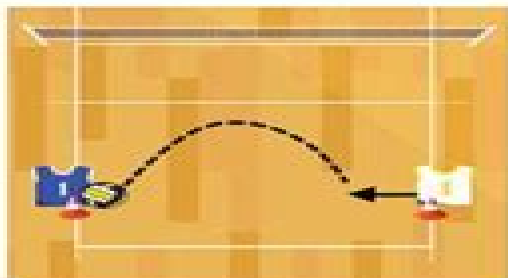


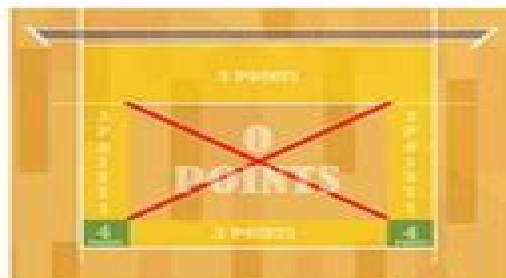
60-90 MINUTE VOLLEYBALL PRACTICE PLAN

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



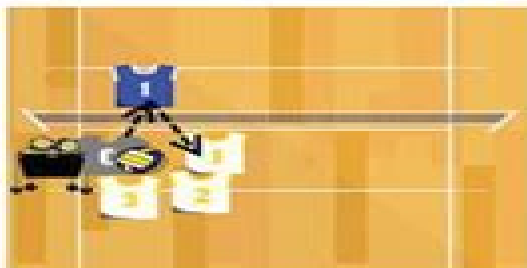
Serve & Run for 21: 10-15 mins

- 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



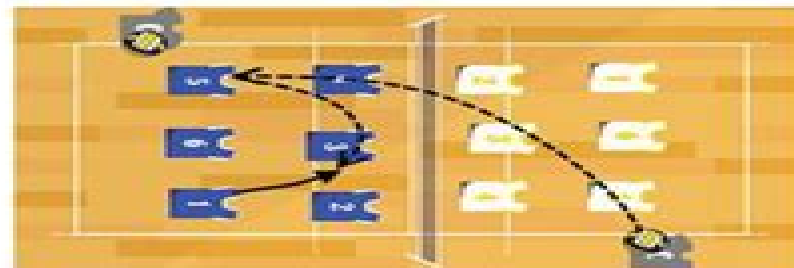
Wall Work: 10-15 mins

- 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 Program Guide

Roman Wölfel

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 Program Guide:

Illinois Volleyball Media Guide ,2005 **Program Guide** United States. Veterans Administration. Department of Medicine and Surgery,1974 **Coaches guide to beginning volleyball programs** USA Volleyball (Organization),1993

TV Olympics Program Guide Bruce Weber,1980 **Resources in Education** ,1993 *Guide to Effective Coaching* Billie Jo Jones,Janet L. Wells,Dewayne Johnson,1988 *Industrial Sports and Recreation* ,1954 *The Journal of Physical Education* Luther Halsey Gulick,George John Fisher,Martin Isaac Foss,John Brown,Harold T. Friermood,1927 *Illinois Basketball Guide* ,1995 *Physical Training; Supplement to Association Men* Luther Halsey Gulick,George John Fisher,Martin Isaac Foss,John Brown,Harold T. Friermood,1929 *Indian Education* ,1955 *Building Champions* Raymond Paul Wisden,2002 *Journal of Health, Physical Education, Recreation* ,1961 *The Volleyball Handbook* Bob Miller,2005 A practical guide to volleyball that offers insight into the best coaching and performance techniques to help players improve their skills and teamwork **The Annual Ann Arbor Guide** ,1987 **Program Guidelines for Individuals who are Severely Orthopedically Impaired** California. State Department of Education,1992 These guidelines are intended to provide a resource to use in assessing planning providing evaluating and improving the quality of programs for California pupils with severe orthopedic impairments The first three chapters present characteristic elements of a well designed program in the areas of 1 identification and assessment 2 the Individualized Education Program and 3 unique program needs Chapter 4 emphasizes that decisions for placing pupils with severe orthopedic impairments in an educational program should be based on the educational needs of pupils rather than on their handicapping condition The supporting role of the special education teacher is stressed Chapter 5 specifies staff competencies of the site administrator special education staff related services staff and support service staff Chapter 6 examines other special considerations such as monitoring medications implementing emergency procedures coordinating services among agencies and making facilities accessible Seven appendixes include program evaluation guidelines forms related to least restrictive environment requirements examples for modifying regular education programs selected legal requirements procedures and guidelines for health care resources for technical assistance and a directive to special educators concerning intelligence testingn of black pupils A glossary completes the guide DB **The Insiders' Guide to Austin** Cam Rossie,Hilary Hylton,1998-11 An illustrated guide to Austin Texas **Journal of Physical Education** Harold T. Friermood,John Brown,1957 *Papers from the Annual Conference* Urban and Regional Information Systems Association. Conference,1972 **Rookie Coaches Volleyball Guide** American Coaching Effectiveness Program,1993 Provides a combination of coaching advice and strategies as well as volleyball skills and drills for the novice volleyball coach The strategies presented are geared toward youth volleyball but the basic skills and techniques can also be applied to all variations of volleyball

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