**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 passingPass - Lunge passMove - Back up passServe - Against wall serveHit - Free ball movementBlock - Individual drillTopspin - Technique…. Wall | **Option 2**Pass – 2 ball lunge, no passPass – against wallMove – move forward passServe - Serve and runHit –block transition moveHit – Top spin 3 types | **Option 3** Pass – Under the netMove – Side pass R/LServe – Seam Hit move- tip cover power Blocking – pick up blocking Top spin over the net |
| **Option 4**Defense - Split stepTeam - 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