

PRACTICE PLAN

Attack

GRACE CHRISTIAN



VOLLEYBALL

Mindset

In everything, make yourself an example of good works with integrity and dignity.

Ti. 2:7

Big Rocks

- 🏐 Serving - IN IN IN
- 🏐 Shots - all go in and cause chaos
- 🏐 Defense - no free balls

Player Goals

- Steph - Voice
- Laney - Shots
- Dakota - Shots
- Jackie - Quick feet
- Syd - Jump sets
- L.A. - Shots

PRACTICE PLAN





- 🏐 1000 - Board - Practice Overview
- 🏐 1005 - Warm-Up
- 🏐 1010 - Board - Position Practice Overview

POSITION PRACTICE PLAN






OFFENSE

-  1015: OHs Shots - Cross Body, Rolls
-  1055: Blocking & Transition
-  1115: Board - TEAM DRILLS - WATER

DEFENSE

-  1015: Form Work
-  1025: Hitter Reading - Coach Control (R)
-  1055: Hitter Reading - Live
-  1115: Board - TEAM DRILLS - WATER

SETTERS

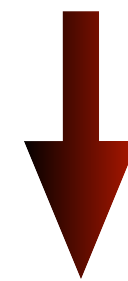
-  1015: Full Setter Warm Up
-  1045: Target Work
-  1100: Hoops
-  1015: Dumps/Attacks
-  1115: Board - TEAM DRILLS - WATER

FULL

TEAM

DRILLS

- 🏐 1120: Ball Setter Ball Hitter - Movement
- 🏐 1130: Ball Setter Ball Hitter - Coach Control - No Read
- 🏐 1145: Ball Setter Ball Hitter - Coach Control - Read
- 🏐 1150: Board - SERVING DRILLS - WATER



SERVE DRILLS LAST 15 MIN

- 🏐 1150: 3m serve
- 🏐 1205: Tic Tac Toe

PRACTICE PLAN

Offense



Shots



ALL SHOTS/Off-Speed GO IN,
ALL SHOTS/Off-Speed CAUSE CHAOS!

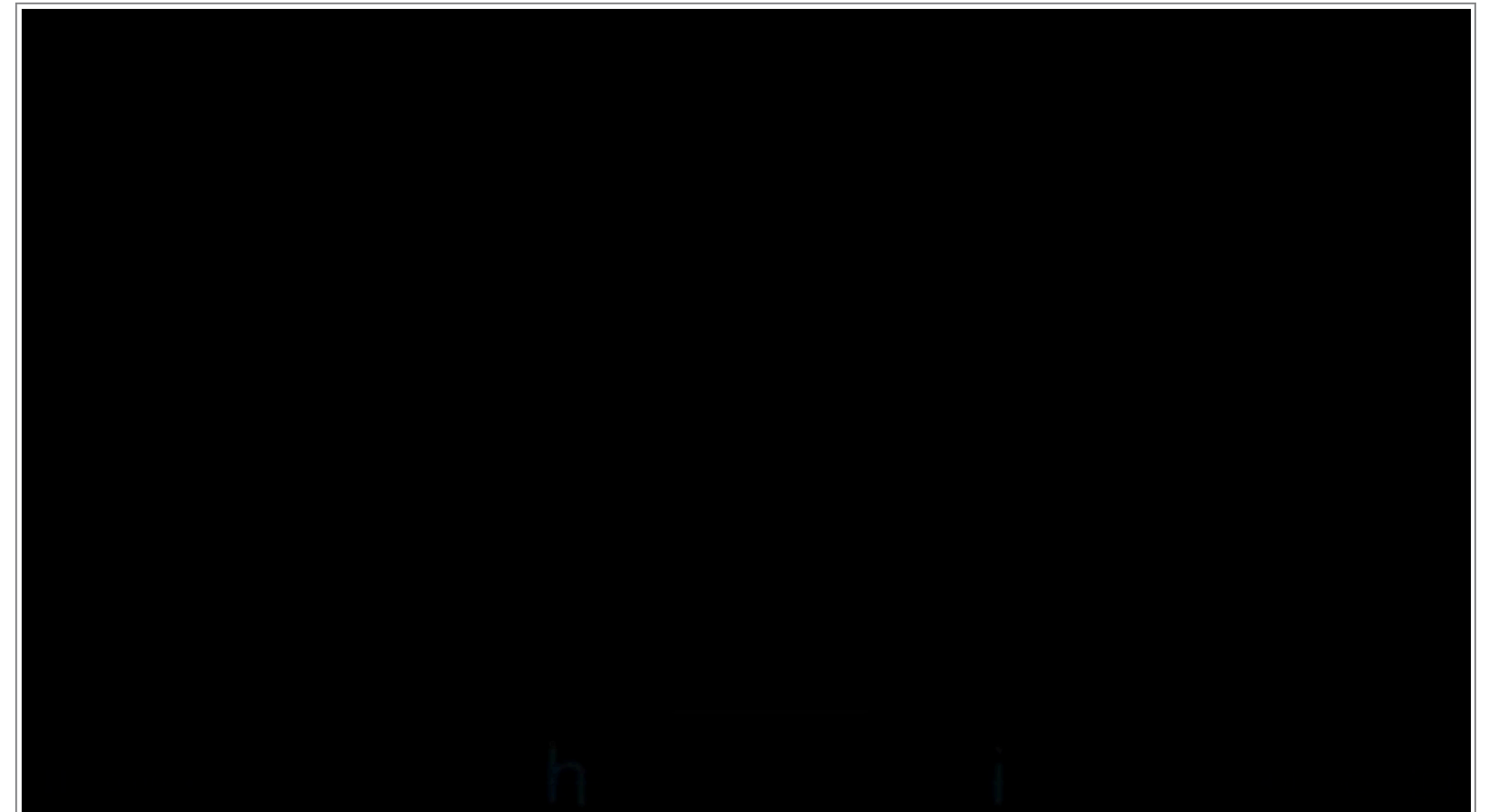
NOT ALL SETS WILL BE PERFECT,
SO HITTERS TAKE OUT THE TRASH!

Movement

ROLL

- ⊗ Focus - Proper motion to roll and placement
- ⊗ Time - 15 minutes
- ⊗ Score - No Score
- ⊗ Explanation
 - Execute roll to spot
- ⊗ Drill
 - ⊗ Hitter on a box (OH, MB, RS)
 - ⊗ Pool noodles simulate block
 - ⊗ Self toss - ELBOW NEVER DROPS
 - ⊗ OH - Rolls to RB
 - ⊗ MB - Rolls to RB/LB alternating
 - ⊗ RS - Rolls to LB
 - ⊗ Fully extended arm
 - ⊗ Loose wrist
 - ⊗ Total hand contact

- ⊗ Coach toss and roll from box
- ⊗ Variable - AccuSpike - 2 step approach from floor
- ⊗ Coach toss and 2 step approach from floor
- ⊗ Coach toss to **setter** and 3 or 4 step approach
- ⊗ Coach toss and 3 or 4 step approach
- ⊗ Coach toss to **setter** and 3 or 4 step approach
- ⊗ Coach toss over net to DS, DS pass to setter, and 3 or 4 step approach



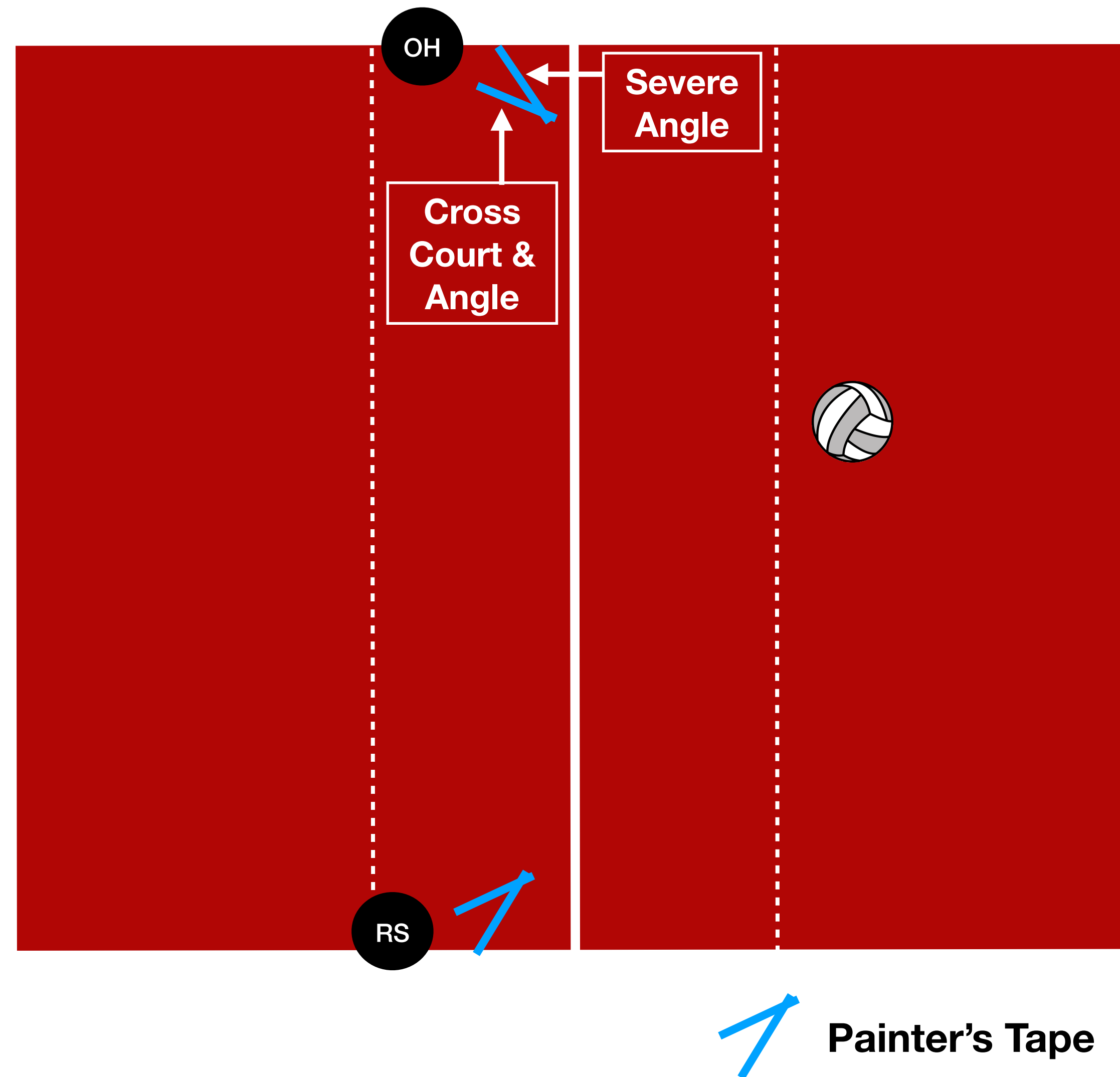
Movement

Quick Hits - ROLL

CROSS BODY

- ⊕ TAPE on the court for different power & plant foot positions- cross court/line & severe angle
- ⊕ All right handed hitters hit as OH. All left handed hitters hit as RS
- ⊕ Hitter on box - **Tennis Ball** - mechanics the same, but LF arm stays up and RT hand crosses as player hits. No body rotation to hit line.
- ⊕ Approach with **Tennis Ball** - Tennis ball hits before feet and proper form - RT arm crosses LF arm (5 min)
- ⊕ Approach off **Spike Trainer** with good form finish - RT arm crosses LF arm (10-min)
- ⊕ **You Go I Throw** - 2 step approach (LF forward then RT-LF-hit) Coach toss as soon as attacker moves - 1st temp (5 min)
- ⊕ **You Throw I Go** - 3 step approach (RT forward then LF-RT-LF-hit) Coach toss and attacker moves . (5 min)
- ⊕ 4 step Approach with **Setter** - Coach chip to DS. DS pass to setter. Setter sets OH, RS, MB. (Change to 4 step)

BETTER to change POWER (3rd) & PLANT (4th) Step then the body in mid-air that way attack mechanics can stay relatively the same



Coach Control

Throw, Tip, Roll

NR

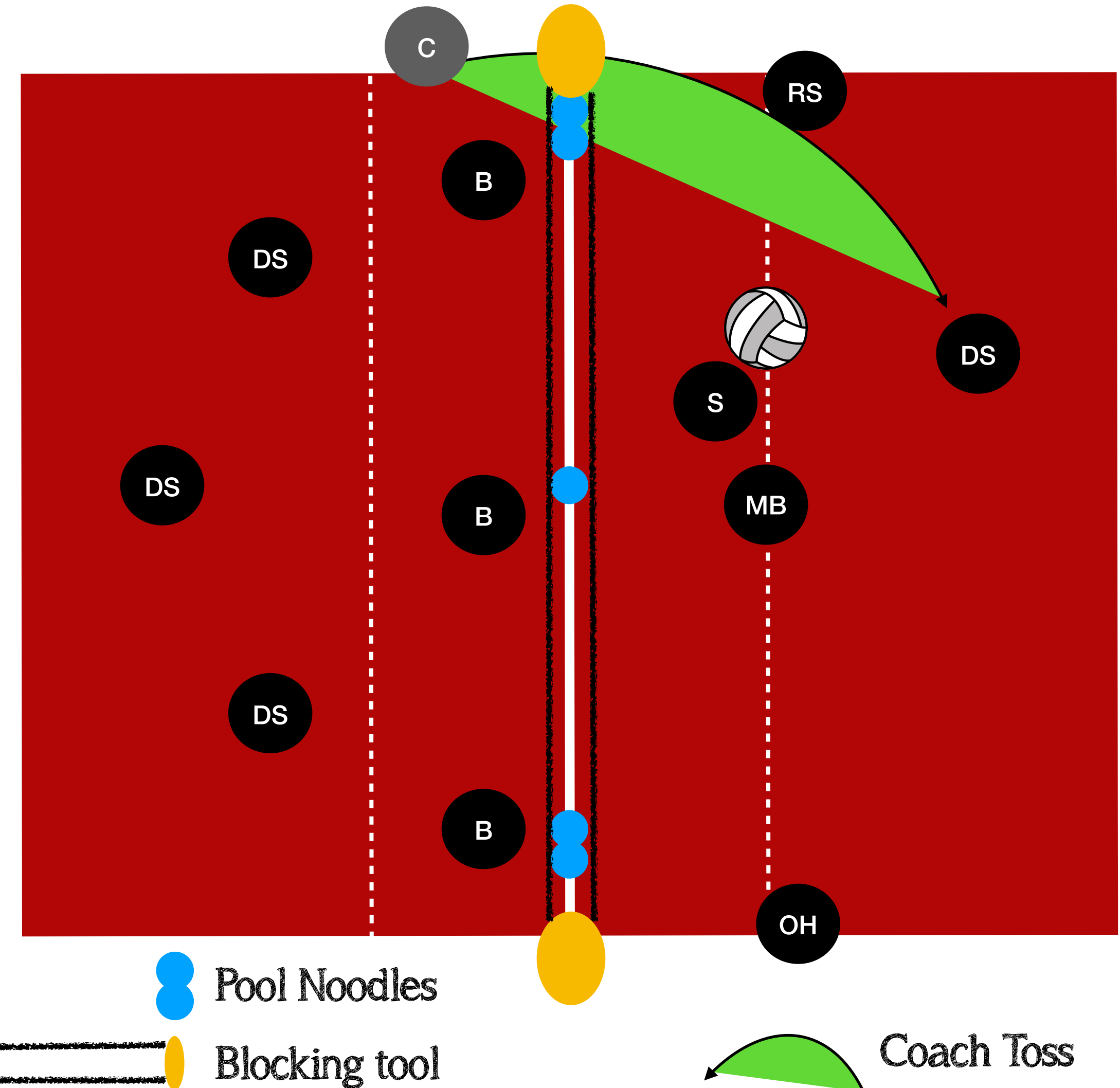
LINK: Transition

LINK: DS/Libero Game

LINK: BSBH

- Focus - Proper motion to throw, tip, and roll
- Time - 10 minutes
- Score - No Score
- Explanation
 - Execute throw, tip, roll
- Drill
 - Offense: Setter, RS, MB, OH and DS
 - Defense: 3 blockers, 3 DS
 - Chip to DS, DS pass to setter, setter sets and all hitters throw, tip, or roll in sequence.
 - Coach determines Throw, Tip, or Roll sequence.
 - Hitters THROW, TIP, OR ROLL to designated zones (OH-RB, MB-RB/LB, RS-LB)
 - DS cannot break until contact - practice low balls digs
- Variables
 - Blockers vs Pool noodles
 - Blockers can practice transition

Can change to Men's Height to simulate Block without pool noodles.



Coach Control

Throw, Tip, Roll

R

LINK: Transition

LINK: DS/Libero Game

LINK: BSBH

🏐 Focus - Proper motion to throw, tip, and roll

🏐 Time - 10 minutes

🏐 Score - No Score

🏐 Explanation

Execute throw, tip, roll

🏐 Drill

🏐 Offense: Setter, RS, MB, OH and DS

🏐 Defense: 3 blockers ON A BOX, 3 DS

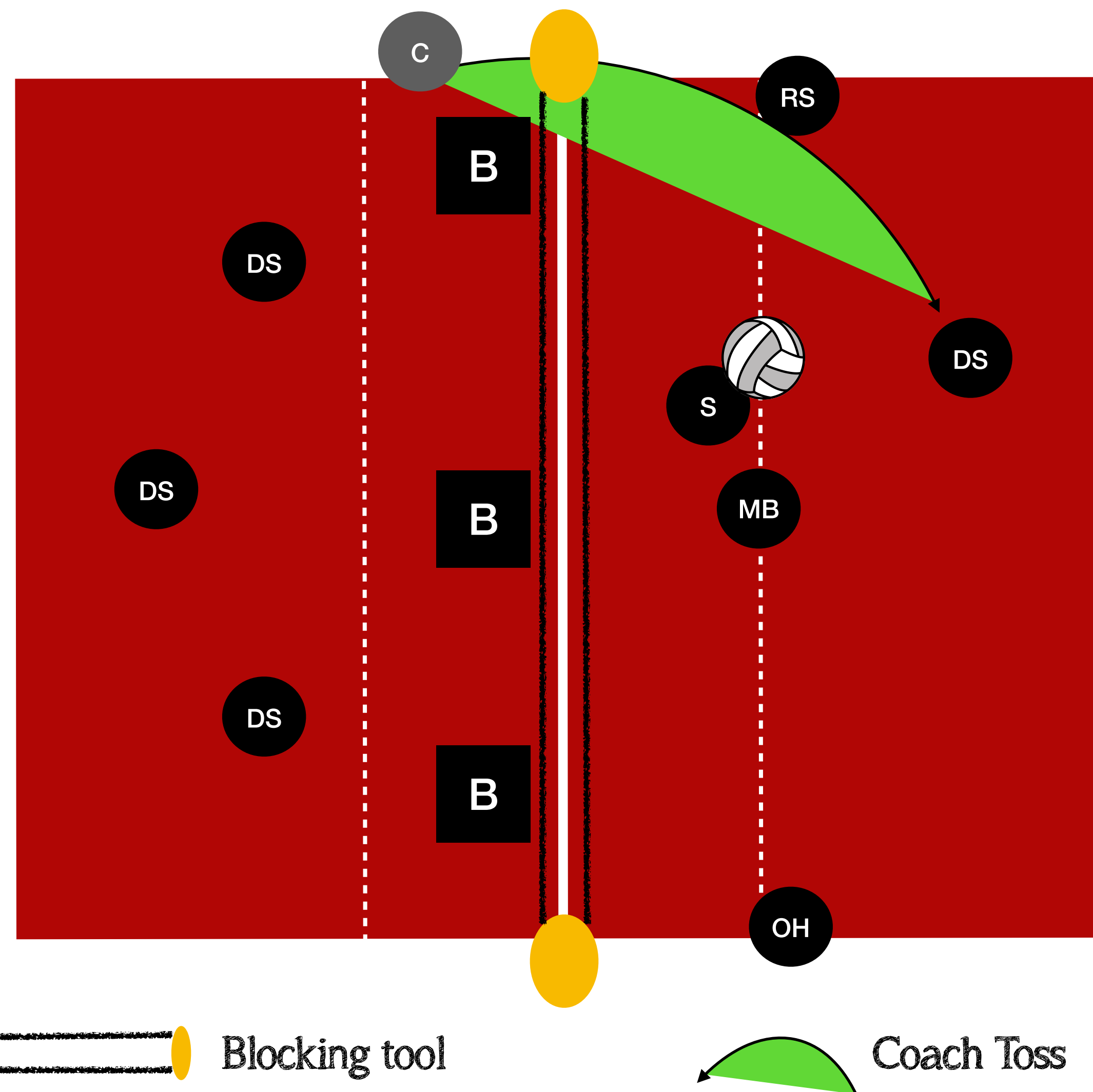
🏐 Chip to DS, DS pass to setter, setter sets and all hitters throw, tip, or roll in sequence.

