

Premier Volleyball

Practice Plan

Name of Drills	Times	Drills and notes	What it will look like:
Warmup	6:30 pm	Legs and arms	Dynamic warmup on side lines.
Tennis	6:50 pm	-Warming up to play volleyball -Allows them to get all aspects of skills warmed	Throwing to each other (2 min) One contact (2 min) Two contacts (2 min) Three contacts (2 min)
Warmup serving	7:00 pm	-Working zones - Working seams	Start on 10-foot w/ partner (1 min) Halfway back (1 min) Behind end line (2 min) Working zones where cones are (2 min) Working seams where the cones aren't (2 min)
Serve Receive	7:10 pm	-3 passers - 25 to target -From each position (left, middle, right)	Have three passers in the back row One person as target Follow your ball after you pass and become the next target
Cooperative Pepper over net	7:40 pm	-4 groups of 3 -Pass, pass, pass -Pass, set, set -Pass, set, tip -Pass, set, down ball -Pass, set, swing	Peppering across the net with your group of people on your team Rotate people every time the ball dies
Mini game pepper	8:10 pm	-4 groups of 3 - Playing everything normally -Still small courts	Playing mini games to 5 Keep switching who they play, along with keep rotating people at dead balls
Any Reminders:	8:30 pm		Any upcoming news that they team needs to know!