



PRACTICE #3

Warmup Drill 5 mins

Relay race – Team divides in 2, each team lines up on sideline. First relay is a sprint to opposite sideline and back. Next hop on one foot, then repeat on opposite foot for way back. Next relay, shuffle on one side, opposite side shuffle on way back. Next, two-foot hops there and back. Lastly, skipping there and back.

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



Serving 10 mins

Serving progression: Players should get used to this. Partner up, each pair gets one ball. Players stand on opposite 10' lines and throw back and forth (10x each). Then they progress to serving to each other, nice and controlled from 10' lines (10x each). Take a couple steps back, repeat, take a couple steps back, etc. until they are serving to their partner from the end line.

Passing 10 mins

Four corners: Players take turns so everyone gets to pass. One player feeding coach balls to keep drill moving quickly. A couple players shagging to keep floor safe and ball cart supplied. One player acts as a target for passes. Rotate through positions. One passer at a time gets four consecutive balls. Focus on moving feet to ball first. Do not run with your arms in passing position, get there first. Passer starts in back left corner. Coach toss to back left, then quickly to right back, then quickly to short right, then short left. Make sure player isn't crossing feet (to avoid tripping). Can sprint or shuffle to move to ball quickly then form platform and pass to target.

Game Type Drill 15 mins

6 players on at a time. If serves are not consistent, coach can start play with alternating free balls. Getting feel for the game – encourage using the skills they've been learning. Passing, setting, hitting. Trying to get multiple contacts on your side. Lots of communication.

Wrap Up- 5-10 Min

At end of practice, discuss team cheer and cheer for aces. Then have each player extend a "warm fuzzy" to another player. Don't repeat players so each player gets a warm fuzzy from a teammate. Something about their attitude on the court or a skill – e.g. "You were really encouraging to teammates when they were struggling today" or "your sets were so consistent!"