CCHS Volleyball Practice Plan

# Time: 1.5 hours Date: Announcements:

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| 0:00 – 0:25 | Warm-up, Passing, Ball Control | **Warm-up:**[Dynamic warm-up](https://www.youtube.com/watch?v=hjURlxQy9NI)**Underhand Passing:**[Teaching Points for Underhand Pass](https://www.youtube.com/watch?v=2cxr2hCmV_0)Simple - Partner Passing with toss (15 passes then switch x 2 sets)More Challenging - Partner Continuous Passing (50 continuous passes) [Shuffle Drill](https://www.youtube.com/watch?v=z8ylX1Sn-vk)[4 Player Controlled Rally](https://www.youtube.com/watch?v=597qCyvnyeg) (passing only, then add hit) | **Overhead Pass:**[Teaching Points for Overhead Pass](https://www.youtube.com/watch?v=spkqmhqANTc)Simple - Partner Passing with toss (10 passes then switch x 2)More Challenging - Partner Continuous Passing (50 continuous passes)[Short Long Short Setting Drill](https://www.youtube.com/watch?v=LmcRYgmNCVQ&list=PL5C7B1D807FCA4414&index=8) |
| 0:25 – 0:35 | Defensive Drills  | [Defensive Positioning](https://huttrapids.files.wordpress.com/2008/02/rotate-defence.png?w=496&h=211)[Defensive Transitions](https://www.youtube.com/watch?v=RwTfa8naawY) (shown with a 5-1 offense and libero)Drill: Coach hit from Chair over net vs 6 defenders from each position (play out if dig is successful)[Dig Set Drill](https://www.youtube.com/watch?v=yIWBjN8HDCY) (use first parts of video, progress over season) |  |
| 0:35 – 0:37 | Water Break  | Serving Practice after water  |  |
| 0:37 – 0:45 | Serving Practice  | [Float Serve Technique](https://www.youtube.com/watch?v=4BSsaO5mUNs) |  |
| 0:45 – 1:00 | **Attacking Drills** | [Teaching the 3 Step Spike Approach](https://www.youtube.com/watch?v=qaZEtiwQXpA)[Volleyball Spiking Technique at Wall](https://www.youtube.com/watch?v=vNPP0xuGCtQ)[Hitting Coach Tosses](https://www.youtube.com/watch?v=LntO2l2vuJQ&index=21&list=PLXcnEMCi_eQ5M2BAeR28XKa1IxbGWCPzl)Coaches toss to Setters[Another Hitting Warm-up (U of A)](https://www.youtube.com/watch?v=ru_Ym1Va8i4) |  |
| 1:00 – 1:02 | Water Break |  |  |
| 1:02 – 1:20 | Offensive Drills  | Free Ball to Attack (coach provides free ball)[4-2 Formation](http://www.strength-and-power-for-volleyball.com/serve-receive-4-2.html)[4 Person Serve Receive Drill](https://www.youtube.com/watch?v=t6-DWkiNdto)Coach Controlled serve receive (6 vs 0, 6 vs 3 blockers, 6 vs 6) |  |
| 1:20 – 1:30 | **Flex Time** | Controlled ScrimmageWavesFull Game |  |

#### Additional Instructions: