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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 #1Partner drills, footwork,Catching, 6-2 demo, play |  | **PRACTICE****7-9 Silver Star** | Intro setting warm upServing routine, wall, runServe , 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 |  |  |  |  |  |  |