

# 4th Grade Mudsock Girls Volleyball Clinic

## 75-Minute Practice Plan with Beginner Focus

First session (March 8, 2026)

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### Practice Breakdown

| Time      | Activity           |
|-----------|--------------------|
| 0:00–0:05 | Warm-Up            |
| 0:05–0:25 | Passing Drills     |
| 0:25–0:45 | Serving Drills     |
| 0:45–0:50 | Water Break        |
| 0:50–1:10 | Scrimmage / Games  |
| 1:10–1:15 | Cool Down & Huddle |

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### Warm-Up (5 min)

#### 1:00–1:05 & 2:30–2:35

- Jog 1 lap
  - High knees
  - Butt kicks
  - Side shuffles
  - Arm circles (forward/back)
  - 10 jumping jacks
- Optional: Toss & catch own ball (10 reps)

**Coaching Focus:** Get warm, ready, and focused.

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# Passing (20 min)

**1:05–1:25 & 2:35–2:55**

## Key Teaching Points:

- ✓ Flat platform
  - ✓ Straight arms
  - ✓ Knees bent
  - ✓ Call “Mine!”
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## **Drill #1: Ladder Passing Drill (10 min)**

- Line up half the girls at the net on both sides.
- The rest of the players line up on one side at the 10' line with a volleyball.
- Pass and shuffle through the tossers on one side of the net.
- When you get to the last tosser on one side, pass to yourself as you walk around the net and continue passing with the next tosser on the other side.
- After one round, have the girls start at 15' back.
- Repeat tossing and passing for 10 minutes.

## **Ladder passing video example:**

<https://youtu.be/NBz3jXhPEDg?si=4rvKu1W3OGRhb948>

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## **Drill #2: Butterfly Drill #1 (10 min)**

- Split the group in 2 on either side of the net.
- Split those halves into 3 groups: tossers, passers, and setters.
- Form a line of passers behind 10-foot line in back left on both sides of court.
- Form a line of tossers on other side of the net from the tossers-behind 10-foot line in back right. Each tosser should have a ball.

- Form a line of setters at target-just right of middle of the net.
- Tosser underhand or overhand tosses a ball over the net to the passer → Passer passes the ball to target → Target catches the ball.
- Girls follow their ball: Tosser → Passer (go around the net). Passer → Target. Target → Tosser (on the same side of the net).
- Repeat for 10 minutes.

### **Butterfly Drill video example:**

<https://youtu.be/9fWfiRBn6R0?si=Uj9zDrbkGxjnp2eI>

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## **Serving (20 min)**

**1:25–1:45 & 2:55–3:15**

### **Key Teaching Points:**

- ✓ Opposite foot forward
  - ✓ Hold the ball with a flat hand
  - ✓ Swing low to high
  - ✓ Push through your legs
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### **Drill 1: Form Practice (5 min)**

- **Step 1:** Rock back and forth without a ball. This is where we learn how to transfer our weight forward, giving our serve more power!
- **Step 2:** Add the armswing! Rock back and forth, practicing making contact with the ball.
- **Step 3:** Now try it holding the ball! Balance the ball in the left hand (for right-handed players) and rock back and forth, swinging your arm like you're going to serve.
- **Step 4:** Once the form is correct, try making contact with the ball for a handful of serves.

## Coaching Tips:

- Have players face the center of the court to allow room for error
- Make sure they don't toss the ball — hit from a steady hand
- Have them keep their palm facing the ceiling for better contact and aim

### **4 Steps to Master the Underhand Serve video example:**

<https://youtu.be/E65rysfSWNQ?si=0gW5VebSqxMO51RK>

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## **Drill 2: Underhand serving (5 min)**

- Start at 10 ft. line and serve.
- If you make your serve over easily, step back 5 ft.
- Continue stepping back every 5 ft. if consistently getting serve over.
- Final step-back is to the court's service line.

**Coaching Focus:** Form. Step in and help when needed.

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## **Drill 3: Serving Tunnel (10 min)**

- Split the teams in half on each side of the court.
- One player starts on the receiving side of the net, forming a circle with their arms (similar to a basketball hoop).
- Remaining players serve one at a time, attempting to get the ball to land inside their teammate's arm circle.
- When a server is successful, they join their teammate on the receiving side and link hands or arms to create a larger, "interlocking" circle or tunnel.
- The drill continues until every player has successfully served into the tunnel and joined the circle.
- Run the drill on both sides of the court for maximum efficiency.

### **Serving Tunnel video example:**

<https://www.instagram.com/reels/C-3kseSM3HO/>

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## **Water Break (5 min) 1:45–1:50 & 3:15–3:20**

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## **Full Court Scrimmage / Game Play (20 min)**

**1:50–2:10 & 3:20–3:40**

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### **Game #1: Mini Queen of the Court (10 min)**

- Set up 3 girls on each side of the court within the 10 ft. line.
- Remaining players form 3 single file lines behind non-Queen side of the court.
- Coach tosses ball to the “Queen” side.
- Winners of the rally stay/move to the Queen side. Losers shag volleyball and move to the back of the line.
- Next players in line rotate onto the court for next rally.
- Repeat for 10 minutes

### **Queen of the Court video example:**

<https://youtu.be/kMc85Auwt7M?si=sACfapZdbKSYi1w3>

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### **Game #2: Progress to Full Court Queen of the Court (10 min)**

- Set up 6 girls on each side of the court
- Remaining players form 3 single file lines behind non-Queen side of the court.
- Coach tosses ball to the “Queen” side.
- Winners of the rally stay/move to the Queen side. Losers shag volleyball and move to the back of the line.
- Next players in line rotate onto the court for next rally.
- Repeat for 10 minutes

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## **Cool Down & Team Huddle (5 min)**

**2:10–2:15 & 3:40–3:45**

### **Stretch:**

- Toe touch
- Butterfly
- Quad stretch
- Shoulder stretch
- 5 deep breaths

### **Team Close:**

- Favorite moment?
- Positive shout-outs?
- Team cheer?