CCHS Volleyball Practice Plan

# Time: 1.5 hours Date: Announcements:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 Scrimmage  Waves  Full Game |  |

#### Additional Instructions: