

# 4th Grade Mudsock Girls Volleyball Clinic

## 75-Minute Practice Plan with Beginner Focus

Third session (March 22, 2026)

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### Practice Breakdown

Time	Activity
0:00–0:05	Warm-Up
0:05–0:25	Serving Drills
0:25–0:45	Passing 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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# Serving (20 min)

1:05–1:25 & 2:35–2:55

## 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 arm swing! 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 form is mastered, move on to Drill #2 below.
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## Drill #2: Beginner Serving Progression (15 min)

- Have the girls pair up with a partner and stand on either side of the net at the 10-foot line
- Girls serve back and forth, taking a step farther back on the court after each successful serve to their partner.
- Eventually they work their way back toward full serves.
- You can do this with overhand or underhand serving.

**Coaching Focus:** The idea here is that by starting fairly close to the net the players can focus on solid technique without having to worry about power.

### **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=0gW5VebSqxMO5IRK>

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## **Passing (20 min)**

**1:25–1:45 & 2:55–3:15**

### **Key Teaching Points:**

- ✓ Flat platform
- ✓ Straight arms
- ✓ Knees bent
- ✓ Call “Mine!”

### **Drill #1: Partner Pass Pepper (5 min)**

- Have players pair up with a partner. The pairs should line up approximately 5 feet apart from each other
- Have the players facing each other for this drill to be effective.
- Have one player toss the ball to their partner. Partner will pass with good form back to the tosser.
- Tosser passes.
- Repeat until dead ball.
- Emphasize good passing fundamentals as the goal should be for players to pass back and forth in a controlled manner.

**Progression:** move side-to-side. Start simple, then add movement gradually

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## **Drill #2: Forearm Passing Drill (15 min)**



- Divide players in half on each side of the court.
- Three players are tossers positioned on the same side of the net, spaced evenly across the court at the net and will create different passing angles and distances. Each has a ball.
- The remaining players form a line in back left. The passers start facing the net in a ready position, approximately 10 feet from the tosser in front left.
- The tosser initiates the drill by tossing the ball (short or long) to the passer.
- The passer moves to the ball, establishes proper platform, and returns a controlled forearm pass back to the tosser.
- Tossers catch the ball before the next toss, allowing the passer to focus on footwork, balance, and ball control.
- After each pass, the passer quickly moves right to the next tosser, who immediately delivers another short or long toss.
- Tossers should vary height, depth, and location of tosses to challenge the passer's movement and decision-making.
- After three passes on one side of the net, passer gets in line at front left on the other side of the net to make three more passes.
- Repeat for a set time or number of contacts, then rotate roles so all players practice passing and tossing.

### **Coaching Emphasis:**

- Quick movement and proper angles to the ball
- Balanced platform and controlled passes
- Communication and staying low while transitioning between tossers

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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: Free Ball Rally (15 min)**

Why it works: Removes serving difficulty so players can focus on rallies and teamwork.

Setup:

- 6v6
- Coach or player initiates every rally with an easy free ball

How to Play:

1. Coach tosses a free ball over the net
2. Team must: Pass → set → send it over (3 hits encouraged, not required)
3. Rally continues until the ball is dead
4. Rotate girls out/into losing side
5. Start the next rally with another free ball (alternate sides)

Focus Skills:

- Passing control
- Setting basics
- Team communication
- Transition (getting ready for the next hit)

## **Game #2: Around the World (5 min)**

Setup:

- Players form one line behind the end line
- Coach stands on the other side with a ball
- Use one half of the court

How to Play:

1. Coach tosses or lightly hits a ball over the net
2. First player in line runs in and passes it over the net
3. Immediately after contacting the ball, they run to the back of the line
4. Coach passes the ball back over the net to the next person in line
5. Next player goes right away
6. Keep the rally going as long as possible

Goal:

- Work together to keep the ball in play
  - Try to beat your team's record (ex: 5, 15+ in a row)
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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?