🏐 **Coach Calls** tells blockers on box to put arms up to signify block is on - attacker must roll OR blocker to keep arms down which signifies bad block and attacker should attack. All OOS = roll

🏐 **Coach determines Throw, Tip, or Roll sequence.**

🏐 Hitters THROW, TIP, OR ROLL to designated zones (OH-RB, MB-RB/LB, RS-LB)

🏐 DS cannot break until contact - practice low balls digs



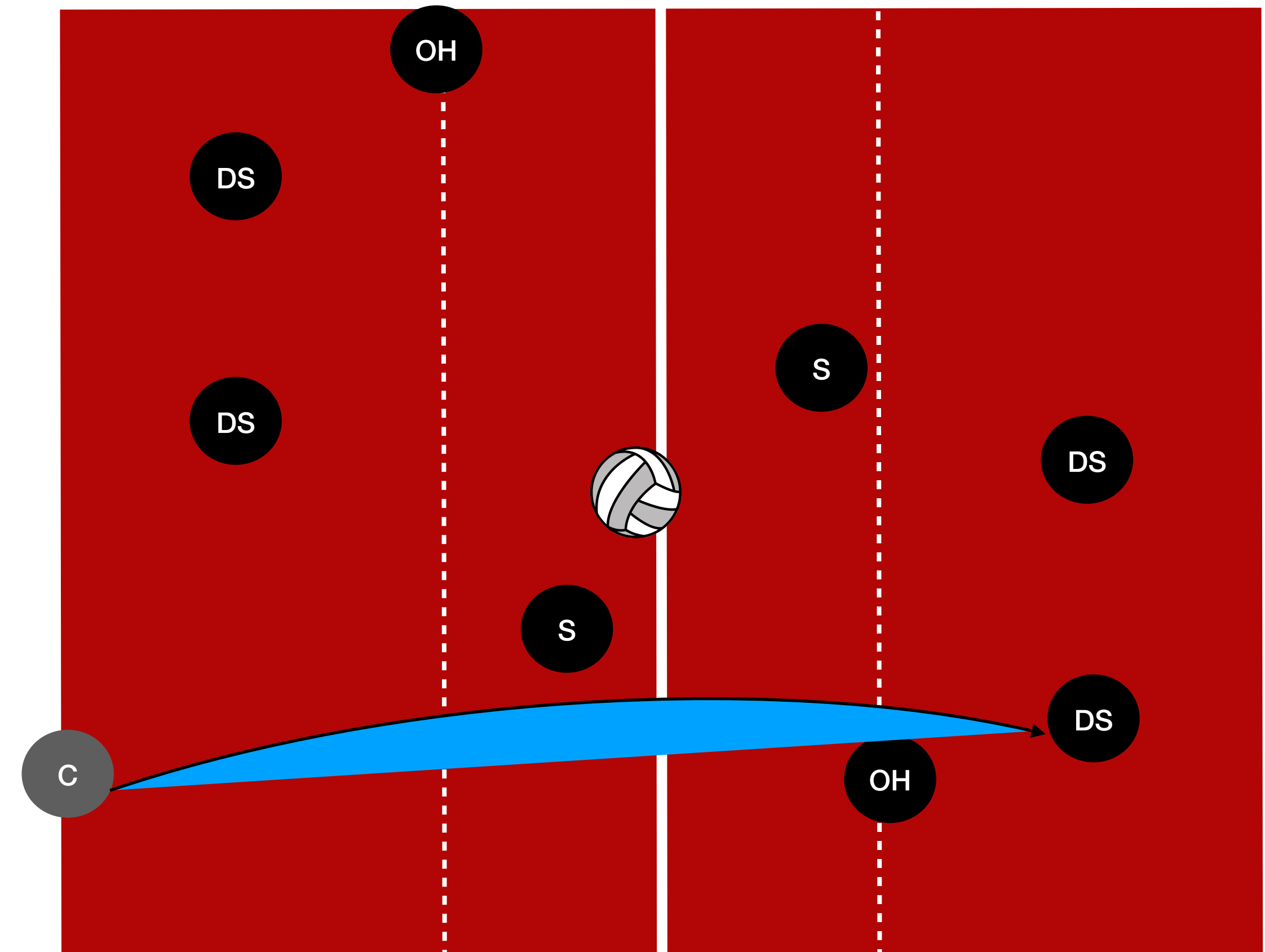
LIVE

4, 5, 6
Keep it in play

LINK: Transition

LINK: DS/Libero Game

- 🏐 Focus - Proper motion to throw, tip, and roll
- 🏐 Time - 15 minutes
- 🏐 Score - Cooperative
- 🏐 Explanation
 - Keep the ball in PLAY!
- 🏐 Drill
 - 🏐 Two DS, OH and Setter on each side.
 - 🏐 Coach hits a down-ball to start
 - 🏐 DS pass to setter, setter to OH. OH must roll, throw to zone 4, 5, or 6. Opposite team must execute same sequence.
 - 🏐 **Ball MUST BE KEPT IN PLAY 5 TIMES BY EACH TEAM TO ROTATE**



 Down-ball

GAME

Throw, Tip, Roll

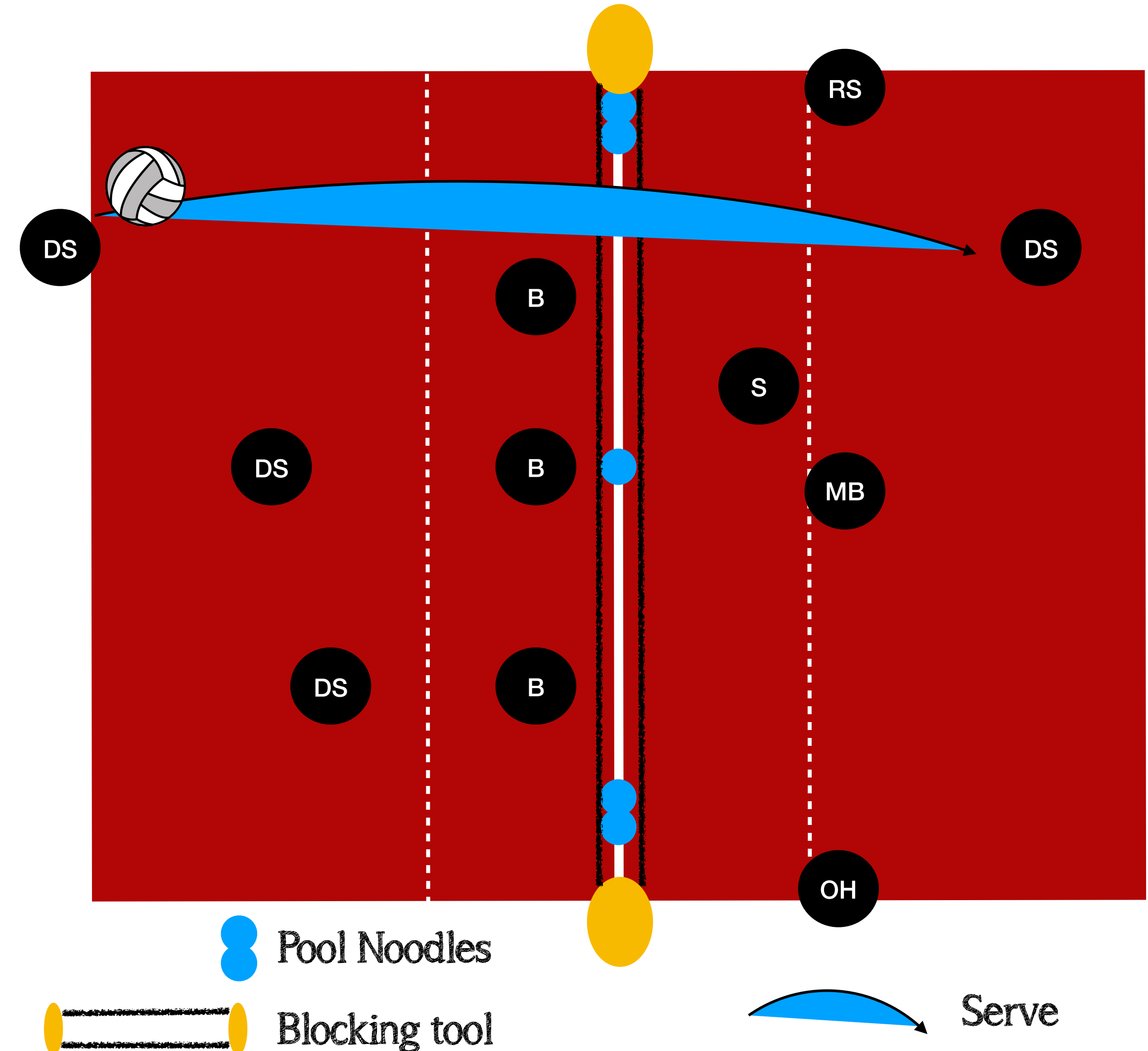
- 🌀 Focus - Proper motion to throw, tip, and roll
- 🌀 Time - 15 minutes
- 🌀 Score - Must make a SHOT to score
- 🌀 Explanation
 - Execute throw, tip, roll
- Drill
 - 🌀 Offense: Setter, RS, MB, OH and DS
 - 🌀 Defense: 3 blockers, 3 DS
 - 🌀 **Serve to start sequence**
 - 🌀 **Player determines Throw, Tip, or Roll**
 - 🌀 Hitters THROW, TIP, OR ROLL to designated zones (OH-RB, MB-RB/LB, RS-LB)
 - 🌀 DS cannot break until contact - practice low balls digs
- 🌀 Variables
 - 🌀 Blockers vs Pool noodles
 - 🌀 Blockers can practice transition

Can change to Men's Height to simulate Block without pool noodles.

LINK: Transition

LINK: DS/Libero Game

LINK: BSBH



PRACTICE PLAN

Defense

GRACE CHRISTIAN



VOLLEYBALL

Blocking & Transition

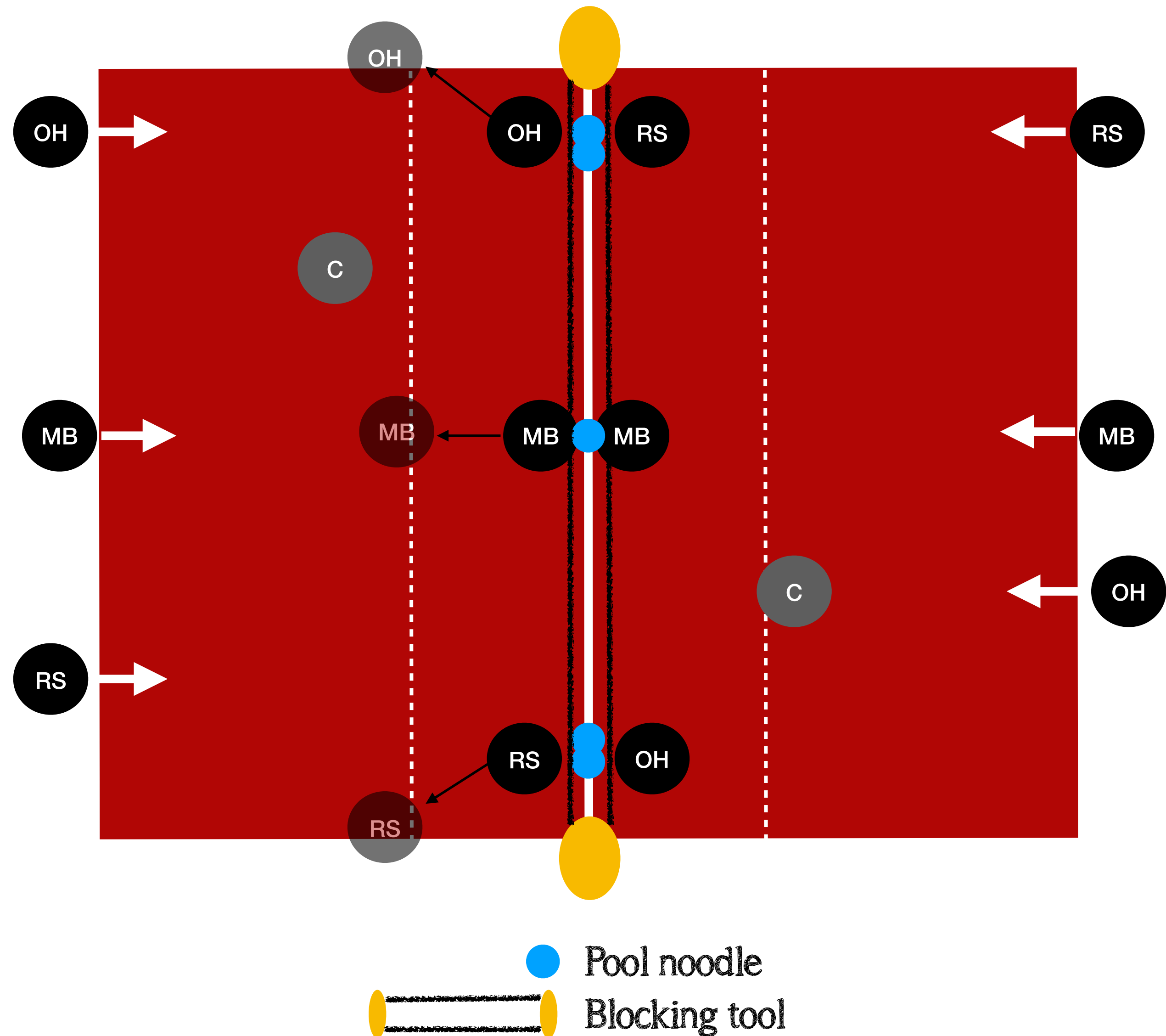


Movement

Transition

Footwork

- Focus - Proper Footwork in transition
- Time - 10 minutes
- Score - No Score
- Explanation
 - Execute footwork with split step
- Drill
 - Noodles placed to denote zone to block for upcoming drills.
 - OH, MB, RS line in front of pool noodles to simulate where they need to end their swing block
 - Coach calls go and all blockers jump to touch pool noodles.
 - OH lands split step, opens toward the court with big RT foot, crossover to LF foot, then jump turn to 3m. Eyes follow ball
 - MB lands split step, opens toward the court with big RT foot to simulate ball going to RT back, then next time to with big LF foot to simulate ball going to LB back, crossover step, then jump turn to 3m. Eyes follow ball
 - RS lands split step, opens toward the court with big LF foot, crossover to RT foot, then jump turn to 3m. Eyes follow ball



Movement

Transition

Block and Transition

🌀 Focus - Proper Footwork in transition

🌀 Time - 5 minutes

🌀 Score - No Score

🌀 Explanation

Execute block footwork with split step and transition

🌀 Drill

🌀 Noodles placed to denote zone to block.

🌀 OH, MB, RS line in bunched position on both sides of the net for swing block

🌀 Coach calls go and after each block blockers reset then coach calls go again:

🌀 OH/MB swing and touch pool noodles - OH (RT hand) - MB (LF hand)

🌀 OH lands split step, opens toward the court with big RT foot, crossover to LF foot, then jump turn to 3m. Eyes follow ball. OH STAYS

🌀 MB lands split step, opens toward the court with big RT foot, crossover step, then jump turn to 3m. Eyes follow ball

🌀 MB resets

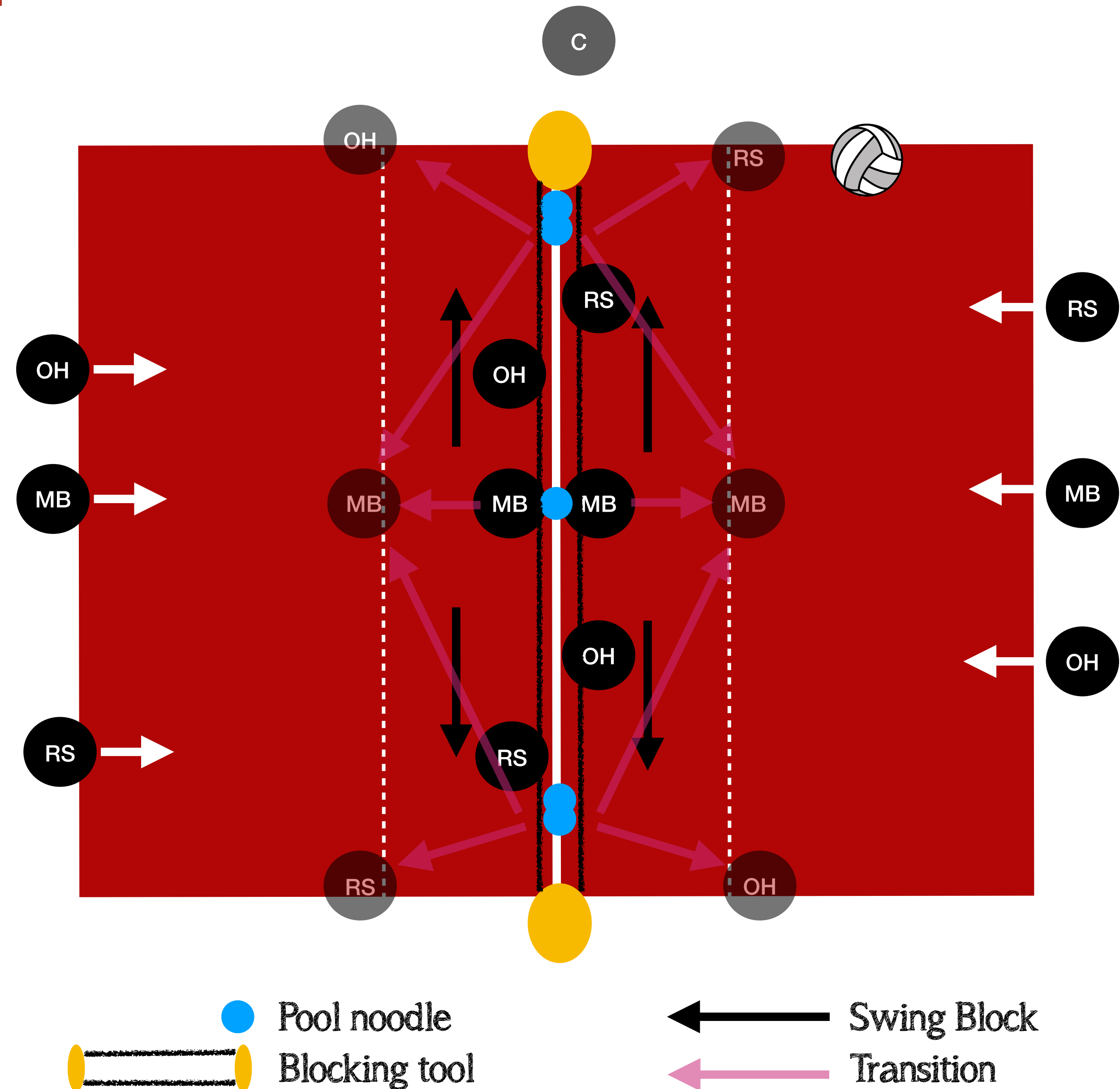
🌀 MB/RS swing and touch pool noodles - MB (RT hand) - RS (LF hand)

