

60 MINUTE VOLLEYBALL PRACTICE #2

Team _____

Date _____

0:00-0:05

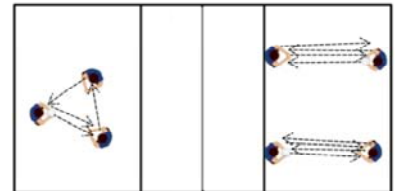
DYNAMIC WARM-UP

- Light Jog – jog to the net and back to the end line (2x's)
- Side Shuffle – swing arms front and back while shuffling
- High Knees – bring the knees up while jogging forward
- Lunges – reach one leg forward and squat down
- Side Leans – squat and lean side to side
- Knees to Chest – pull one knee up to the chest
- Classic Quad – pull one leg behind
- Sprints – go 75% top speed to the net and back (2x's)

0:10-0:15

PEPPER

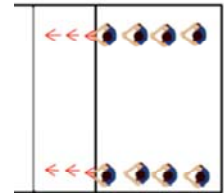
- Group your players into 2's or 3's
- The groups pass the ball back and forth or in a triangle following this pattern: Toss, Bump, Set, Hit
- If they can't dig the hit then the group starts over with a toss
- **Complete this at half speed for several rounds before requiring the players to do it at full speed



0:15-0:25

APPROACH

- Divide the players into 3-5 separate lines
- The first player will step up and complete a three-step approach towards the net; They will finish with a jump and arm swing as if they were going to hit the ball over the net
- Have each player complete this 3-5 times without the ball
- Then have them complete the drill 3-5 times with a ball

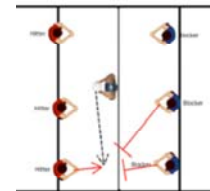


DRILL TIMEOUT – 30 SECONDS

0:25-0:40

BLOCKING SIDE

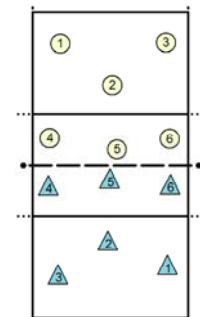
- Divide the your players into groups of 3 – hitters and blockers
- The Hitters huddle and decide who is going to attack
- On BUMP, SET, the chosen Hitter approaches the net; The Blockers adjust to defend the phantom hit; Once players are comfortable with getting into the right position, stand at the net and toss a ball up to the Hitter



0:40-1:00

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 and 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