

4th Grade Mudsock Girls Volleyball Clinic

75-Minute Practice Plan with Beginner Focus

Final session (March 29, 2026)

Practice Breakdown

Time	Activity
0:00–0:05	Warm-Up
0:05–0:20	Passing Drills
0:20–0:35	Serving Drills
0:35–0:40	Water Break
0:40–1:10	Game Play/Scrimmage
1:10–1:15	Cool Down & Huddle

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

Coaching Focus: Get warm, ready, and focused.

Passing (15 min)

1:05–1:20 & 2:35–2:50

Key Teaching Points:

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

Drill #1: Coach Toss & Pass (8 min)

- Form a single file line behind first girl.
- Coach Toss → Pass back.
- Go to back of the line after pass.
- Repeat for 5 min.

Drill #2: Coach Toss & Set (7 min)

- Form a single file line behind first girl.
 - Coach Toss → Set back.
 - Go to back of the line after pass.
 - Repeat for 5 min.
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Serving (15 min)

1:20–1:35 & 2:50—3:05

Key Teaching Points:

- ✓ Opposite foot forward
- ✓ Hold the ball with a flat hand
- ✓ Swing low to high
- ✓ Push through your legs

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.

4 Steps to Master the Underhand Serve video example:

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

Drill #2: Underhand Serving (10 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.

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

Water Break (5 min) 1:35–1:40 & 3:05-3:10

Full Court Scrimmage / Game Play (30 min)

1:40–2:10 & 3:10-3:40

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: Mini Queen of the Court (15 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.

Queen of the Court video example:

<https://youtu.be/kMc85Auw7M?si=sACfapZdbKSYi1w3>

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?