🌀 RS lands split step, opens toward the court with big LF foot, crossover to RT foot, then jump turn to 3m. Eyes follow ball. RS STAYS

🌀 MB lands split step, opens toward the court with big RT foot, crossover step, then jump turn to 3m. Eyes follow ball

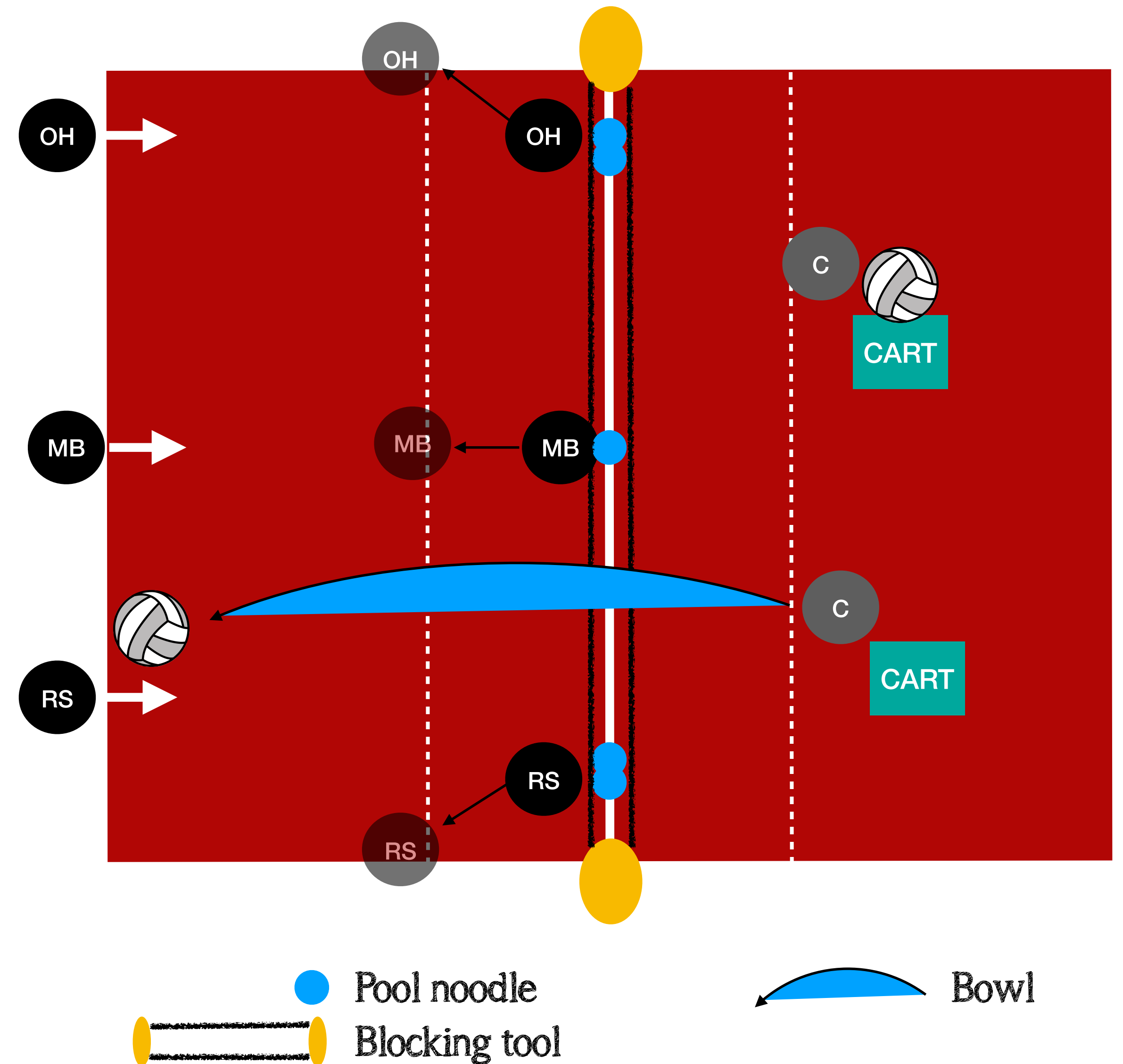
🌀 MB resets

🌀 OH, MB, & RS touch block and transition



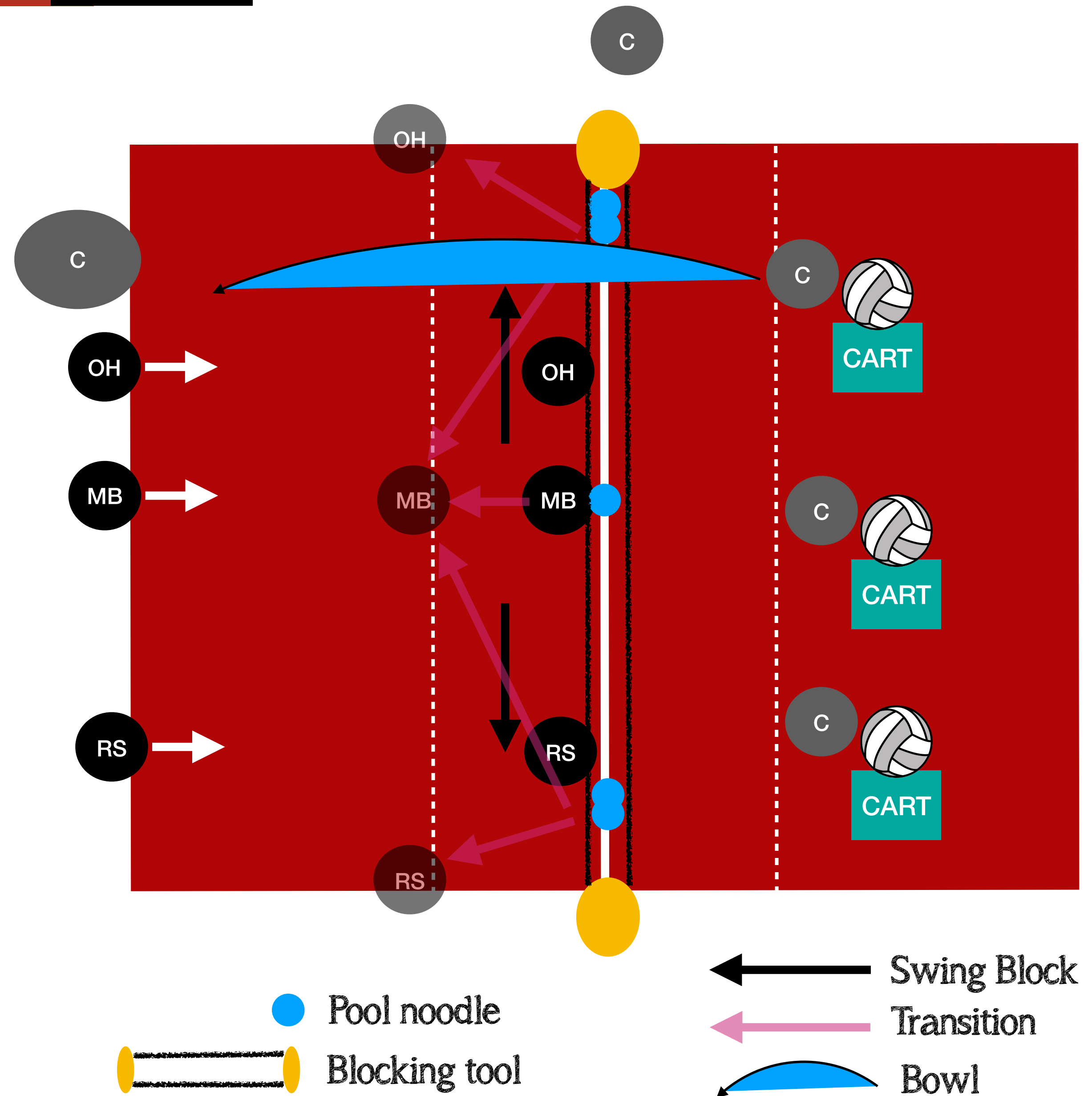
Footwork with Ball

- Focus - Proper Footwork in transition
- Time - 5 minutes
- Score - No Score
- Explanation
 - Execute block footwork with split step and eye work to ball
- Drill
 - Noodles placed to denote zone to block for upcoming drills.
 - OH, MB, RS line in front of pool noodles to simulate where they need to end their swing block
 - Blockers jump to touch pool noodles as Coach **BOWLS** in predetermined order (like RS, OH, Middle back). Blockers **MUST TRACK THE BALL** until caught by player waiting in line behind them.
 - OH lands split step, opens toward the court with big RT foot, crossover to LF foot, then jump turn to 3m. Eyes follow ball
 - MB lands split step, opens toward the court with big RT foot if the ball is going to RT back or LF foot if the ball is bowled to LB back, crossover step, then jump turn to 3m. Eyes follow ball
 - RS lands split step, opens toward the court with big LF foot, crossover to RT foot, then jump turn to 3m. Eyes follow ball



Footwork with Ball

- Focus - Proper Footwork in transition
- Time - 5 minutes
- Score - No Score
- Explanation
 - Execute block footwork with split step, read ball, and transition
- Drill
 - Noodles placed to denote zone to block for upcoming drills.
 - OH, MB, RS line in front of pool noodles to simulate where they need to end their swing block
 - Coach on service line will pick which cart throws players must read and transition
 - Blockers jump to touch pool noodles as ball bowled when coach on service line designates to (RB, MB, LB) and players in line catch.
 - Blockers MUST TRACK THE BALL until caught by player waiting in line behind them.**
 - OH lands split step, opens toward the court with big RT foot, crossover to LF foot, then jump turn to 3m. Eyes follow ball
 - MB lands split step, opens toward the court with big RT foot if the ball is going to RT back or LF foot if the ball is bowled to LB back, crossover step, then jump turn to 3m. Eyes follow ball
 - RS lands split step, opens toward the court with big LF foot, crossover to RT foot, then jump turn to 3m. Eyes follow ball



MOVEMENT

Foot/Handwork

- Focus - Proper Footwork and speed
- Time - 5 minutes
- Score - No Score
- Explanation

Proper bunching/pinched position

Speed to block timed - <1 sec expected

Proper jab step and then swing crossover

Proper hand position press to back line

Close block (cannot always from read position)

No uneven hands towards sidelines

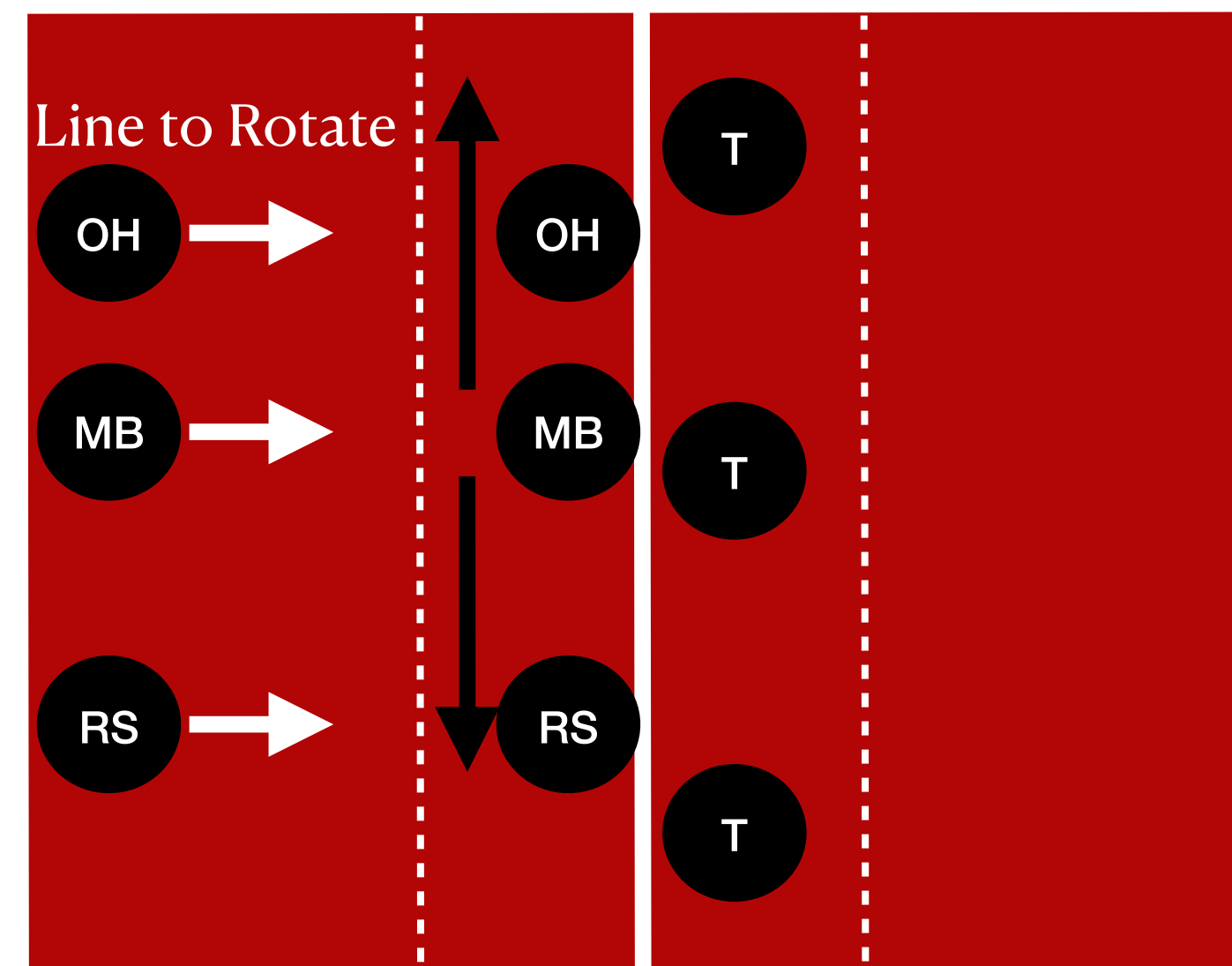
No hands behind their own heads

LAND SPLIT FEET

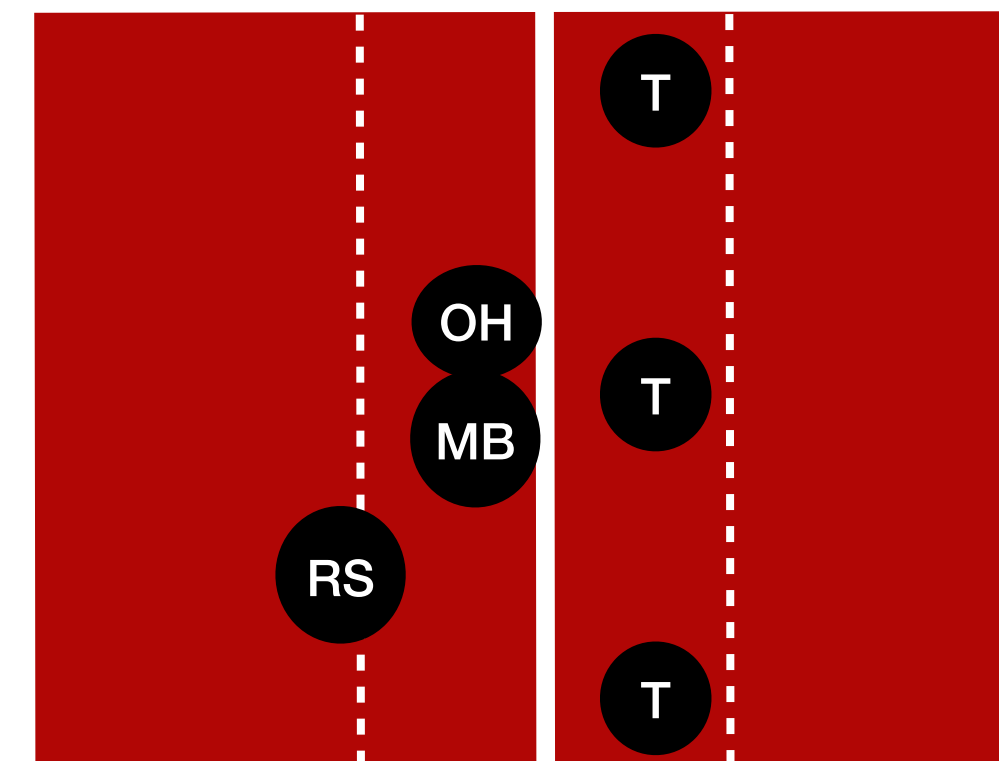
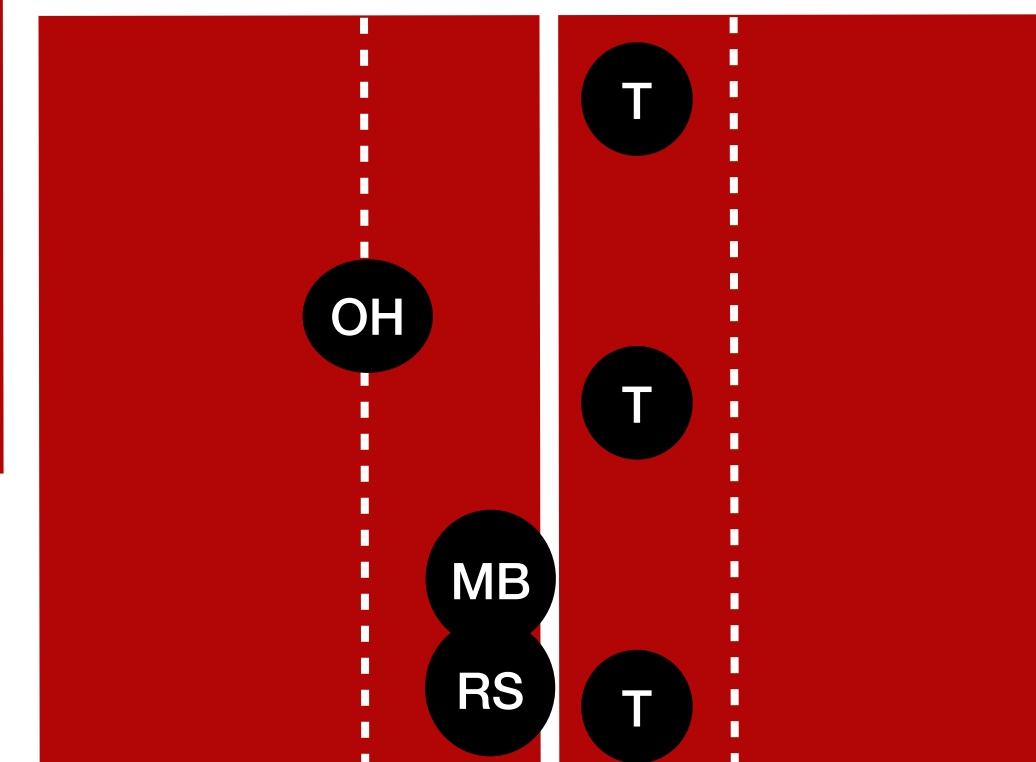
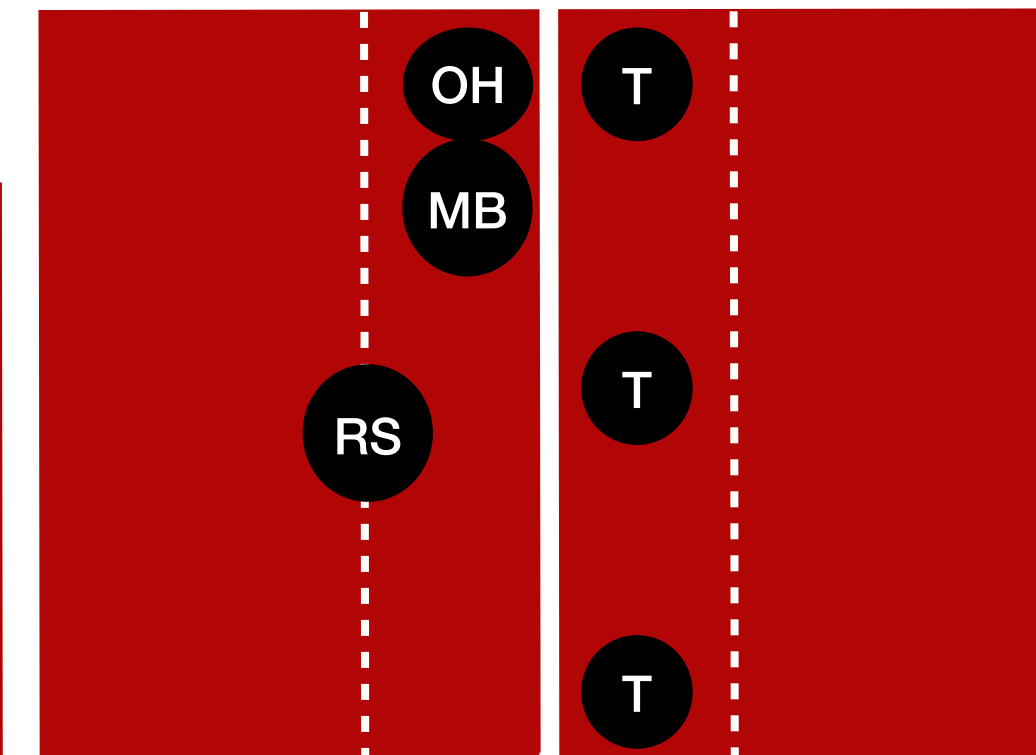
LINK: 3B2, BSBH

