

Practice 3, Coach Bright

Jog/Stretch

Bump to self
Set to self

Pass with a partner
Pass to self, pass to partner

Set with partner
Set to self, set to partner

Warm shoulders with partner
Approach jumps three times through
Stand with arms already up, right arm back, elbow high/ hit coach toss/ no approach
Hit 2's w/ setters
Hit 4's

"W" drill

Serving 10 half court to partner for form
Serve full court
3 on 3 queen of the court/ all bumping only/ coach serves underhand
Freeball drill/ players already switched to position/ coach tosses to winning side

Line touch