

Practice Plan for August **Week 1**

Monday:

Introduction of expectations (5 mins)

Warm-up/Stretches - laps then stretching in a group (10 mins)

Conditioning - Upper body circuit followed by core (30 mins)

Water Break (3 mins)

Review of proper passing techniques and drill (12 mins)

Butterfly Drill - Whole team is involved, players practice good technique while have to have control (10 mins)

Warm up arm serving (5 mins)

Short serve placement serving (5 mins)

Long serve placement serving (5 mins)

Passers against Servers game/drill - The servers team goal is to ace the passers while the passers goal is to achieve a perfect pass. First to 10 wins. (15 mins)

Water Break (3 mins)

Queens Court - Groups of three and whichever group messes up, is off and a new group of three enters the court. (15 mins)

Conclusion/ Setting goals - It's important to have goals and focuses for the rest of the week as 1001 messages and quotes says. (5 mins)

Tuesday:

Warm-up/Stretches (10 mins)

Conditioning - Lower body circuit followed by core (30 mins)

Water Break (3 mins)

Passing drill - Two girls partner up, one tosses the ball while the other passes back while focusing on having perfect technique. Each player passes for 6 minutes. (12 mins)

Serve and chase 20 (15 mins)

Review of proper setting techniques and drill (10 mins)

Butterfly Drill with setting (10 mins)

Water Break (3 mins)

Review of hitting technique drill with boxes - Each girl stands on box and hits 10 balls to practice arm swing and technique. (20 mins)

Z drill - Four players are on each side of the court the objective is to get a bump, set, and spike on each side and to keep the ball going. This creates a game like situation and allows players to work together while having fun. (15 mins)

Assessment of goal and go over working hard - As the book says hard work is not taught but trying to reach out and inspire the girls and show them work ethic is very important. (10 mins)

Conclusion/Feedback (2 mins)

Wednesday:

Warm-up/Stretches (10 mins)

Conditioning - Back circuit followed by core (30 mins)

Water Break (3 mins)

Passing Drill - Two girls partner up, one tosses the ball while the other passes back while focusing on having perfect technique. Each player passes for 3 minutes. (6 mins)

Setting Drill - Two girls partner up, one tosses the ball while the other sets back while focusing on having perfect technique. Each sets for 3 minutes. (6 mins)

Serve and chase 20 (15 mins)

Review of spike approaches - girls line up on 10 foot line and do 20 spike approaches. (10 mins)

Hitting Lines - Setters get to set to their hitters while the hitters practice technique without an opponent blocking. (10 mins)

Water Break (3 mins)

Back Row Attack Drill - Coach tosses ball while players attack the ball from behind the 10 foot line. (10 mins)

Free Ball Drill - With players getting the opportunity to attack the ball. (15 mins)

Conclusion/Feedback (2 mins)

Thursday:

Warm-up/Stretches (10 mins)

Conditioning - Run the mile and core (30 mins)

Water Break (3 mins)

Passing drill (6 mins)

Setting drill (6 mins)

Serving Game - Players break into two teams and each team must hit all 6 positions on the court. Whoever hits all 6 first wins. (15 mins)

Partner Peppering (10 mins)

Water Break (3 mins)

Blocking footwork drill (10 mins)

Blocking drill - Coach stands on box and hits while players attempt to block the ball while using technique. (15 mins)

Queens Court (10 mins)

Conclusion/Inspiring video - Gives athletes time to learn and watch videos about hard work or being a good person. (5 mins)

Friday:

Warm-up/Stretches (10 mins)

Conditioning - Calenstastics (15 mins)

Water Break (3 mins)

Partner Peppering (10 mins)

Warm up serving (5 mins)

Short serving (6 mins)

Long serving (6 mins)

Back Row Attack Drill - 3 against 3 playing with only back row attacks. (15 mins)

Z Drill (15 mins)

Assessment of week goal (5 mins)

Conclusion - Discuss positives from practice and allow players time to talk, listen, and respond. (10 mins)