Drill

- First - OH, MB swing
- Second MB, RS swing
- Third MB, OH touch block middle
- Repeat x2 then rotate



TIME < 1.25 seconds



Could add footwork for blocking B's, C's, D's, X's, etc

MOVEMENT

Foot/Handwork to Ball on Box Static

- 🏐 Focus - Proper Footwork and speed
- 🏐 Time - 5 minutes
- 🏐 Score - No Score
- 🏐 Explanation

Proper bunching/pinched position

Speed to block timed - <1 sec expected

Proper jab step and then swing crossover

Proper hand position press to back line

Close block (cannot always from read position)

No uneven hands towards sidelines

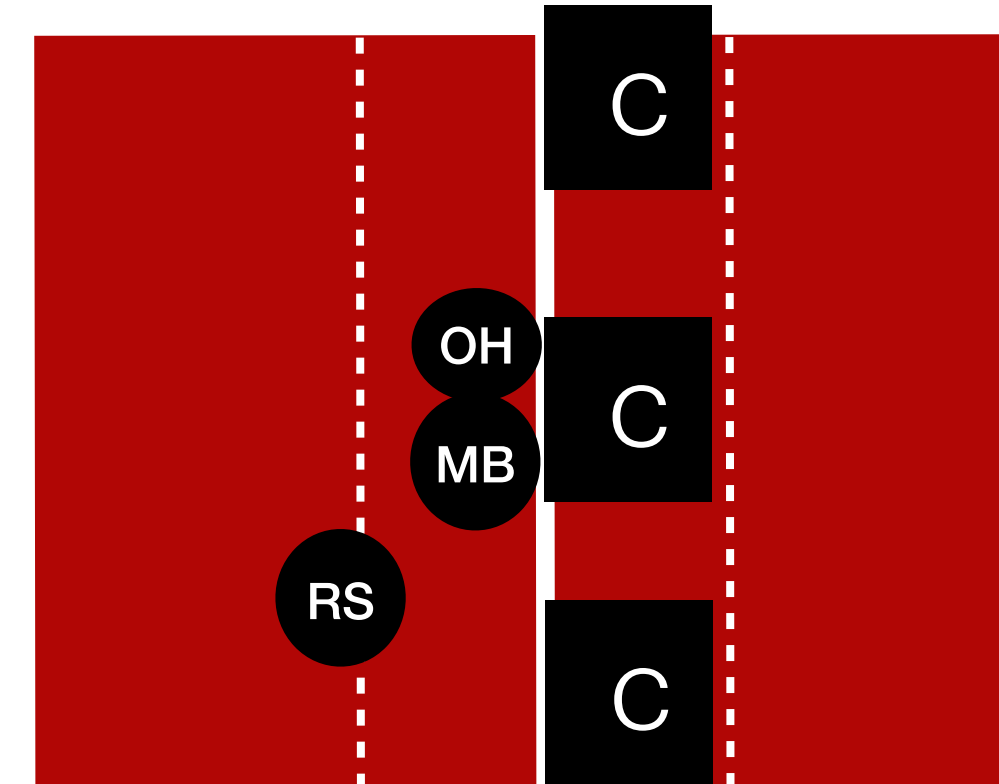
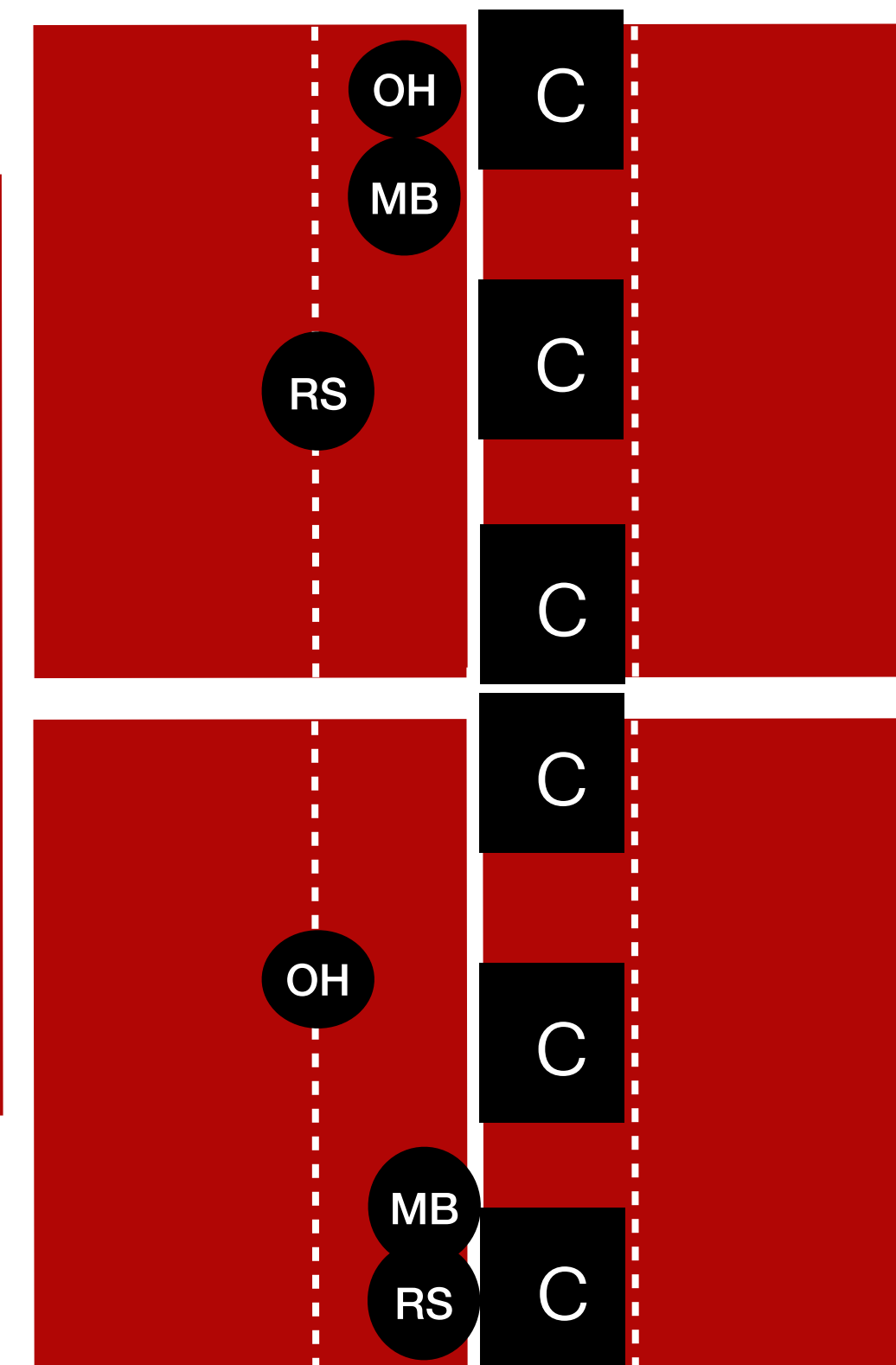
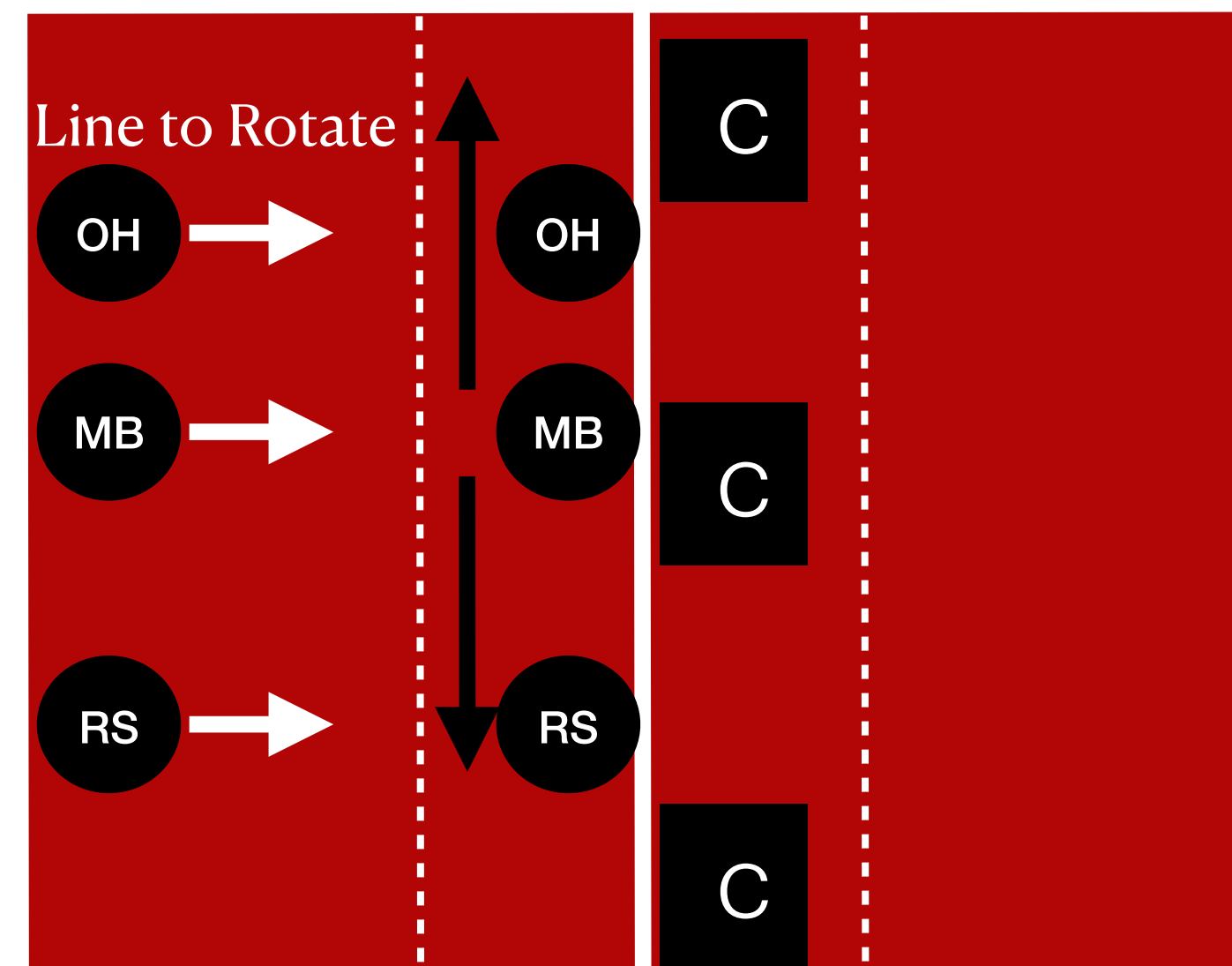
No hands behind their own heads

LAND SPLIT FEET

TIME < 1.25 seconds

LINK: 3B2, BSBH

- 🏐 Drill - Coach on box (one at a time). Ball held out for blockers to contact
- 🏐 First - OH, MB swing
- 🏐 Second MB, RS swing
- 🏐 Third MB, OH touch block middle
- 🏐 Repeat x2 then rotate



Could add footwork for blocking B's, C's, D's, X's, etc

Passing Fundamentals



MOVEMENT

Direct Path

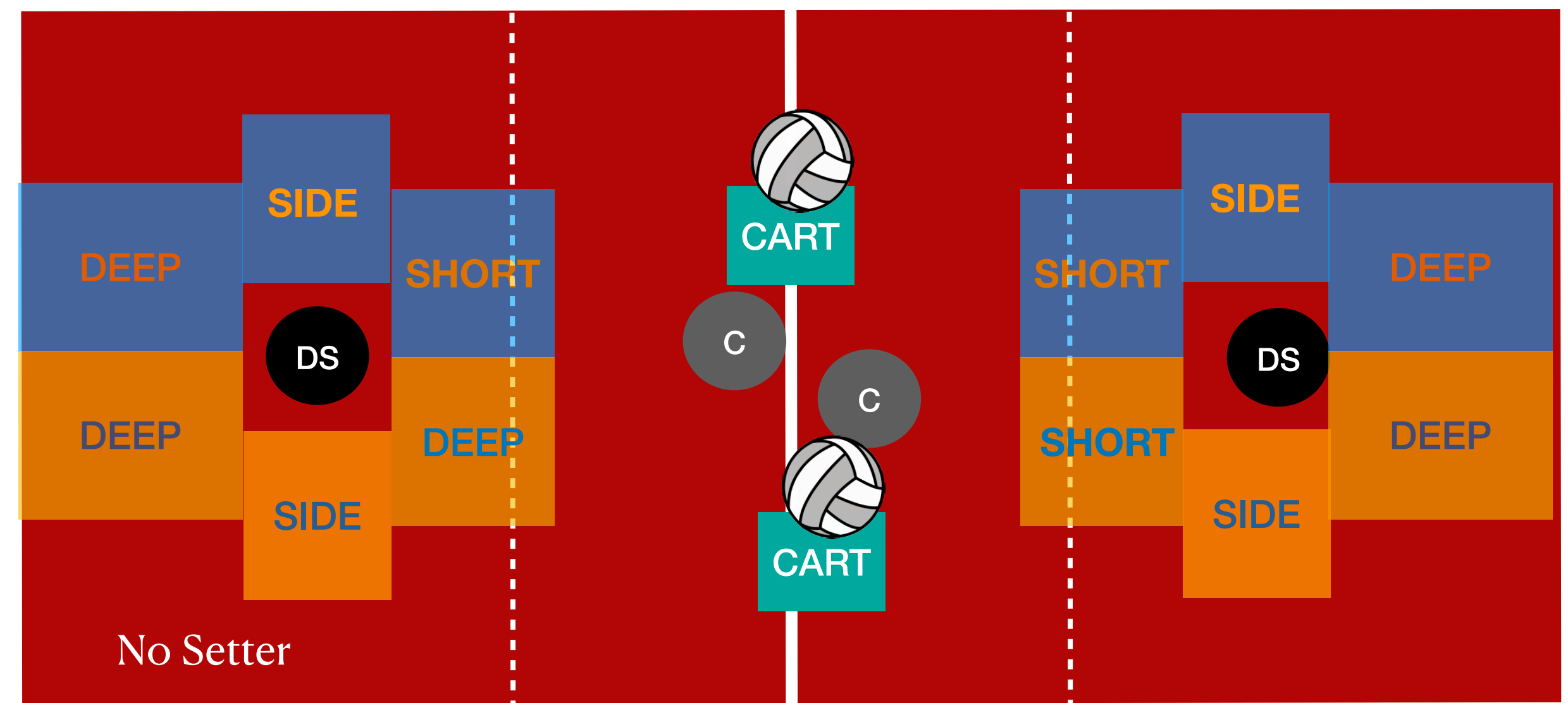
Short-Short, Side-Side, Deep-Deep

- Focus - Proper drive step and passing form
- Time - 10 minutes
- Score - No Score
- Explanation

Find the most direct path to the ball; no round about paths

- Drill
 - DS on both sides of the court
 - Coach BOWLS low (except deep)
 - DS must make quick, long jab step.
 - DS makes no more than 2 shuffle steps (tries to reach ball with jab and one shuffle)
 - Pass back to coach

QUIMPLE - Quiet & Simple



Transition to Passing/Power Position

- Square to attacker
- Shuffle - start with drive step (1-2-3 steps whenever possible; long jab and then shuffle; 2 shuffles at most)
- Platform EVEN
- Right foot forward
- Take Ball over left hip
- Shoulders rounded
- Belly button behind ball
- Platform and thighs make the same angle
- Low ball - hips move through ball
Below the knee go to the floor
- High Ball - shuffle, then drop step, NEVER let ball cross leading hip
- Ball over chest height = hands
- Platform and thighs make the same angle
- Freeze to target

SERVE RECEIVE RATING

	1	2	3	4	5	6	7	8	9	10	11	12
P3												
P2												
P1												
E												
RATING	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL Attempts	10											

MOVEMENT

Platform Read

🏐 Focus - Proper drive step, footwork, and passing form

🏐 Time - 10 minutes

🏐 Score - No Score

🏐 Explanation

How early can you read the platform

What are her "tells"

🏐 Drill

🏐 Server serves from 1/2 court

🏐 Coach passes to target (setter)

