

VolleyballForm.com & Bright Volleyball Club

12-14U Day 01 Practice 082718

Run, slides, grape vine, high knees, butt kickers (karaoke), heel toe touch (touch feet front/opposite hand, then back...repeat)

Dynamic Stretching, 20 bow ups (legs extend out as back goes towards floor, then knees come towards chest as chest comes towards knees/ balancing on butt) 10 knee or regular pushups

Warm shoulders with partner (two armed, arms go bent to straight and stop high with a snap, use upper stomach and back to toss)

Two handed toss and hit at partner (high snap and stomach)

Passing with good platforms (fists point down, arm pits never close, shoulders shrugged, no bent arms, no swinging arms)

Pass to self/leave arms out straight and strong and together, then pass to your partner (two balls bumped with arms out and parallel to the floor, all legs)

Setting with partner (high hand position above forehead, thumbs pointing towards each other, arms straighten after ball as legs get used too, right foot forward, shoulder width feet)

Set to yourself and to your partner (good idea to emphasize a left right plant into setting stance here, right foot winds up forward, legs bent)

Pepper (if pepper is not successful, make sure players are bringing both arms up before swinging, then leaving hitting arm high with a snap)

https://www.youtube.com/watch?v=uq6gJmIFvtw&feature=BFa&list=UL_I4CqyBcl4&index=4

WATER (balls in the cart first, then everyone takes a ball and walks one lap around court/half lap bumping the ball right arm only/half lap bumping the ball with left arm only/ balls in the cart after water)

10 foot to 10 foot passing (form groups of five or six/half of each group lined up one behind the other and facing the net on each 10 foot line (see drill on site/ bump the ball, run under the net and get in line to bump back/ focus on control and dropping the ball in front of the player across the net from you/coach watches technique from side to ensure passing arms come together high, fists point down and shoulders shrug all before passing the ball/use legs)

https://www.youtube.com/watch?v=SKGcNjali2A&list=UU3bzLCHHuewjyJfTyJbZI5g&index=1&feature=plpp_video

Figure 8 Passing (group of three players lined up behind each other, in the middle behind the end line/ coach tosses from other side of net/ off group is handing balls and shagging and providing a target/ players in drill alternate running right, calling ball and passing to target, then off the side of the court and back to the end line, then running left...) <http://www.volleyballform.com/volleyball-drills.html>

WATER

Approach jumps (emphasize the right step before closing as the biggest step, roll off heels, arms come back with high pinkies and both arms scoop up out of jump/team lines up off the left sideline and a few feet deeper than the ten foot/ approach to left front, back off facing, approach to middle front, back off facing, approach to right front/ whole team cycles through on one side of the net, then the other)

20/20/20 (groups of four with two players on each side/ mini doubles for control/ one player at net on each side and partner around 12 feet back/ partner passes, approaches and tips to the player pulled back on the other side/ after you tip, you move to the net to set the next one and so forth/ get 20 open hand tips in a row or start over/ when complete, move to 20 roll shots then 20 swings for control in a row/ may have to stop drill if it goes on too long and revisit next time)

WATER

Hitting lines off coach toss from same side (4's, 2's, 5's) (1's and back 1's)

WATER

Free ball drills (coach and cart on the other side of the net-team of six players on court/work on proper location for pulling, everyone calling free and have players call mine, emphasize saying "you" to player passing ball, work on opening up to allow ball to go by without blocking the view player behind you/ keep same group on the court for about five tosses then wash new ones on into their position/ back line moves onto back row, back row moves onto front row) **Make sure setter is leaving early and getting to the net fast! And, make sure middle back helps cover that right back corner for passing.**

Down ball drill (same drill as above with coach swinging from the other side of the net, I like to have middle stay up and attempt to block down balls, and solo blocks with wing blockers if the ball is set towards their side of the net) **Make sure the setter holds on defense to see if the ball is being hit at them first before they decide to run in!**

WATER

Blocking footwork (teach side steps/teach step-cross-close/ huge emphasis on always jumping straight up to take away an area/jumping sideways will end someone's season when they land on your foot and twist their ankle/ defense lines up behind a straight up block)

Serve and chase for last ten minutes of practice (serve your ball, then run to shag and serve it back the other way/ teach them how to serve first if they have trouble)

Make notes for next practice:

- Coach on hitting stand (explain defensive positioning, have middle blocker...
- Sit up setting and super man setting for conditioning at end
<https://www.youtube.com/watch?v=xbR1FUU4Yt4>
- Learn to dive
- Pass to self then backwards
<https://www.youtube.com/watch?v=YuZ22AodyOI&list=UU3bzLCHHuewjyJfTyJbZl5g&index=64>
- Setter's corner drill
- W drill <http://www.volleyballform.com/practices/W-Drill.jpg>