

Practicing high, outside sets. Target is left front, calling for a “5” (typical call for high, outside set, ideally 5 feet above the net). Setter in setting position, rest of players lineup behind her just off the court to give her space. Coach tosses ball to setter, setter practices proper left, right footwork and hand positioning to push a ball to target. She then becomes target and next in line becomes the setter. Coach should toss quickly to keep drill moving and giving players as many reps as possible. If there are two coaches, you can give players many more reps by running this on both sides of the net.

### **Hitting 15 mins**

Teach approach without a ball first. Simple 3-step approach. For righties (opposite for lefties) ... Player starts at or behind the 10’ line (also called the “attack line”) depending on the size of their approach. Start with right foot forward. Big step with left foot then a quick right-left lining up feet. Big bend in knees, arms swing back behind player, hands facing up. Add arms: Arms shoot up to assist in a big, explosive jump, elbow of hitting



arm bends, non-dominant hand goes all the way up. Quick snap with dominant arm to hit ball with heel of hand and then snap of the wrist. Direction of the hitting arm's follow through will determine the direction of the hit. Players should line up and practice this footwork and arm.

Add a high toss from coach. Players can take an approach and hit. Approach for outside hits comes in at a diagonal angle from outside the court. After hitting, player should shag ball. Players should learn to communicate with their setter by yelling 5, 5, 5 (or whatever coach decides to call that set) to tell setter what set they would like. If players are struggling with the approach, you can first focus on just a hit from the 10' line, then add the footwork in.

### **Fun Drill 5-7 Min**

Bump it Up- Bump ball to themselves and keep count of who can get the highest number. Coach can change it up by yelling out low ball or high ball. Fun way to end the practice and gives kids a goal to work toward. 10 Minutes

### **Wrap Up- 5 Min**

At end of practice, collect team name suggestions. Blind vote to select. Must be appropriate, of course. Then tell team to come up with ideas for a team cheer and a cheer for aces (when a serve is not returnable).