

Volleyball Practice Plan

Time	Drill	Description
3:45 pm- 4:00 pm 15 minutes		<ul style="list-style-type: none"> Practice with purpose! The more you practice, the better you become. The better you become, the more freedom you have to create. Be disciplined! warm-up drill – 1v1 swing to win! First to 5 pts wins – Outside/Middle/RT
4:05 pm- 4:35 pm 30 minutes	Ball control	<ul style="list-style-type: none"> Directional UBLA Precision passing progression - 3 steps, platform to target, hold Ball control series 1
4:35 pm- 5:00 pm 15 minutes	Defense	<ul style="list-style-type: none"> DigDrill(dig low/pass high) 3-box drill 3 on the box – 6 in defensive positions <ul style="list-style-type: none"> Block a cutback hit off a quick set. Defend the same hit with a digger – in this case, the setter. Transition to offense after the setter makes a dig. Middle blockers – Make fast and efficient moves to the left or right to defend either the “Go” or “Hut” sets. Defend a scramble ball hit deep in the court and try to get back in system for a good swing. Dig Forward – coach hit <ul style="list-style-type: none"> Dig to Set – dig ball/set to pin (left back position) – dig a settable ball while moving forward Dig to bear crawl
5:00 pm- 5:20 pm 20 minutes	Serve	<ul style="list-style-type: none"> progression 21 down – each team starts at 21 – subtract points based on quality of serve. goal – reach 0. (3 pt scale) missed serve = point for other team. <ul style="list-style-type: none"> 3 pass = 0 points subtracted from the receiving team 2 pass = 1 point subtracted 1 pass = 2 points subtracted 0 pass = 3 points subtracted
5:20 pm- 5:30 pm 10 minutes	Play	Queens