

## Practice 6, Coach Bright

Jog/Stretch

Bump to self

Bump against wall

Set on wall, very close to start

Step back and set on wall

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"W" drill

10 ft to 10 ft

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Warm shoulders on wall

Approach jumps three times through

Hit 4's with setters/ coach tosses to setter

Hit 5's with setters/ coach tosses to setter

Let them try 1's for fun

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Learn to sprawl with no ball

Girls toss each other 10 each side to side sprawling

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

Serve full court

Scrimmage

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Line touch running

Line touch with sprawls