

VolleyballForm.com & Bright Volleyball Club

12-18U Day 04 Practice 090318

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

Bump 100 balls to self

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

Learn Arm swing at the net (back to net, touch pinkies to tape with both arms, then swing both arms up, hitting palm gets ready past right leg, palm back and flat, elbow bent to 90 once up)

Approach to hanging ball (jump straight up, both arms up, feet face where you are going)

Two handed toss and hit at partner/partner dig (high snap and stomach, 10 good digs then switch)

Setting hand and foot position then toss/set to partner (begin with ball high above forehead, legs bent and right foot slightly forward/butt backward a bit/arms slightly bent/extend legs and arms after ball with a toss to partner/ partner catches with left-right foot work and catches ball in same position, balanced and tosses back)

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)

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)

20/20/20 (didn't have time yesterday) (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/both sides/pass to setter, then get wide for approach/coach toss

WATER

Serving Lessons whole team

WATER

Scrimmage against coaches/full game