



LESSON PLAN – PRACTICE #6

Warmup Drill 5-10 mins

Round the Wagon: players partner up and stand in a circle. Place enough balls for all pairs minus one in the center of the circle. Coach yells up, down, up, down and player needs to jump piggyback on to partner's back and then come down. Coach at some point yells "round the wagon" and player in back has to run around the circle until she reaches her partner, who is standing with legs open, at which point she dives through her legs and tries to get a ball from the center. Pair that doesn't secure a ball is eliminated and goes to other side of court to start passing. As pairs get eliminated, they add to a passing circle. When you are down to 2-3 pairs, you can require that they circle the wagon two times before diving through. Last pair with a ball wins.

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

Passing Drill (5-7 minutes)

Ball Carry- Players take turns running to the other end of the court to grab a ball, pass it to the next player, and then grab a second ball. Players continue to pass the balls down the court, adding a third ball each time, without dropping any.

Serving Drill (5-10 Minutes)

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.

Hitting Drill (5-10 Minutes):

Have your players line up in a single file line at either outside, middle, or right front. Let's start with outside. You'll stand in the right front area, with the ball cart next to you (on your side of the net).

The coach will toss to the player who is in the front of the line for an outside hit.

- If the ball goes over and in, that player is safe and will get back in line after they shag their ball.
- If the ball goes out or into the net, that player is BANISHED to the other side of the net.

Goal: Be the last one in line to hit., and WIN!

Scrimmage trying to incorporate what they learned in drills (10 mins)

WRAP UP (5-10 Min)

Get some balloons from April and have players use bump balloons with all body parts, fun way to end practice.