

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 teamsthe 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