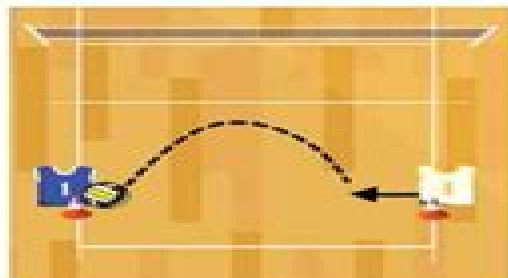


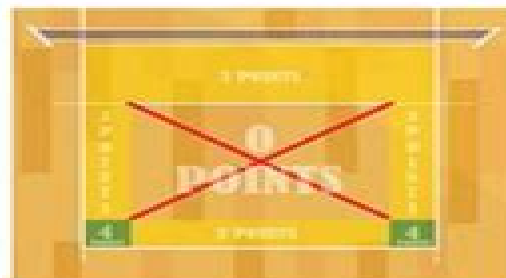
60-90 MINUTE VOLLEYBALL PRACTICE PLAN

Dynamic Warmup: Line Hops, High Knee Runs, Butt-kickers, Walking Lunges, Carioca (5-10 mins)



Passing Progression: 10-15 mins

- Split team into two lines – one on each sideline facing each other
- First player in one line tosses the ball to first player in the opposite line, then runs to the back of that line
- Receiving player passes back to the first line, then runs to the back of that line
- Continue passing back and forth



Serve & Run for 21: 10-15 mins

- Using cones, mark off scoring zones on both sides of the court as shown
- Every player gets a ball and sets up behind one of the two baselines
- Players serve over the net and try to land the ball into a scoring zone
- After each serve, players call out their score, chase down the ball, and repeat
- First player to reach 21 points wins



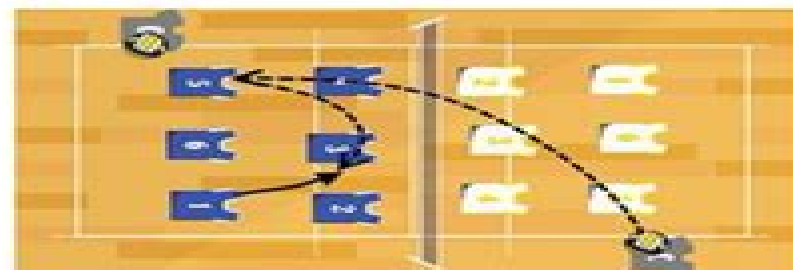
Wall Work: 10-15 mins

- Each player gets a ball and finds a spot 10 feet from a wall
- Players practice hitting by tossing the ball up, reaching high on the hitting shelf and hitting down on it into the wall
- Players move closer to the wall to practice setting, focusing on keeping the arms steady and rotating the wrists



Block and Dig Drill: 10-15 mins

- Coach starts at the net on the sideline with a ball rack next to him. Three defenders make a semi-circle around the coach, on their knees. The blocking player starts on the other side of the net.
- Coach throws the ball over the net. The player on the other side jumps up to block the ball, focusing on keeping a wide base, thumbs up, and landing softly and under control
- The three kneeling defenders attempt to dig the ball up.
- If the defenders are unable to touch the ball, the blocker gets a point.



First Kill Drill: 15-20 mins

- Players form two teams, 6 on each side in their proper positions. One coach stands on each side with balls.
- Coach lobs a serve to the other side of the court.
- Receiving team attempts to get a first kill – passer to setter, setter to attacker and point. Otherwise the rally will continue.
- Teams score 2 points if they get the first kill, 1 point if they just win the rally
- The game ends when one team reaches 25 points

Volleyball Drills Manual

Beverly Wiegand Snyder

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Volleyball Drills Manual:

A Manual of Volleyball Drills Arranged in a Hierarchy of Complexity Beverly Wiegand Snyder, 1974 Volleyball Drills Christian Kröger, 2014-03-15 This book features basic drills and games designed to help players improve every aspect of their game It is a working manual of organized and demanding drills from which practice lessons may be created Each drill includes a detailed explanation of the purpose setup and execution as well as variations and teaching points **Skills, Drills & Strategies for Racquetball** David Walker, 2017-06-30 This book is part of the Teach Coach Play series emphasizing a systematic learning approach to sports and activities Both visual and verbal information are presented so that readers can easily understand the material and improve performance Built in learning aids help readers master each skill in a step by step manner Using the cues summaries skills drills and illustrations will help build a solid foundation for safe and effective participation now and in the future The basic approach in all of the Teach Coach Play activity titles is to help readers improve their skills and performance by building mastery from simple to increasingly complex levels The books strive to illustrate correct techniques and demonstrate how to achieve optimal results The basic organization in each book is as follows Section 1 overviews history organizations and publications conditioning activities safety warm up suggestions and equipment Section 2 covers exercise or skills participants action involved rules facility or field scoring and etiquette Section 3 focuses on skills and drills or program design Section 4 addresses a broad range of strategies specifically designed to improve performance now and in the future Section 5 provides a convenient glossary of terms Skills, Drills & Strategies for Golf Kenneth Stephens, 2017-06-30 This book is part of the Teach Coach Play series emphasizing a systematic learning approach to sports and activities Both visual and verbal information are presented so that readers can easily understand the material and improve performance Built in learning aids help readers master each skill in a step by step manner Using the cues summaries skills drills and illustrations will help build a solid foundation for safe and effective participation now and in the future The basic approach in all of the Teach Coach Play activity titles is to help readers improve their skills and performance by building mastery from simple to increasingly complex levels The books strive to illustrate correct techniques and demonstrate how to achieve optimal results The basic organization in each book is as follows Section 1 overviews history organizations and publications conditioning activities safety warm up suggestions and equipment Section 2 covers exercise or skills participants action involved rules facility or field scoring and etiquette Section 3 focuses on skills and drills or program design Section 4 addresses a broad range of strategies specifically designed to improve performance now and in the future Section 5 provides a convenient glossary of terms **Skills, Drills & Strategies for Badminton** Don Paup, 2017-06-30 This book is part of the Teach Coach Play series emphasizing a systematic learning approach to sports and activities Both visual and verbal information are presented so that readers can easily understand the material and improve performance Built in learning aids help readers master each skill in a step by step manner Using the cues summaries skills

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