

# 120 MINUTE VOLLEYBALL PRACTICE #1

Team

Date

**0:00-0:10**

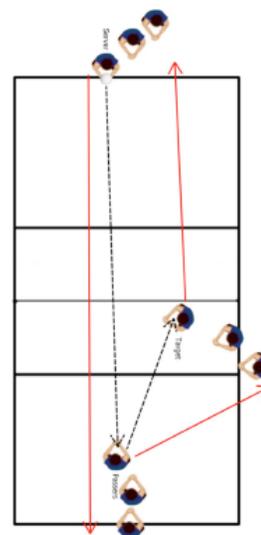
## DYNAMIC WARM-UP

- Light Jog – jog to the net and back to the end line (3x's)
- Side Shuffle – swing arms front and back while shuffling
- Carioca – rotate hips sideways
- High Knees – bring the knees up while jogging forward
- Butt-kicks – bring the heel of the foot to the butt
- Lunges – reach one leg forward and squat down
- High Kicks – kick one leg up parallel to the ground
- Side Leans – squat and lean side to side
- Knees to Chest – pull one knee up to the chest
- Classic Quad – pull one leg behind
- Ballerina – extend one leg back in the air
- Sprints – go 75% top speed to the net and back (3x's)

**0:10-0:20**

## BUTTERFLY

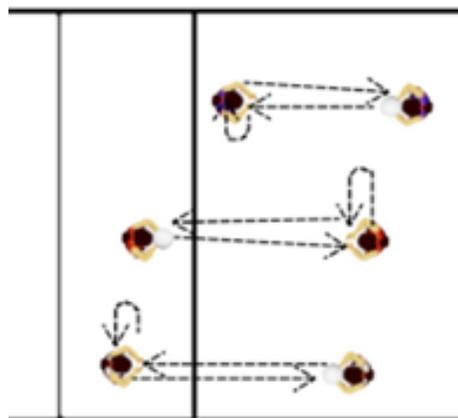
- Divide your players into three separate groups
- One group will start as Servers, one as Passers (on the other side of the net), and one as Target Setters (near the net)
- Give each group 2-3 balls
- The first player in the Server line will complete a serve to the line of Passers and then run to the back of the passing line
- The first Passer will receive the serve, hit a bump pass directed to the Target, and run to the back of the setting line
- The first Target will catch the ball and run with the ball to the back of the Serving line
- This cycle should continue without stopping until all players have gone through every position at least once
- \*\*Teach players to focus on each aspect of them game as they continue to warm up using this drill



**0:20-0:30**

## SELF TO PARTNER PASSING

- Partner up your players and give each pair a ball
- The first player will toss the ball to their partner
- The second player then passes the ball directly up in the air to themselves
- Then they make any pass they desire to their partner (bump, set, spike, etc.)
- Then the first player receives the ball and passes it directly up in to their to themselves
- Then they make any pass they desire back to their partner (bump, set, spike, etc.)
- This continues until each pair has completed 10 consecutive passes
- \*\*Teach players to communicate and talk to each other as they go through the steps of this drill

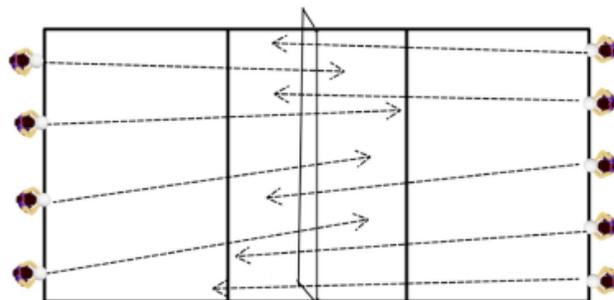


**DRILL TIMEOUT – 30 SECONDS**

0:30-0:45

### SERVING TAPE

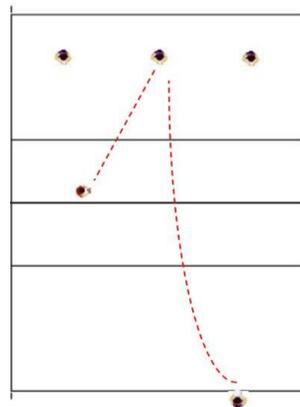
- Divide your team into two groups and tape a line from antenna to antenna so that it is about 3 feet above the net
- On the whistle, have each group start serving the ball
- Every time a ball goes over the taped line or hits the line or hits the net, the player has to do fingertip pushups
- Every time a ball goes in between the tape and the net, that group gets one point
- The first group to 10 points wins and the other team has to do fingertip pushups
- \*\*Encourage your players to stay in control and use proper form when serving



0:45-1:05

### 5 TO DIE

- Set-up 3 players in back row positions, 1 setter, and a line of servers
- On the command SET GO, the Servers will take turns serving balls across the net
- The back row players will try and receive the serve and pass it to the Target
- Out of every 5 in-bound serves they must get 3 to the Target
- If they don't, then that back row group comes off the court and does a punishment and a new group comes on
- If they succeed, then all of the Servers must do a punishment (e.g. lines, pushups, etc.)
- \*\*This drill helps reinforce to players that they must challenge one another in order to improve

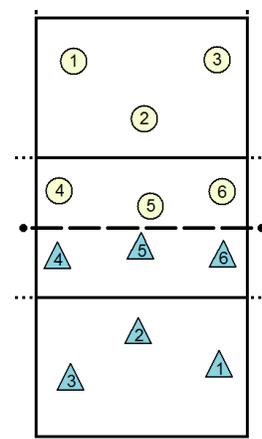


### DRILL TIMEOUT – 30 SECONDS

1:05-2:00

### 6v6 PLAY & APPLY

- Organize your players into teams of 6.
- Play as many sets as you can.
- Rotate teams or players after each set.
- Use 2 or more “drill timeouts” as needed.
- \*\*Apply the principles talked about in practice and help players recognize when they did something right.
- \*\*Make sure they play at full speed so that you paint the picture of what it will look like in a game.
- If players are developing bad habits, slow it down, demonstrate proper technique and then continue.



COOL DOWN AND STRETCH