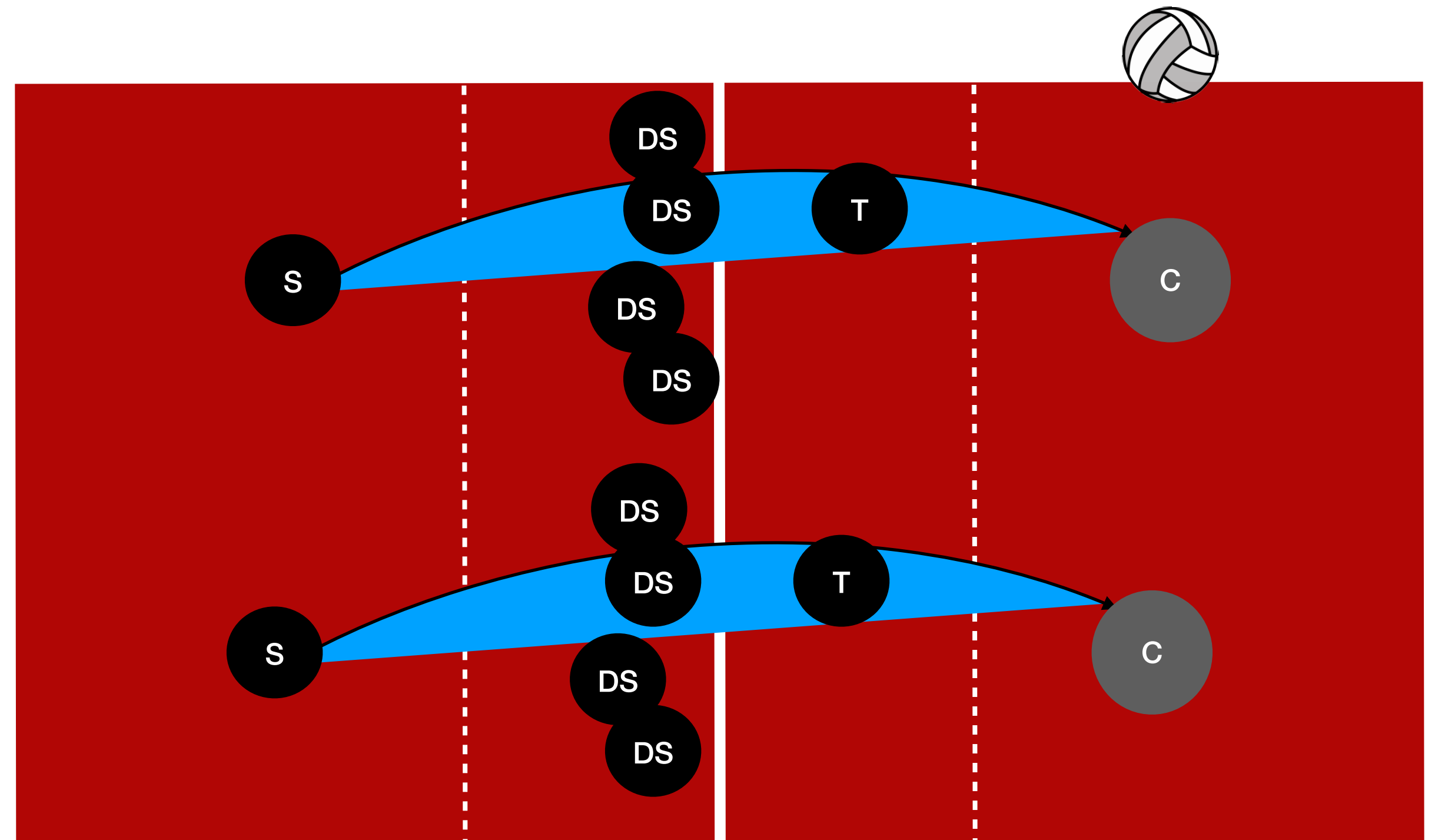
🏐 All other players on opposite side of the net to also read platform

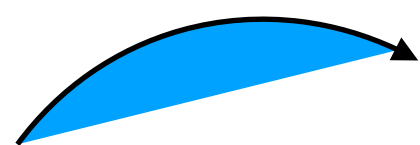
🏐 Target must read platform and start moving before coach passes based on platform

🏐 Coach give multiple platform angles to see target react

🏐 Coach quickly picks another passer so they can watch target eyes and reaction time.

🏐 Players rotate after 4-5



Serve 

Warm-up

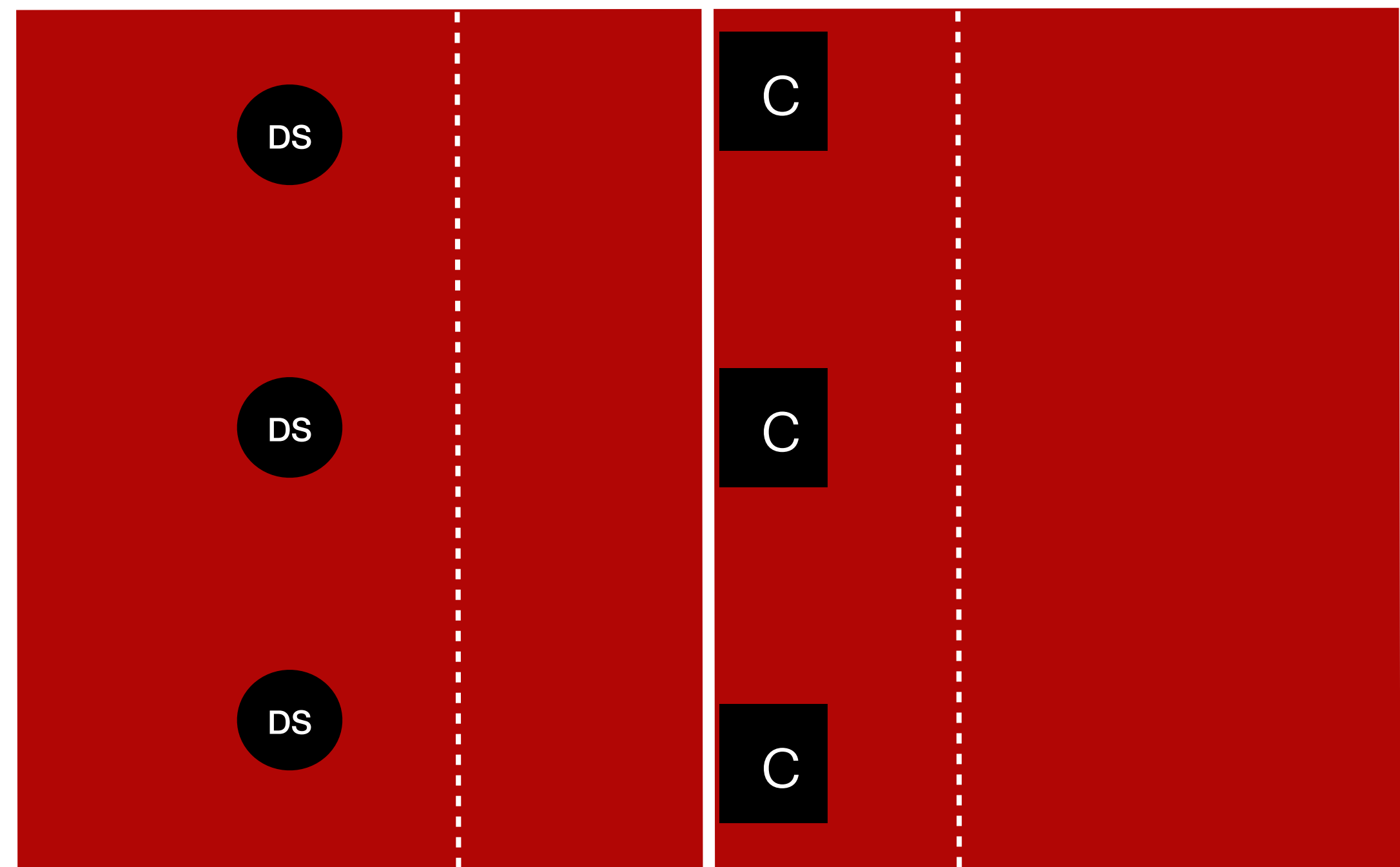
- 🏐 Focus - Proper Footwork and speed
- 🏐 Time - 5 minutes
- 🏐 Score - No Score

- 🏐 Explanation

Read the hitter!

- 🏐 DRILL

- 🏐 Coach on 3 boxes
- 🏐 Coach puts arm up to signal tip or elbow back to signal attack
- 🏐 DS must say “hit, hit, hit” or “tip, tip, tip”
- 🏐 If tip - DS lunges/dives/pancakes

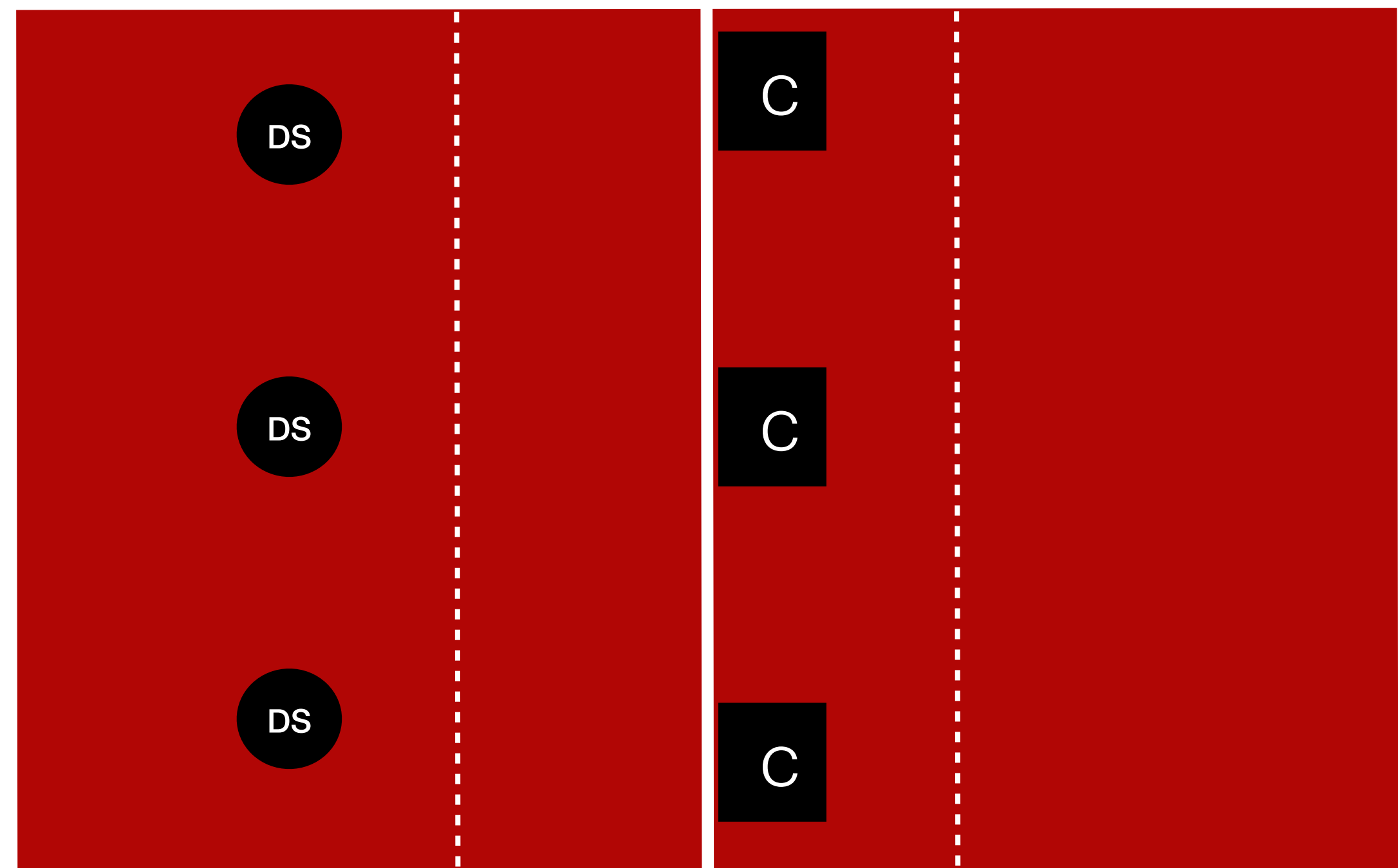


Coach on a box

- 🏀 Focus - Proper Footwork and speed
- 🏀 Time - 5 minutes
- 🏀 Score - No Score
- 🏀 Explanation

Read the hitter!

- DRILL
 - Coach on 3 boxes
 - Coach puts arm up to signal tip or elbow back to signal attack
 - DS must say “hit, hit, hit” or “tip, tip, tip”
 - If tip - DS lunges/dives/pancakes



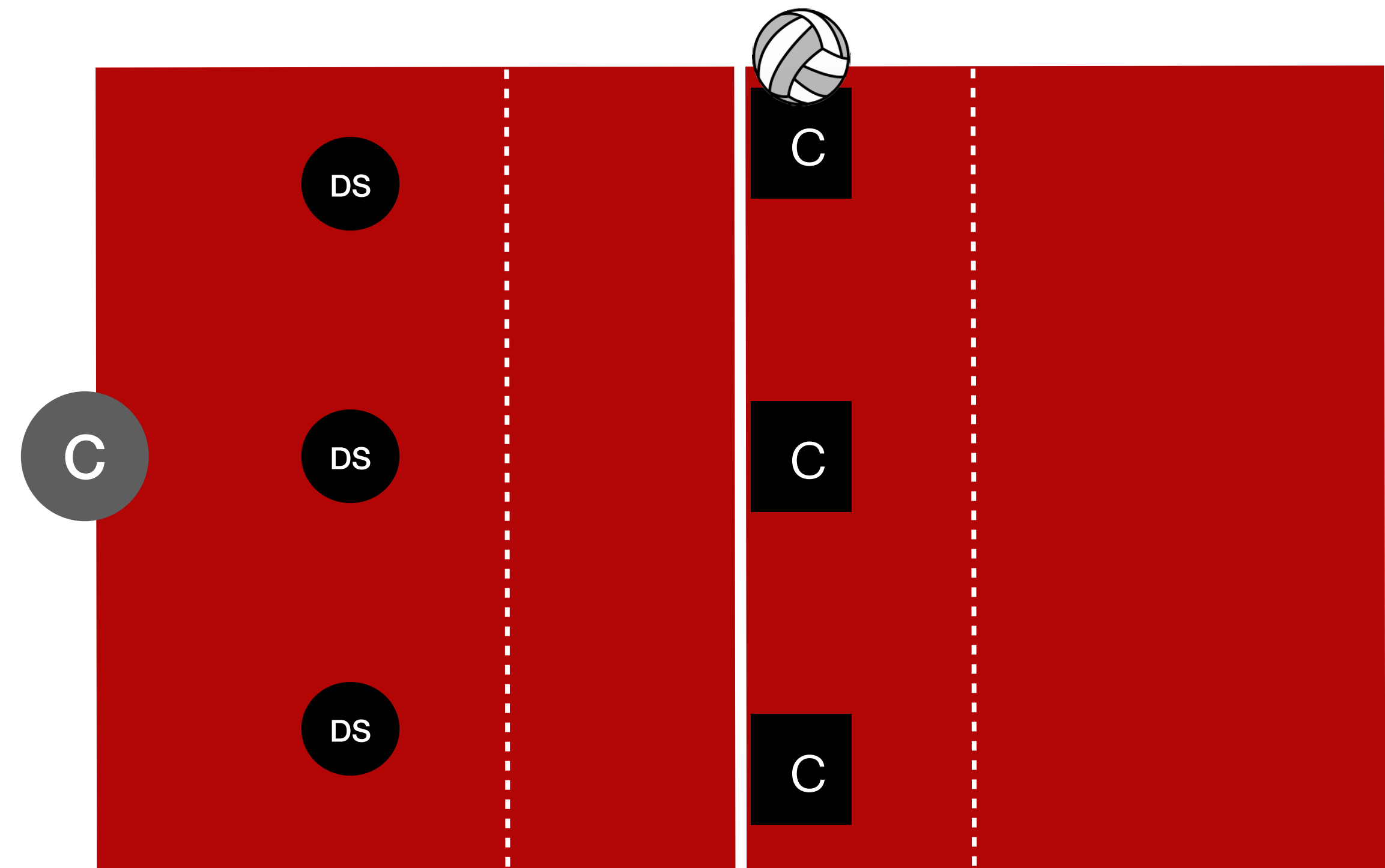
Coach on a box with a ball

- 🏐 Focus - Proper Footwork and speed
- 🏐 Time - 5 minutes
- 🏐 Score - No Score
- 🏐 Explanation

Read the hitter!

- DRILL

- Coach on 3 boxes
- Coach behind DS points to coach on a box and that coach either hits a live ball with same “elbow back” or tips with “arm up” position
- DS plays the ball from the coach in front
- DS must say “hit, hit, hit” or “tip, tip, tip”
- If tip - DS lunges/dives/pancakes

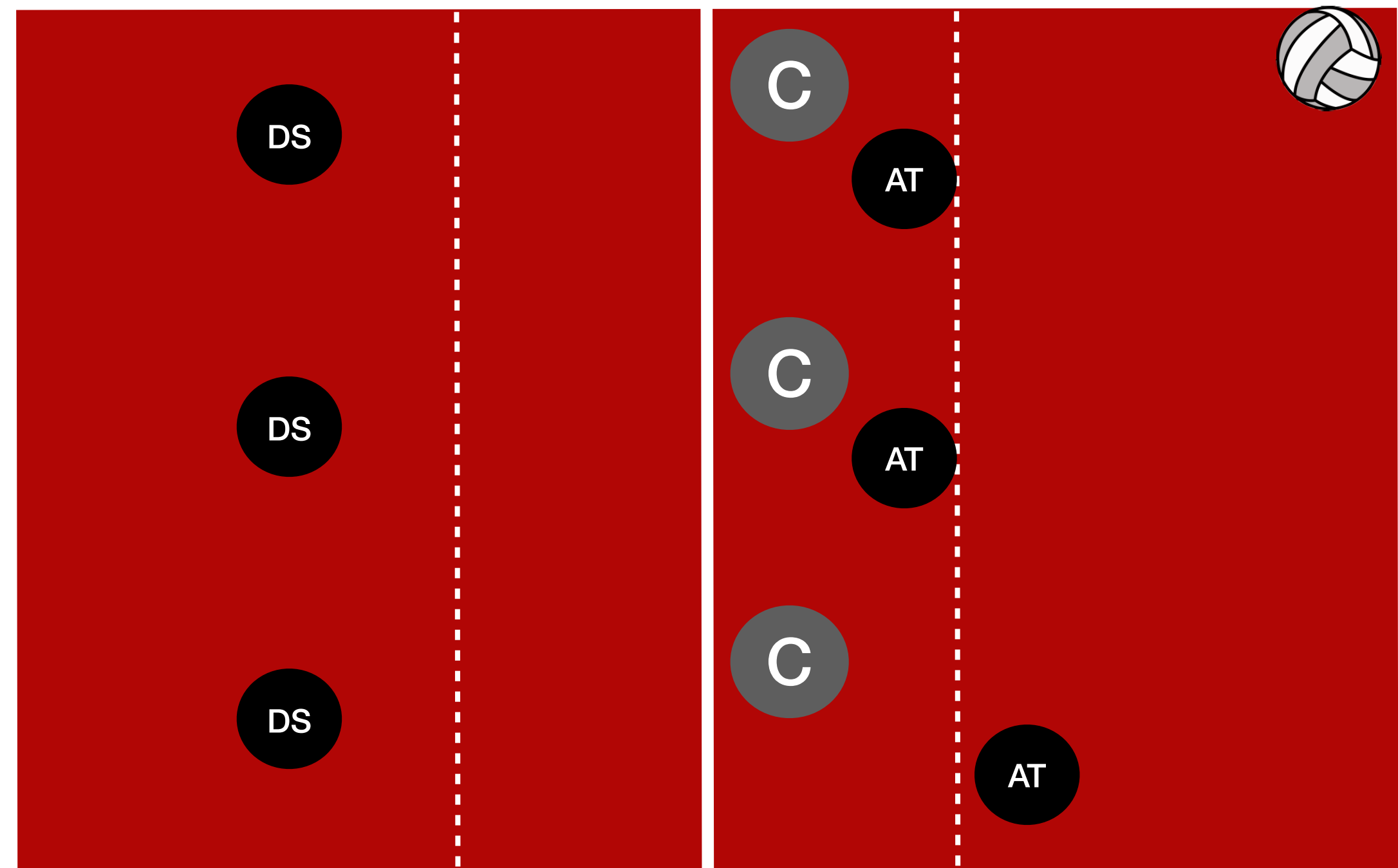


Coach on a box with a ball

- 🏐 Focus - Proper Footwork and speed
- 🏐 Time - 5 minutes
- 🏐 Score - No Score
- 🏐 Explanation

Read the hitter!

