**Warm up…………………………** “*with a purpose”*

1. **Passing** Platform a) Knees passing

b) Lunge passing

c) 2 ball lunge

d) Against the wall (technique)

e) Under the net

Movement a) Back up pass

b) Move forward pass

c) Side pass left/right

d) Low hands pass

2. **Serving** Routine a) Against the wall

b) Serve and run (focus technique)

Target a) Serve seem

b) Serve spot

c) 4 in a row

3. **Hitters** Movement a) Free ball, blocking, tip cover

b) Team transition

4. **Blocking** At net a) Individual blocking drill

b) Team blocking drills

5. **Arm swing**  Top spin a) Top spin technique

b) Topspin against wall (3 types)

c) Topspin over the net

d) Topspin from the box

e) Topspin partner (across body)

6. **Defense** Dig movement   a) Split step

b) Double hop

7. **Defense** Team a) Power Tip

b) Setter up defense

Warm-up schedule

|  |  |  |
| --- | --- | --- |
| **Option 1**  Pass - Knees passing  Pass - Lunge pass  Move - Back up pass  Serve - Against wall serve  Hit - Free ball movement  Block - Individual drill  Topspin - Technique…. Wall | **Option 2**  Pass – 2 ball lunge, no pass  Pass – against wall  Move – move forward pass  Serve - Serve and run  Hit –block transition move  Hit – Top spin 3 types | **Option 3**  Pass – Under the net  Move – Side pass R/L  Serve – Seam  Hit move- tip cover power  Blocking – pick up blocking  Top spin over the net |
| **Option 4**  Defense - Split step  Team - Setter up defense | **Option 5**  Top spin – from box | **Option 6**  Butter fly |
| **Option 7**  Ball control – 2 on 2 switch |  |  |

Main drills

1. Half court butterfly
2. Full court butterfly
3. Back row 4 on 4, rotate on every point or scored side gets ball again
4. Queens court doubles, 4 teams ……..the rest serving. Everyone plays with everyone.
5. 6 on 6 a. Where’s the ball

b. Rotate every time the ball goes over set or hit to position 5

c. Rotate around the setter

d. Set over, bump set only

e. back set only….setter in middle

6. 2 on 2 switch a) Setting over

b) Tipping

c) down ball

7. The serving game…..explain on board

8. Hitting lines…..Transition