



PRACTICE #5

Warmup Drill (5 mins)

Blob tag: One person starts as It. Rest of players start at one end of gym then run across to opposite side. It tries to tag as many people as possible. Once tagged they need to hold hands or lock arms. Group continues to run back and forth across gym until last person standing is the winner.

Stretching (5 Min)

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 Drill (5-10 Min)

Divide team into two groups. Form two lines at one end of the court. First player in each group gets a ball. Blow the whistle and allow first player to serve. If the serve is placed successfully, the player sprints to retrieve the ball, returns and hands it to the next player in line so he or she can serve, then takes a seat behind the group. If the serve is hit out or into the net, the player must serve again. The first group to have all their players seated wins. The losing group must sprint or run laps.

Pass/Set/Hit 15 mins

Three players on. Coach toss to left back, passes to setter, setter sets a high outside and hitter hits a 5. Players progress through the positions. Passer becomes hitter, hitter becomes setter, setter shags ball for coach ball cart and gets back on line.

Scrimmage 15 mins

Simple scrimmage, no specialized positions, front middle is responsible for second ball set. Every time team rotates, sub out player who was left back, and sub in to left front. Practice clockwise rotating. Emphasize importance of getting serve in to start play. Coach can add in something like 5 jumping jacks or 5 pushups if players don't call the ball to encourage communication and avoid confusion.

Wrap Up- 5 min

Encourage players to go around and discuss one thing they did great today and what they want to do better on next week.