- DRILL
 - 3 Coaches - 3 Attackers - 3 DS
 - Coach tells DS whether it's a tip or attack
 - Coach toss and Attacker must do what coach called.
 - DS plays the ball from the Attacker in front
 - DS must say "hit, hit, hit" or "tip, tip, tip"
 - If tip - DS lunges/dives/pancakes

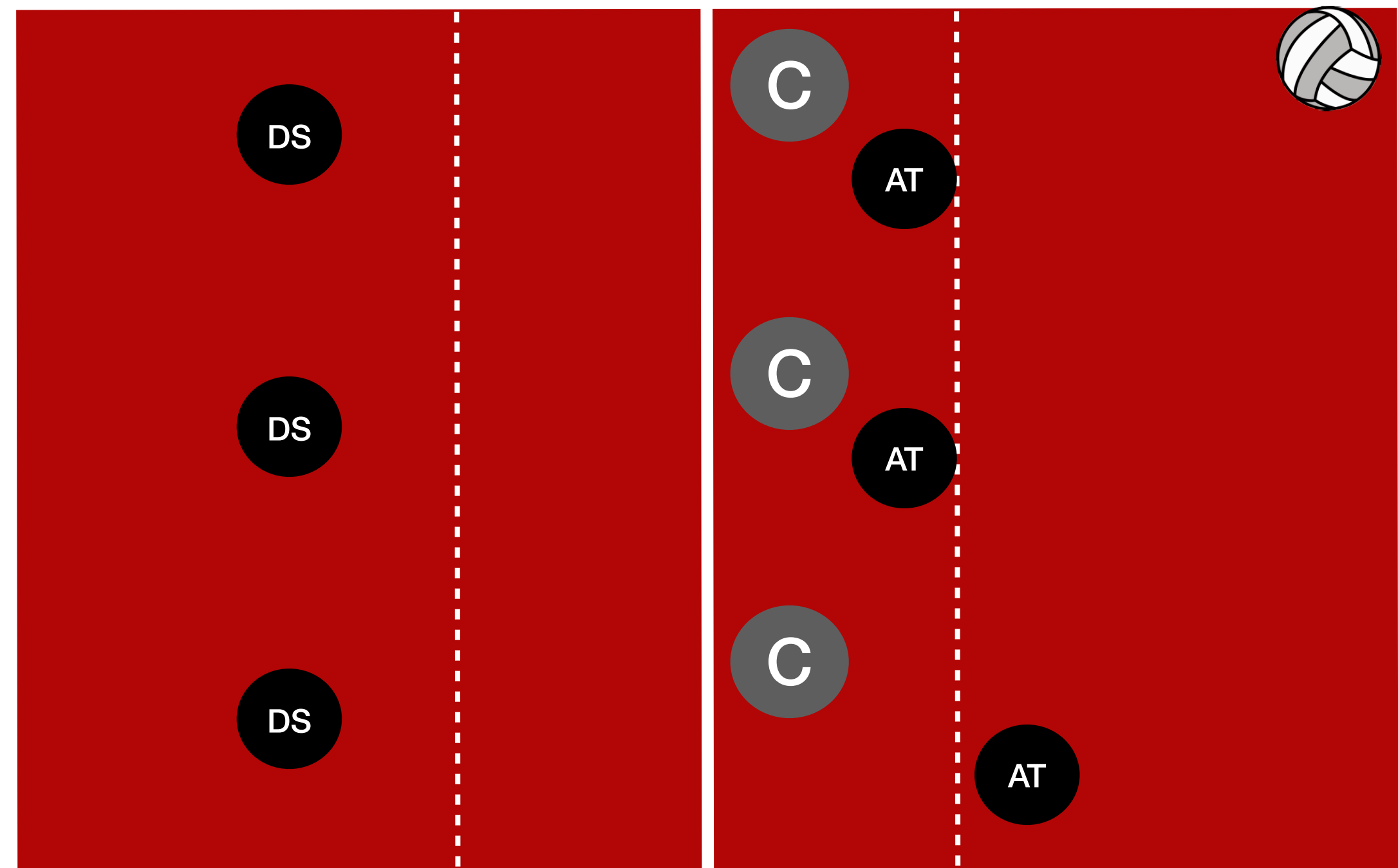


Coach on a box with a ball

- 🏐 Focus - Proper Footwork and speed
- 🏐 Time - 5 minutes
- 🏐 Score - No Score
- 🏐 Explanation

Read the hitter!

- DRILL
 - 3 Coaches - 3 Attackers - 3 DS
 - Coach toss and Attacker can tip or attack
 - DS plays the ball from the Attacker in front
 - DS must say “hit, hit, hit” or “tip, tip, tip”
 - If tip - DS lunges/dives/pancakes



- Focus - Proper drive step, footwork, and passing form

- Time - 10 minutes

- Score - Score Pass

- Explanation

Proper form!!

- Drill

- 3 DS - 3 Blockers. 3 AT - Setter

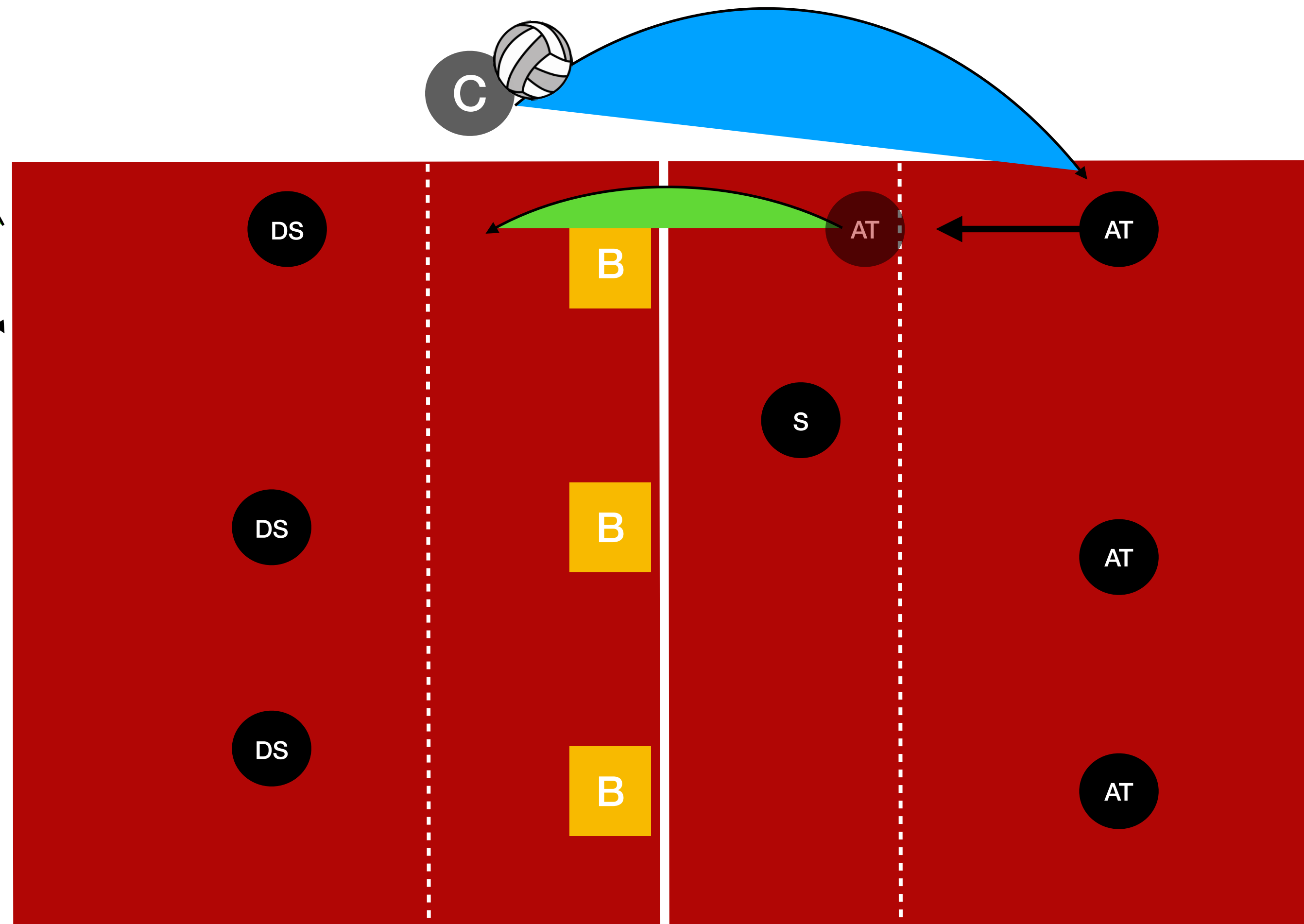
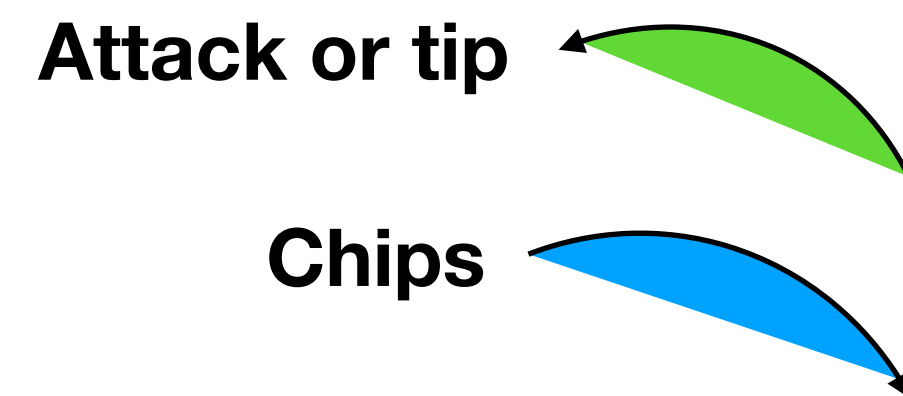
- Coach chips to Attacker who passes to setter

- Blockers stay stationary to allow DS to read

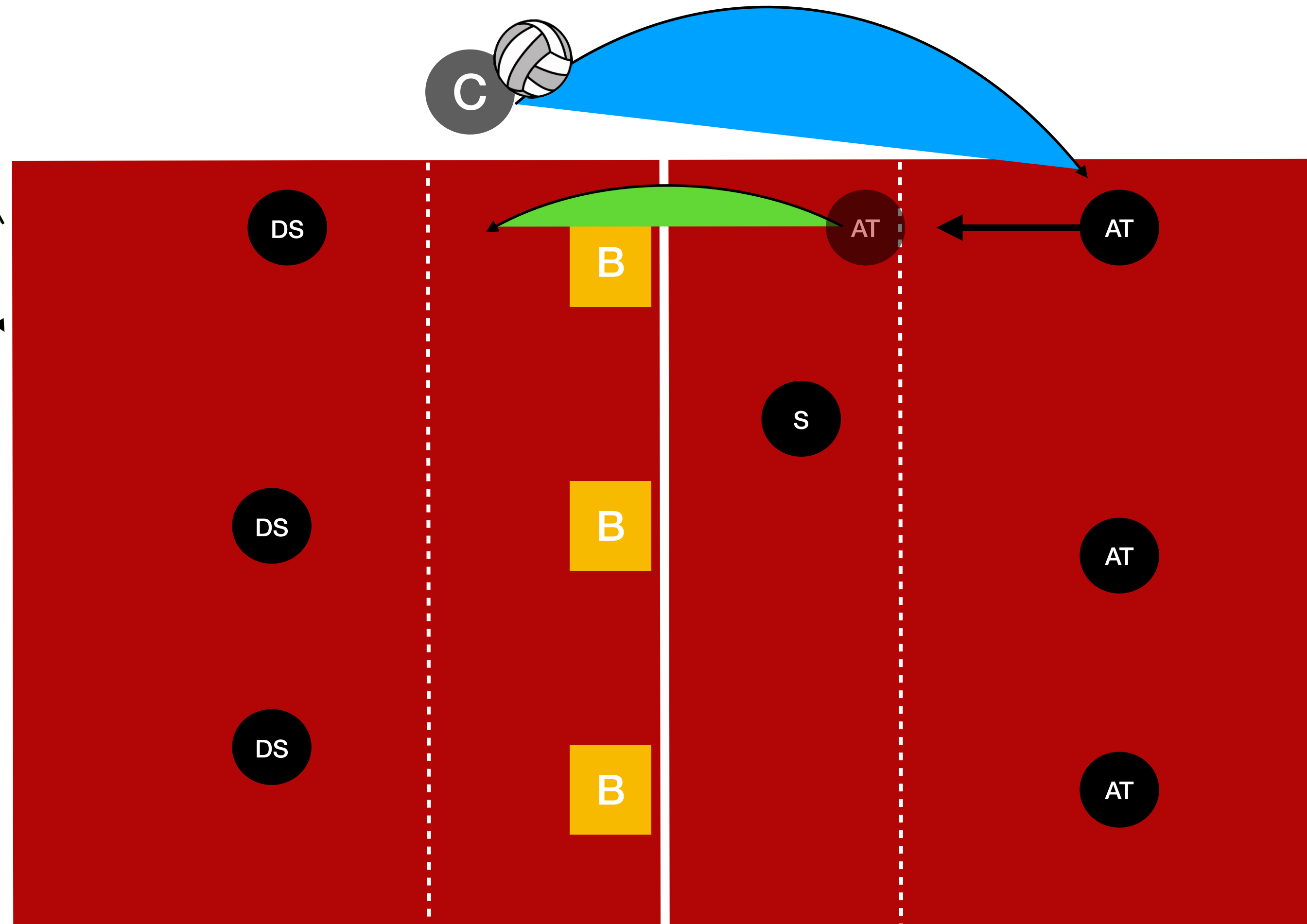
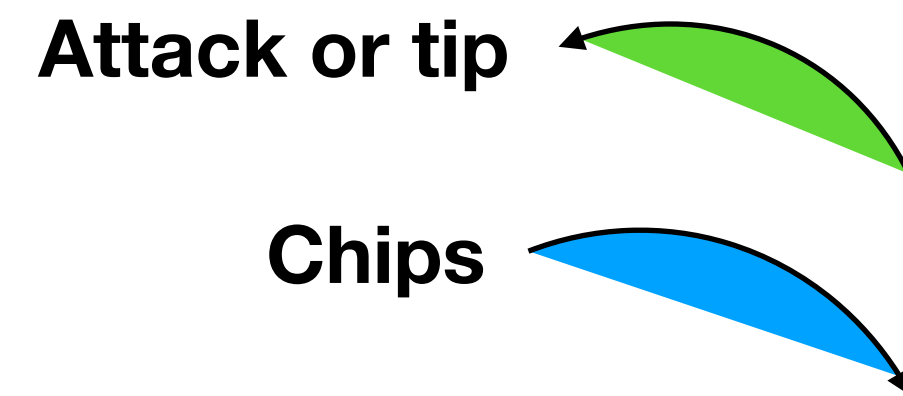
- Setter sets and attacker must tip or attack to **player in front of them.**

- DS must say "hit, hit, hit" or "tip, tip, tip"

- If tip - DS lunges/dives/pancakes



- Focus - Proper drive step, footwork, and passing form
- Time - 10 minutes
- Score - Score Pass
- Explanation
 - Proper form!!
- Drill
 - 3 DS - 3 Blockers. 3 AT - Setter
 - Coach chips to Attacker who passes to setter
 - Blockers stay stationary to allow DS to read
 - Setter sets and attacker must tip or attack to **ANY DS** and DS play the ball as if it were a game.
 - DS must say “hit, hit, hit” or “tip, tip, tip”
 - If tip - DS lunges/dives/pancakes
 - Rally stops after each attack



GAME

Hitter Reading

- Focus - Proper drive step, footwork, and passing form

- Time - 10 minutes

- Score - Score Pass

- Explanation

Proper form!!

- Drill

- 3 DS - 3 Blockers. 3 AT - Setter

- Coach chips to Attacker who passes to setter

- Blockers **STILL STATIC** - goal is for DS to have to read and not to block

- Setter sets or **DUMPS** and attacker may tip or attack to **ANY DS** and DS play the ball as if it were a game.

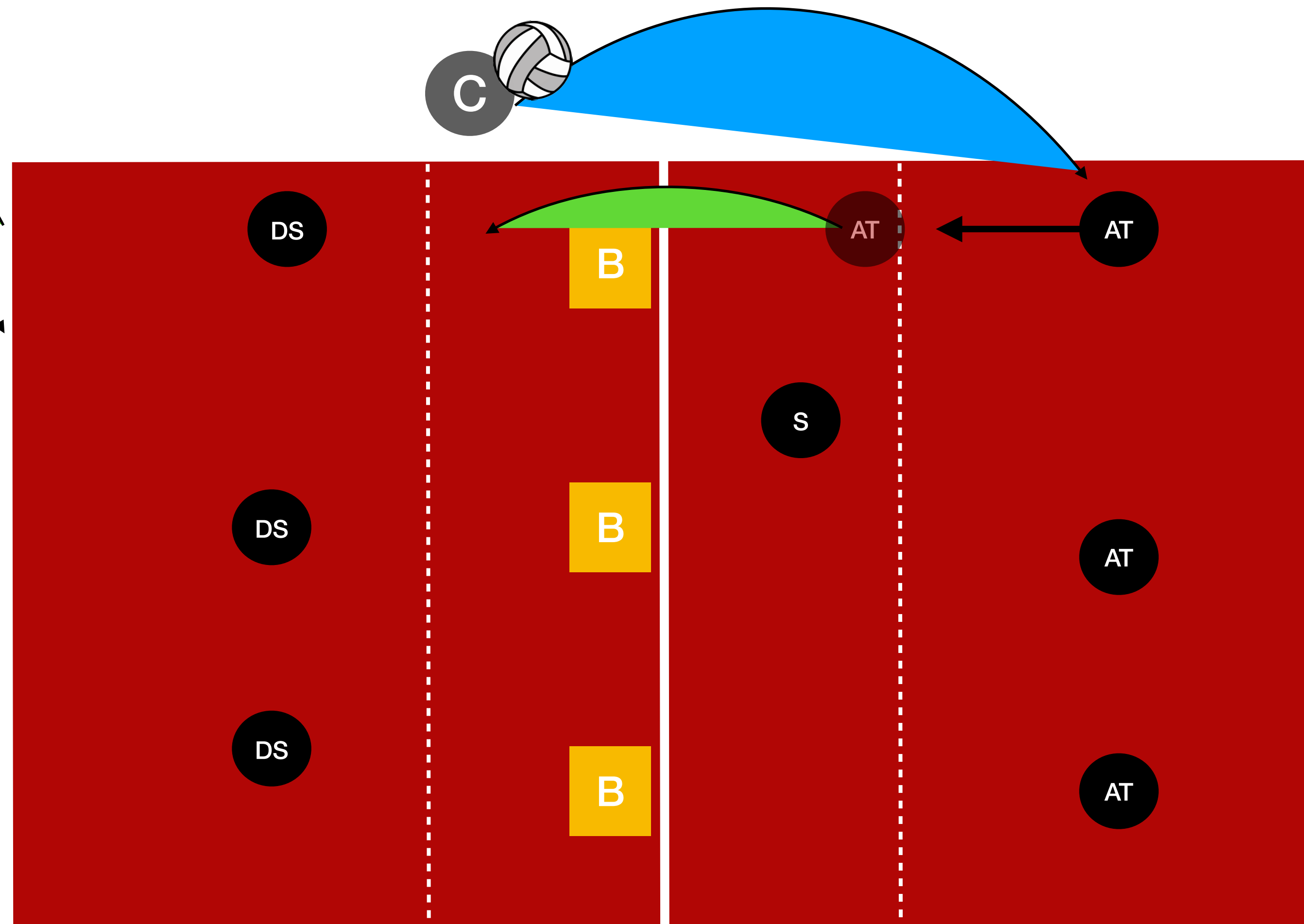
- DS must say "hit, hit, hit" or "tip, tip, tip"

