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| January HAPPY NEW YEAR!!!!!!!! | |
| 2016 | |
| U15 Girls |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Team building | **Passing** | **Setting** | **Serving** | **HITTING** | Fitness | Team Play |
|  |  |  |  |  | 1 | 2 |
| **Ice breakers at Water breaks**  **New partners, team discussion** | **Passing foot work**  **Passing platform**  **No Standing up, low** | **All setting warm-up**  **Setters warmup**  **Hands early, right foot** | **Serving routine**  **Flat hand, float** | **3 step approach**  **Arm swing**  **Catching ball high** | **Introduce Cross Fit** | **Introduce real 6-2**  **Free ball formations** |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | **PRACTICE**  **7-9 Mission Hill** | Intro warm up #1  Partner drills, footwork,  Catching, 6-2 demo, play |  | **PRACTICE**  **7-9 Silver Star** | Intro setting warm up  Serving routine, wall, run  Serve , catch, Play |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| **COACHES CLINIC**  PV Gym 11-2 | **PRACTICE**  **7-9 Mission Hill** |  |  | **PRACTICE**  **7-9 Silver Star** |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | **PRACTICE**  **7-9 Mission Hill** |  |  | **PRACTICE**  **7-9 Silver Star** |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | **PRACTICE**  **7-9 Mission Hill** |  |  | **PRACTICE**  **7-9 Silver Star** |  |  |
| 31 |  |  |  |  |  |  |
| **OKVA LEAGUE PLAY**  Kelowna |  |  |  |  |  |  |