

Practice 4, Coach Bright

Jog/Stretch

Pass with a partner

Pass to self, pass to partner

Set with partner

Set to self, set to partner

"W" drill

10 ft to 10 ft

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

Serving back and forth to partner half court for form and control

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