- If tip - DS lunges/dives/pancakes

- Rally stops after each attack

Attack or tip

Chips



SERVE RECEIVE RATING

	1	2	3	4	5	6	7	8	9	10	11	12
P3												
P2												
P1												
E												
RATING	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL Attempts	10											

PRACTICE PLAN SETTER



WALL WORK - 5min

- Wall set - Head height - 200 in a row
- Wall set - Head, medium, then high - 30 secs
- Set self, set head height, set self, set medium, set self, set high - 30secs
- Set head level and move from squat to stand to jump - 30secs
- Jump set (LF-RT footwork) to wall - 30secs

Spider Set - 2min

- Setter on her back
- RT leg straight up and LF leg just off the ground
- RT arm outside RT leg, LF arm between legs - ball in loaded hands
- Set just below the level of your extended RT foot
- Bicycle legs so LF leg up and RT leg just off the ground. LF arm just outside LF leg and RT arm between legs, catch the ball, and set ball to height of LF foot
- Repeat back and forth

SIDELINE SERIES - 5min

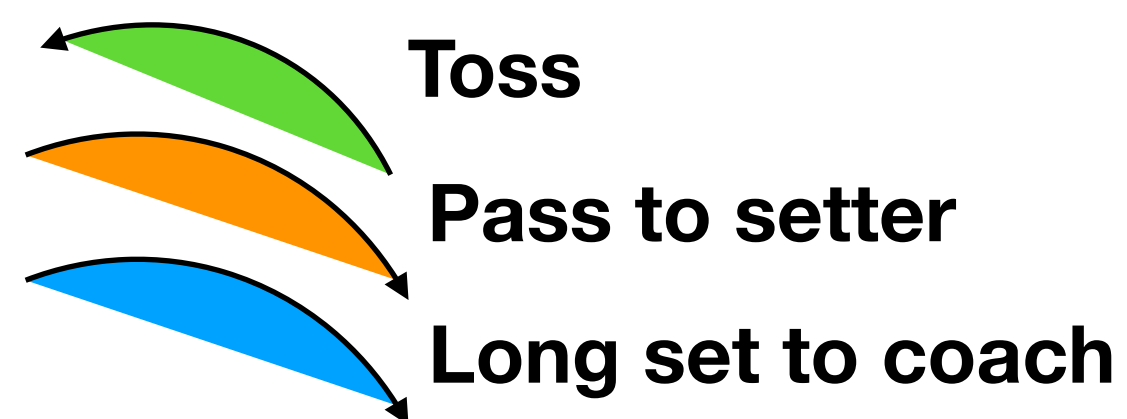
- Side line to side line SELF SET
- Side line to side line SIDE SELF SET
- Side line to side line SIDE SELF and CRISS CROSS FEET
- Side line to side line 2 HAND, RT HAND, 2 HAND, LF HAND, REPEAT
- Side line to side line SKIP AND SET
- Side line to side line SET, CLAP, SET, CLAP X2, SET, CLAP X3, SET, REPEAT
- Side line to side line SET, CLAP, **JUMP SET**, CLAP X2, SET, CLAP X3, SET, REPEAT
- Side line to side line SET, JUMP SET, SET, REPEAT
- Side line to side line JUMP SET, JUMP LF HAND, JUMP SET, JUM RT HAND, REPEAT

Movement

Partner Setting

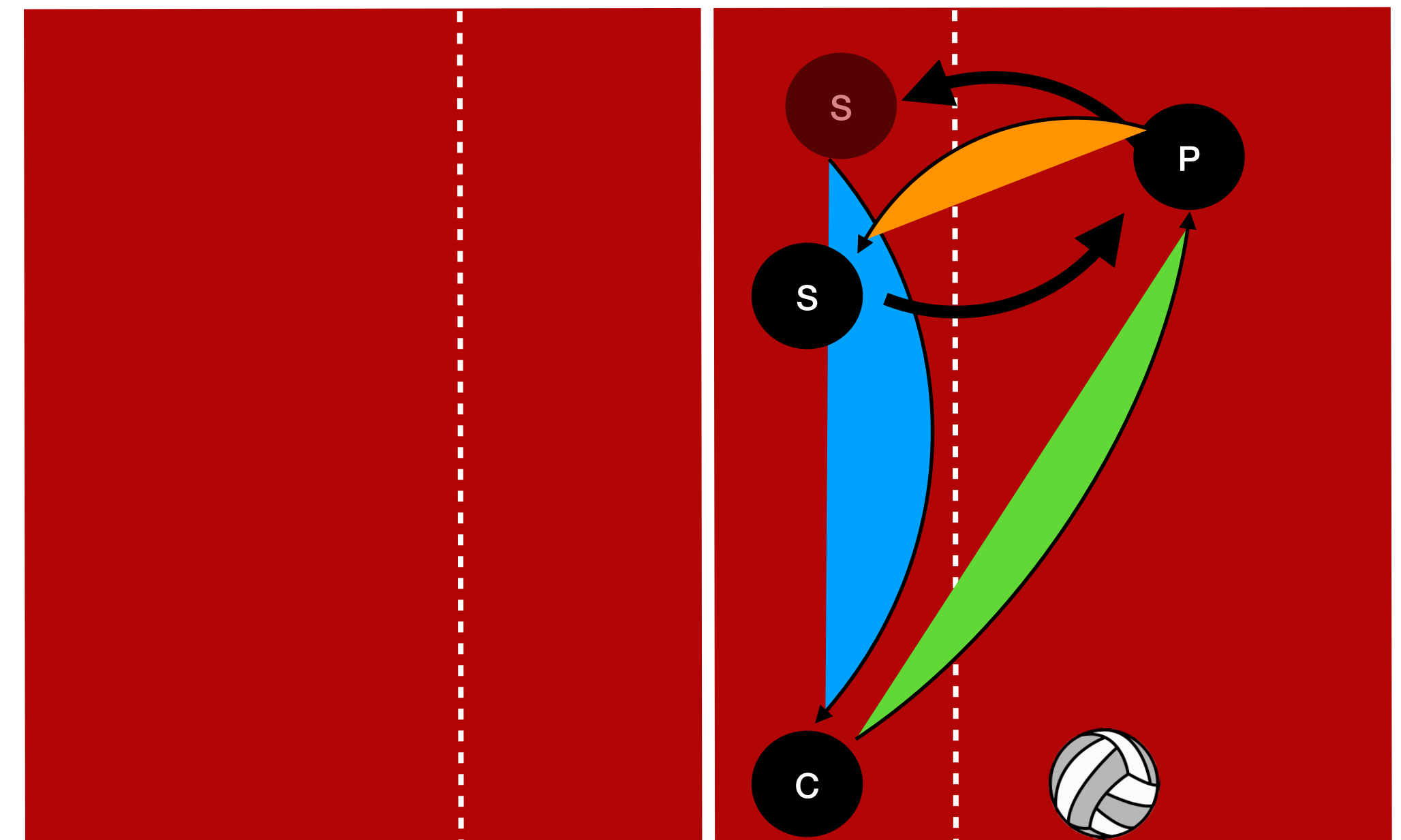
3 PERSON DRILLS VISION - 10 min

- LF pin target tosses to passer. Passer PUTS NUMBER ON ARM then PASSES. Setter SETS and has to READ NUMBER OUT LOUD and SET to target. [10 TIMES]. Gets setter used to looking at platform to read ball direction
- LF pin target tosses to passer. Passer PUTS NUMBER ON ARM then PASSES. Setter SETS and has to READ NUMBER OUT LOUD and SET to target. [10 TIMES]
- LF pin target tosses to passer. Passer HOLDS UP TWO NUMBERS & then PASSES. Setter ADDS NUMBERS in her head. If the TOTAL is EVEN= FRONT set, ODD=BACK set. [10 TIMES]
- Coach tosses OVER THE NET to passer and then MB TAKES A STEP to LF PIN or RT PIN. Passer passes. Setter reads coaches movement and sets the opposite way. (Coach moves towards setter's RT pin = FRONT set. Coach moves towards setter's LF pin = back set [10 TIMES])



NORTH CAROLINA - 10 min

- Coach TOSS to passer in RB. Setter back sets to partner. Partner long sets back to Tosser while FIRST SETTER rotates back to become a PASSER. Coach **CATCHES** and REPEATS
- Coach TOSS to passer in RB. Setter back sets to partner. Partner long sets back to Tosser while FIRST SETTER rotates back to become a PASSER. Coach **SETS** back to new passer to keep drill going.
- Coach TOSS to passer in RB. Setter back sets to partner. Partner long sets back to Tosser while FIRST SETTER rotates back to become a PASSER. Coach **ATTACKS** new passer to keep drill going.
- Coach TOSS to passer in RB. Setter **JUMP BACK SETS** to partner. Partner long **JUMP SETS** back to Tosser while FIRST SETTER rotates back to become a PASSER. Coach **SETS** back to new passer to keep drill going.



Movement

TARGET Work

HOOPS (3ft OFF 3ft IN) 20 min

- ⦿ Self set LF target (LF-RT foot work)
 - ⦿ Setter starts at 5ft, 10ft, 15ft and finishes 20ft (net position 6)
- ⦿ Self set RT target (LF-RT foot work)
 - ⦿ Setters starts at 5ft, 10ft, 15ft and finishes at 20ft (net portion 3)
- ⦿ Coach toss - LF target (LF-RT foot work)
 - ⦿ Setter at net position 6 - 20 balls to target
- ⦿ Coach toss - RT target (LF-RT foot work)
 - ⦿ Setter facing LF pin, takes ball at midline or over RT shoulder (not over LF eye or shoulder)
 - ⦿ Setter at net position 6 - 20 balls to target
- ⦿ Coach toss - LF target (LF- RT- LF-RT foot work)
 - ⦿ Setter starts net position 6 - RUNS TO BALL TOSSED IN FRONT OF 3M - 20 balls to target
- ⦿ Coach toss - RT target (LF- RT- LF-RT foot work)
 - ⦿ Setter facing LF pin, takes ball at midline or over RT shoulder (not over LF eye or shoulder)
 - ⦿ Setter starts net position 6 - RUNS TO BALL TOSSED IN FRONT OF 3M - 20 balls to target

- ⦿ Pivot Off One Foot - Coach toss - LF target (LF- RT- LF-RT foot work)
 - ⦿ Setter starts net position 6 - RUNS TO BALL TOSSED IN FRONT OF 3M - 20 balls to target
- ⦿ Pivot Off One Foot - Coach toss - RT target (LF- RT- LF-RT foot work)
 - ⦿ Setter facing LF pin, takes ball at midline or over RT shoulder (not over LF eye or shoulder)
 - ⦿ Setter starts net position 6 - RUNS TO BALL TOSSED IN FRONT OF 3M - 20 balls to target
- ⦿ Transition from 1 (LF- RT- LF-RT foot work)
 - ⦿ Coach toss to DS who passes to Setter coming from 1 -
 - ⦿ Coach calls target as ball is passed LF target
- ⦿ Transition from 4 (LF- RT- LF-RT foot work)
 - ⦿ Coach toss to DS who passes to Setter coming from 1 -
 - ⦿ Coach calls target as ball is passed LF target

Movement

Hoops & Dumps

HOOPS (3ft OFF 3ft IN) or to Target - 10 min

- SIDE SETS - Coach toss TIGHT - Setter keeps back to net (LF-RT foot work)
 - Jump SIDE set to LF pin x 10
 - Jump SIDE set to RT pin x 10
 - Jump set to middle x 10
 - Jump set to back row x 10
- FACING SET - Coach toss TIGHT - Setter turns to LF pin (2 step jump = LF-RT)
 - Jump set to LF pin x 10
 - Jump set to RT pin x 10
 - Jump set to middle x 10
 - Jump SIDE set to back row x 10
- ONE HAND SETS - Coach toss TIGHT - Setter turns to LF pin (2 step jump = LF-RT)
 - ONE HAND JUMP SET to LF pin x 10
 - ONE HAND JUMP SET to RT pin x 10
 - ONE HAND JUMP SET to middle x 10
 - ONE HAND JUMP SET to back row x 10

SETTER ATTACK/DUMP - 15 min

- ATTACK to CAMPFIRE - Arms nearly fully extended like setting a quick and side dump to CAMPFIRE
- ATTACK to Zone 1 - Footwork like Setter Attack **DRIVE STEP RT land on LF, pivot, and 2 foot RT-LF attack.** Arms 120° like setting, then quick extension through ball with hands and shoulder roll.
- ATTACK to Zone 5- Footwork like Setter Attack **DRIVE STEP RT land on LF, pivot MORE THAN ATTACKING Zone 1, then 2 foot RT-LF attack.** Arms 120° like setting, then quick extension through ball with hands and shoulder roll.
- DUMP to RB. JUMP to set. Ball-shaped hands together (do NOT drop the RT Hand), say to yourself, "I'm setting, NO I'M NOT!" Arms stay at 120°, while rolling shoulder, and snapping LF wrist.
- DUMP to ZONE 4. JUMP to set. Ball-shaped hands together (do NOT drop the LF Hand), say to yourself, "I'm setting, NO I'M NOT!" Arms stay at 120° while turning your palm to your face (like changing a lightbulb, and shoulder and arm extend up (like a lay-up).

TEAM DRILLS - BALL SETTER BALL HITTER



Coach Control

BSBH

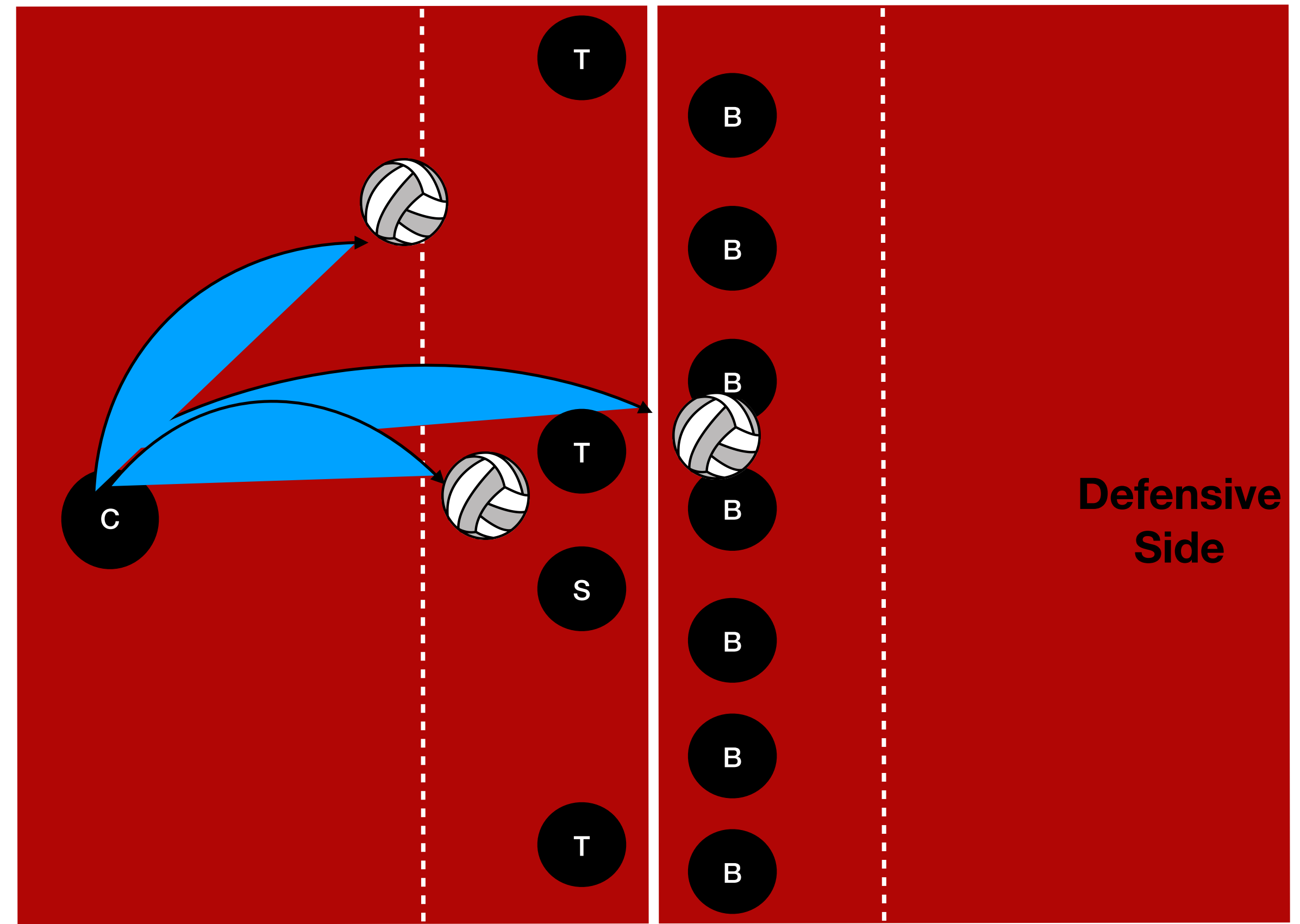
NR

READ THE BALL

READ THE SETTER

- 🏐 Focus - Proper eye work and base position change - Read the defense
- 🏐 Time - 25 minutes
- 🏐 Score - No Score
- 🏐 Explanation
 - 🏐 Setter at the net, all blockers on the opp side of the net
 - 🏐 Coach toss to put setter ON only
 - 🏐 SETTER makes a FIST or PUTS UP ONE FINGER before setting to a TARGET, target catches
 - 🏐 Blockers call overpass or ON, and FIST OR ONE

