

Volleyball

Sample Practice Plan

Below is a sample time line for each week. This is a guide for you to use, some drills may take longer or shorter amounts of time, so plan accord accordingly.
The more you can have players

Week 1

- :00 Parent Meeting
 - Introductions
 - Goals and Philosophies
 - Hand out schedules and parent information
- :10 Warm-up lap and stretching
- :15 Toss/catch (passing drill)
 - Focus on form
 - Players go into pairs. One player will make a toss to the other player who will catch the ball and then toss it back to the first player. This is a great drill to make sure players are using good form and are under control with the ball
- :18 Toss/pass (passing drill)
 - One player will make a toss to the other player who will pass the ball back to the first player (who will catch it). This is a controlled drill to focus on the passers form.
- :25 Toss/pass/over (passing drill)
 - Tosser by the net – passer at the 10' line
 - Pass over the net to a 3rd player on the opposite 10'line
 - Rotate every 3 minutes
- :35 Serving progression
 - Demonstrate and talk the players through the serving motion. Make sure they understand the correct steps and arm movement.
 - Have the player's pair up, one on each side of the net.
 - Start at the 10' line – progress back after 2 straight successful serves
 - Have the players work on controlling the serve, the player's should not have to run around to retrieve the ball after it has been served.
- :50 Serve receive drill
 - Set the defense up to receive the serve from a player. Have them work on communication and getting 3 hits on their side before sending the ball back over the net.
- :58 Wrap-up – ending instructions
- :00 Practice ends

Week 2

- :00 Warm-up lap and stretch
- :05 Toss/catch (passing drill) – see week 1 for details
- :10 Toss/pass (passing drill) – see week 1 for details
- :15 Passing drill
- Have the player's in groups of 3. Form a triangle shape and pass the ball around to their right side, then to their left. Again the focus is on the passing of the ball with control, so the players remain in their triangle shape and not having to move more than a few steps to make the next pass.
- :22 Serving progression – see week 1 for details
- :40 Serve and serve receive
- set 6 players on the floor – player serves the ball over the net (if the ball does not go over the players rotate. Server goes out and new player comes into center back). When the ball goes over the net and hits the floor in bounds, the coach tosses a ball back over the net – players set the ball up and get it back over the net for a point. They stay in this rotation until the miss a serve or don't get the ball back over the net.
- :55 Passing drill – see toss/pass/over from week 1
- :58 Wrap-up – ending instructions
- :00 Practice ends

Week 3

- :00 Warm-up lap and stretch
- :05 Serve progression – see week 1 for details
- :10 Demonstrate setting technique
- :12 Toss/set (from the sitting position)
- Have player's in pairs. One player is standing a few feet in front of the other player (who is sitting on the ground). The standing player tosses the ball up so it would land on top of the sitting players head. The sitting player as the toss begins brings their hands up to the set position and sets the ball back to the player who is standing in front of them.
- :18 Toss/set (from the standing position)
- This drill is the same as above, except that both players are standing. The set should be higher than the toss that they receive.
- :22 Toss/set/pass
- In groups of 3 in a triangle shape. Player 1 tosses the ball to Player 2 who sets the ball to player 3 who passes the ball back to player 1. After they go through this rotation a few times, have the players rotate so each player gets to be the setter.
- :30 Passing drill – see week 2 for details
- :38 Serving drill
- Divide the players up in equal halves. Players will serve back and forth, try to focus on keeping all volleyballs in bounds.
- :49 Controlled scrimmage

- Coaches toss the ball in from the side (no serving) to help ensure the players get to work on form. The rest is a normal game.

:58 Wrap-up – ending instructions

:00 Practice ends

Week 4

:00 Warm-up lap and stretch

:05 Passing drill – see week 2 for details

:12 Setting drill – see week 3 for details

:20 Passing drill

:28 Serving progression – see week 1 for details

:35 Controlled scrimmage – see week 3 for details

:58 Wrap-up – ending instructions

:00 Practice ends

Week 5

:00 Warm-up lap and stretch

:05 Passing drill

:12 Setting drill

:18 Passing drill

:24 Serving drill

:30 Setting drill

:36 Passing drill

:42 Serving drill

:50 Passing drill

:58 Wrap-up – ending instructions

:00 Practice ends

Week 6

:00 Warm-up lap and stretch

:05 Setting drill

:12 Passing drill

:20 Serving drill

:30 Scrimmage

:58 Wrap-up – ending instructions

:00 Practice ends

Week 7

- :00 Warm-up lap and stretch
- :05 Passing drill
- :10 Setting drill
- :15 Serving drill
- :20 Spiking technique
 - show the players the correct mechanics of the spiking technique. Start from the end of the swing and work back to the approach
- :22 Spiking drill
 - have the players work on their approach and jump, have them hold tennis balls and throw them over the net, so they do not have to worry about making contact with the volleyball as they are learning the approach
- :30 Passing drill
- :35 Serving drill
- :40 Controlled offense
 - Pass/set/hit
- :58 Wrap-up – ending instructions
- :00 Practice ends

Week 8

- :00 Warm-up lap and stretch
- :05 Passing drill
- :10 Serving drill
- :15 Setting drill
- :20 Hitting drill
- :25 Offensive drill
- :32 Serve receive drill
- :40 Controlled scrimmage
- :58 Wrap-up – ending instructions
- :00 Practice ends