

## **VolleyballForm.com & Bright Volleyball Club**

12-18U Day 02 Practice 082818

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 then backwards to partner (bump with arms parallel to the ground, bump first ball straight up to self, turn back to partner, then bump second ball backwards to partner)

<https://www.youtube.com/watch?v=YuZ22AodyOI&list=UU3bzLCHHuewjyJfTyJbZl5g&index=64>

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

W drill (1 player at a time passes short left, back pedal and pass deep left, short middle, deep right, short right/ then become target for next player) <http://www.volleyballform.com/practices/W-Drill.jpg>

Setter's Corner (3 passers on at a time/coach serve/ players must pass, set and then bump a free ball into the deep right corner on the other side/everyone on the three-person team gets a point if it goes in the corner/play to ten)

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)

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)

Learn to dive (cover half roll, full roll, sprawl...Start without a ball and whole group learning/then move to 3 at a time in figure 8 diving/same drill as figure 8 passing but lower tosses to force them to dive and run)

**WATER**

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

**WATER**

Serving (break down the technique/everyone serve, aim for targets)

3 on 3 wave through (Queen of the court 3 on 3 wave through)

**WATER**

**3 sets of 10 squat jumps if there is time**