Offensive Side



Coach bowls/chip

Coach Control

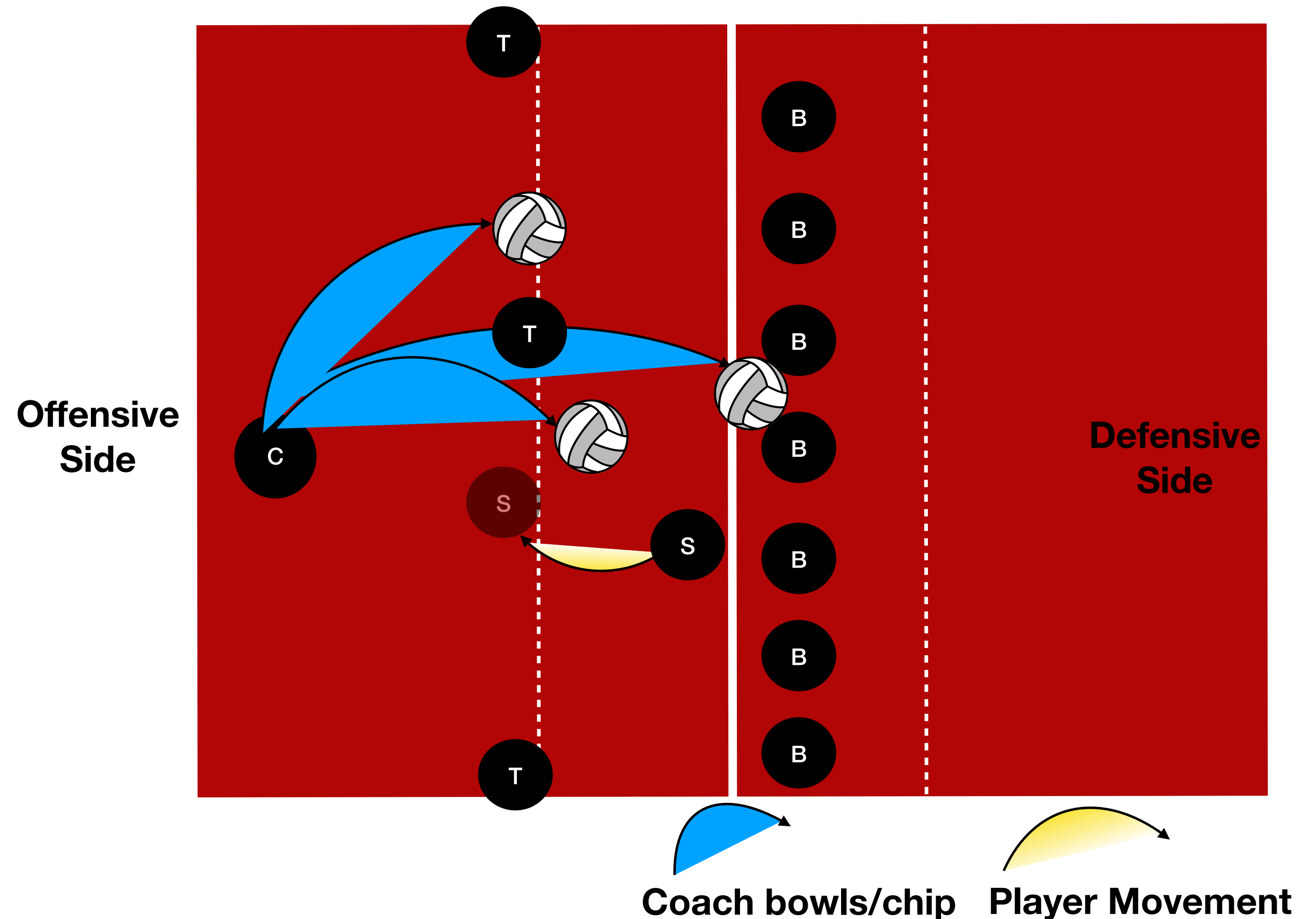
BSBH

NR

READ THE BALL

READ THE SETTER

- Focus - Proper eye work and base position change - Read the defense
- Time - 25 minutes
- Score - No Score
- Explanation
 - Setter at the net, all blockers on the opp side of the net
 - Coach toss to put setter ON and OFF, targets in hitting position catch the ball
 - SETTER makes a FIST or PUTS UP ONE FINGER before setting to a TARGET
 - Blockers call overpass, on, or, off and FIST OR ONE,



Coach Control

BSBH

NR

- Focus - Proper eye work and base position change - Read the defense
- Time - 25 minutes
- Score - No Score
- Explanation
 - Setter at the net, MB, OH, and RS now on defensive side
 - Coach toss to put setter ON, only one TARGET
 - SETTER makes a FIST or PUTS UP ONE FINGER before setting to a TARGET
 - Blockers KNOW WHICH TARGET IS BEING SET, bunched and move to block overpass, and only THE CALLED TARGET. Coach rotates the target and blockers know the target before the toss..
 - Blockers must *watch the ball until it is at its' peak* and *then EYES pick up the hitter* and *jump just after the hitter jumps.*

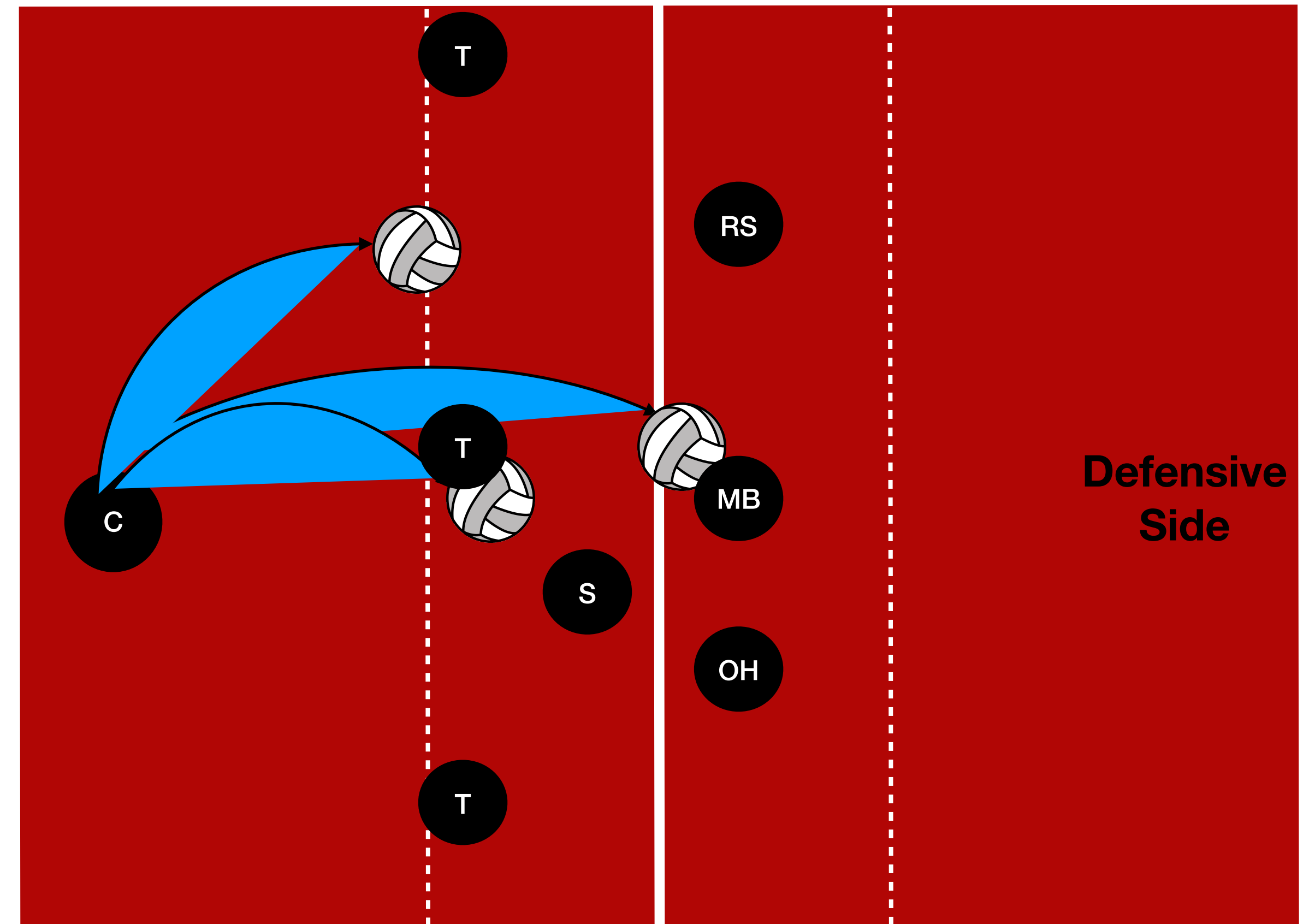
READ THE BALL

READ THE SETTER

READ THE BALL

READ THE HITTER

Offensive Side



Defensive Side

Coach bowls/chip

Coach Control

BSBH

R

Setter, Hitter & Blocker Efficiency

- 🌀 Focus - Proper eye work and base position change - Read the defense
- 🌀 Time - 25 minutes
- 🌀 Score - No Score
- 🌀 Explanation

Middles call setter position and hitters # before each seires.

Coach on offense side. Tosses ball as simulated pass: 3, 2, 1, & overpass. Offense transitions off net.

Middle reads pass (3, 2, 1) - stays for in system, calls "ready, ready, up" for pin sets - **BALL**

1. Setter on - MB/OH load for tip/dump and quick touch block

2. Setter off - (middle off) read for back set, then swing block

Pins maintain proper position bunched and pinched. MB and OH block A, B, and slide - **SETTER**

Pins move with our middle. - **BALL**

Jump when the ball is at peak

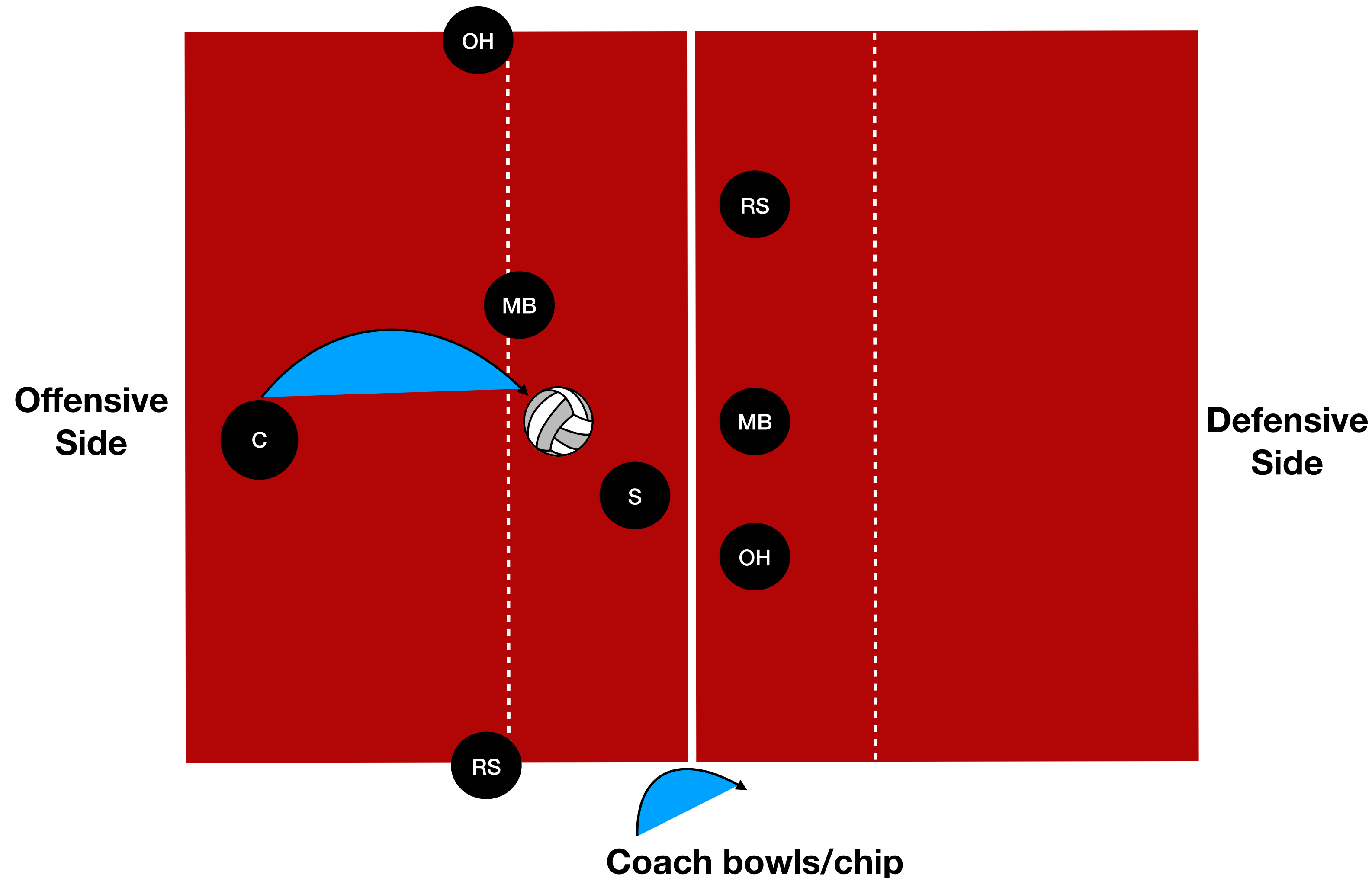
When ball is at it's peak pick up the hitter. Proper Footwork, then OH RT hand covers attacker, MB LF hand covers attacker.

RS LF hand covers attacker, MB RT hand covers attacker. -

HITTER

No hands behind their own heads

Majority of time needs to be spent here in the progression of the drill, now that there are four (OP, MB, RS, OH) reads for the MB



BLOCKER RATING

	1	2	3	4	5	6	7	8	9	10	11	12
BK												
BP												
C												
E												
RATING	0	0	0	0	0	0	0	0	0	0	0	0
BK - BLOCK KILL 3PTS, BP- BLOCK PLAYABLE 2PTS, C- CONTACT PLAYABLE 1PT, E- ERROR 0 PTS												
TOTAL Attempts	10											

ASSIST EFFICIENCY

	1	2	3	4	5
ASSISTS					
BHE					
Efficiency	0	0	0	0	0
	Assist = Set results in kill, BHE - ball handling error, zero assist counts as an attempt but not a BHE or Assist				
	1	2	3	4	5
Perfect/ +					
Good/ 0					
Poor/ -					
BHE	0	0	0	0	0
RATING	0	0	0	0	0
TOTAL Attempts	10				

PRACTICE PLAN

Serve

GRACE CHRISTIAN



VOLLEYBALL

MOVEMENT

10 foot serve

🏐 Focus - Serve Position

🏐 Time - 2 minutes

🏐 Score - No Score

🏐 Explanation

Proper foot work and transfer

🏐 Drill

Start 10ft from a wall

Stand in serving position with weight on rt foot

Extend ball in LF with RT hand on the top of the ball

Palm ball in RT hand and pull elbow back

Throw the ball against the wall

Ball should bounce against the wall and return to the RT hand

Repeat

FLEEN - Flat & Clean

🏐 Focus - Proper Serve Position

🏐 Time - 5 minutes

🏐 Score - No Score

🏐 Explanation

Serve in accurately in position

🏐 Drill

Start on 3m and serve to partner across the net

Back up a step every time serve is accurate

Return to 3m every time a serve is missed

When you both get to back line serve 5 over to your partner's zone of the court

Any missed before achieving 5 to your partner's zone = 2 steps forward and then after a successful serve to your partners zone attempt 5 more behind the line

MOVEMENT

Tic Tac Toe

- 🏐 Focus -
- 🏐 Time - 15 minutes
- 🏐 Score - Individual Scores
- 🏐 Explanation

Serve accurately in position from both sides and center

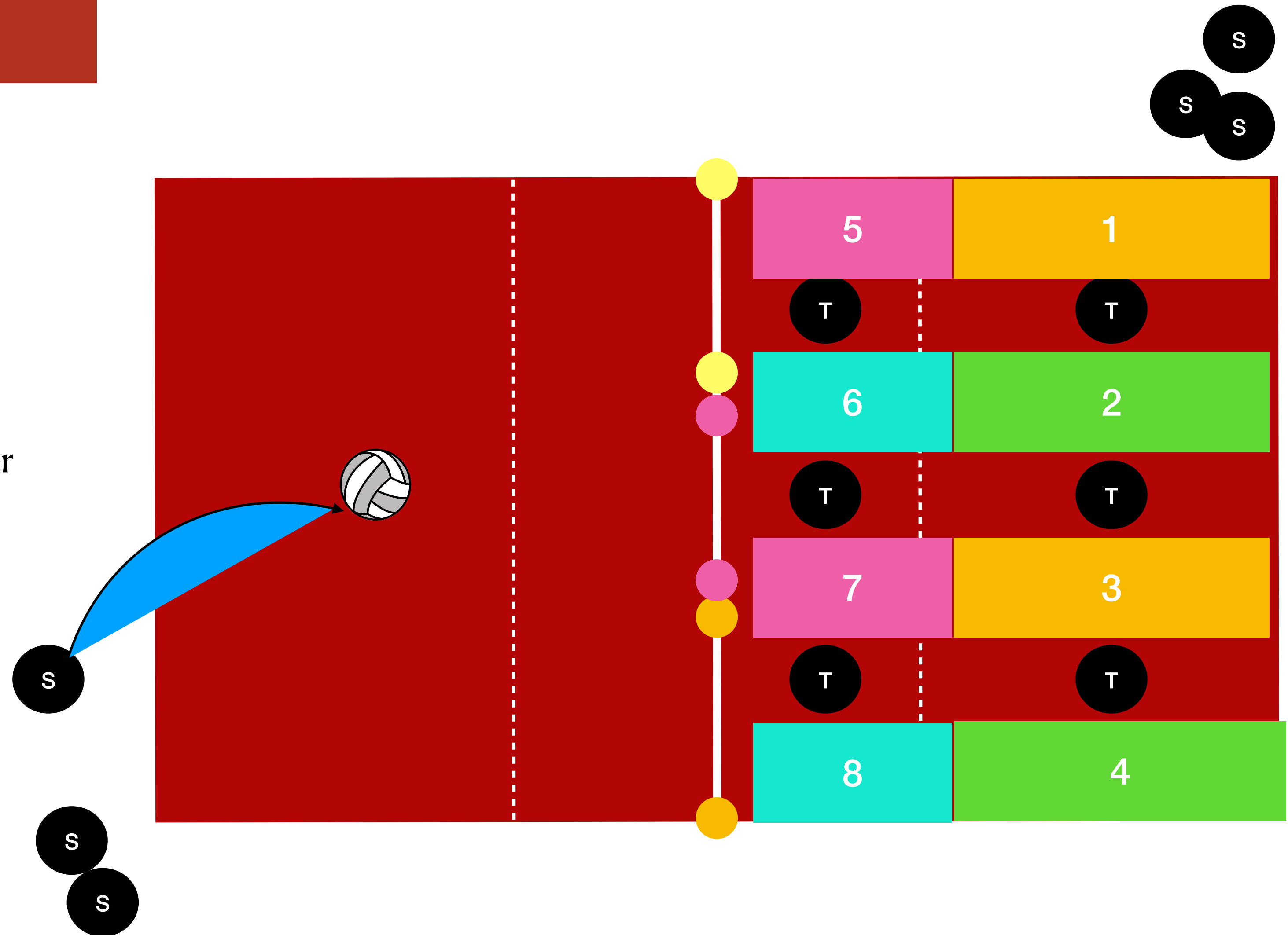
🏐 Drill

Line up behind server

Each server gets two attempts at each zone in any order of their choosing (16 total balls)

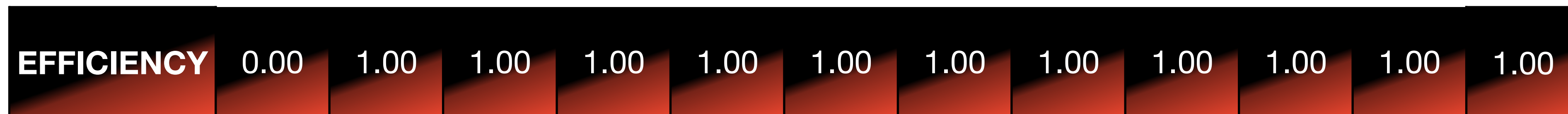
Server must call their zone and hit it to “cover” that tic tac toe spot.

If scoring for efficiency: Record the total numbers of balls served into the correct zone.



Tic Tac Toe EFFICIENCY

	1	2	3	4	5	6	7	8	9	10	11	12
Tic Tac Toes												
Tic Tac Toes												
Tic Tac Toes												



IN PRACTICE ACE = TARGET HIT

TOTAL Attempts	16	16	16	16	16	16	16	16	16	16	16	16
-----------------------	----	----	----	----	----	----	----	----	----	----	----	----

**Change Totals
If more than
One round of
Tic Tac Toe
Is PLAYED!**