



PRACTICE #4

Warmup Drill 5 mins

Follow the leader: choose a team leader who leads team around the gym (or court if you are sharing gym) in all sorts of different movements. Can be silly as long as they are moving and getting heart rate up.

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 15 mins

Start with free serve to warm up skill, 5 mins. Next divide team in half into two teams. Each team gets only 1 ball and servers get in a line. Coach keeps track of consecutive serves. Server from both sides serve, if it goes in, team gets 1 point. If serve is unsuccessful, team goes to 0. After serving, server needs to run to chase ball and roll it back quickly so next person in line has a ball to serve. First team to 10 consecutive serves wins.

Passing 10 mins

Three passers in back row, target in setting position. Coach throws free ball or hits down ball. Not directly to passers. Players need to communicate to cover the seams. Players who don't get the ball should still be ready to cover the first passer and be ready to move to cover a second ball that perhaps doesn't go to target (i.e. don't be a spectator). Whomever passes becomes the target, new player fills in that spot.

Setting 10 mins

Explain different hand/arm positions to set outside, middle and back. Players help shag. Setter gets three consecutive tosses and tries to hit to three positions. For outside hit, really use legs and extend arms towards the outside pin. For middle, adjust hands so ball goes straight up. While an outside hit is a "5" (five feet above the net), a high middle set is usually a "2" so 2 feet above the net rather than 5. Back sets are difficult for new setters, but they can try. Back will arch back slightly and hands tilt towards the right side. After three sets, setter joins setters, one goes to line for a turn setting.

Game-type Drill 10 mins

Short court: all players on the court at once, spread out. Make court shorter – endline moves up to 5 or 10 feet in from actual endline. Requires players to show more ball control. Having extra players on court requires good communication.

WRAP UP- Practice chants and Cheers and end with a positive vibe, let players choose or you choose.