

Form 12.6

Sample Volleyball Practice Plan

Date: October 20, 2006

Practice start time: 4:00 p.m.

Length of practice: 90 minutes

Practice objectives: (1) Practice core ball-control skills of passing and setting: flat forearm platforms that redirect the ball to the target (minimize swinging) and setting “hands position” at forehead early with contact point on finger pads and thumbs closest to forehead; (2) Enhance player communication: calling first ball (“me” or “mine”) and where to attack (line or angle); (3) Continue first opportunity attack emphasis; (4) Develop physical recovery skills with short, intense physical bursts and timed recovery.

Equipment: Bring stopwatches, balls, net, and cones; players need knee pads and court shoes.

Practice Activities			
Time	Name of activity	Description	Key teaching points
4:00-4:07	Warm-up	Shuffle Passing Drill 10 to target and change direction	Emphasize posture and “quiet” passing platform
4:07-4:13	Warm-up	Wall sets—30 low/med/high, finish with jump sets	Emphasize hand shape and wrist position
4:13-4:20	Warm-up	Dynamic stretching	Emphasize full range of motion in stretches
4:20-4:21	Warm-up	Line jumps—forward, side, scissor	Quick feet physical training
4:21-4:22	Water break		
4:22-4:32	Ball control	Weave Passing Drill in teams of 3, 15 to target (both sides)	Emphasize adjusting platform and movement to the ball
4:32-4:42	Ball control	Small court games (pass or set only)	Emphasize ball control to win
4:42-4:52	Ball control	3-on-3 and 3-on-3 backcourt battle drill (winner stays)	Emphasize ball control, reading skills, and communication
4:52-4:55	Ball control	Line races (sprint, shuffle/back)	Physical training

continued 

Form 12.6 (continued)

Time	Name of activity	Description	Key teaching points
4:55-5:10	Offensive system 6 on 6	4 before 2 game	Emphasize first opportunity attack, look for best attack in each rotation
5:10-5:15	Transition	Continuous rally game	Emphasize quick recovery from physical and mental errors
5:15-5:23	Cool-down	Mat serving series	Emphasize serving routine and rhythm
5:23-5:25	Cool-down	Main muscle group stretch	Emphasize slow and complete stretch
5:25-5:30	Coach's comments	End-of-practice comments from the coach	General comments on how the whole team practiced Recognize any outstanding efforts or performances Point out what needs to improve Announcements

Evaluation: Ball control is improving with emphasis early in practice on technique. More transition drills are needed to get those proper techniques into more gamelike situations at this point in the season. Hannah and Keily are swinging their arms too much during their forearm pass, but both have good platforms. Setting to our hitters is still our greatest team challenge, but when our setter Michelle handles the ball, our offense runs smoothly.

Communication was much improved and should be reinforced as a positive at our next practice opportunity. Continue to work on our offense and add more serving as we prepare for West High School next Tuesday and some passers we can take advantage of.