

4th Grade Mudsock Girls Volleyball Clinic

75-Minute Practice Plan with Beginner Focus

First session (March 8, 2026)

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

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.

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: 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.
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Drill 2: Partner Pass (8 min)

- Team up with a partner.
 - Partner Toss → Partner pass → Partner pass.
 - See how many passes in a row you can get before ball touches the floor.
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Drill 3: Passing Circle (4 min)

- Players form a circle.
 - One player tosses the ball to start the drill.
 - Teammates pass to someone new each time.
 - See how long you can keep the ball going before it touches the floor.
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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>

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.

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/>

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

Full Court Scrimmage / Game Play (20 min)

1:50–2:10 & 3:20–3:40

3-Touch Challenge (10 min)

- Split the team in half with 6 girls on each side of the court. One side in serve receive position and the other side serving.
 - Serving team starts with 2 serve opportunities → move to coach toss if serves don't go over the net
 - 1 point = receiving team passes the ball immediately back over the net
 - 2 points = receiving team has 2 touches before ball goes over the net
 - 3 points = receiving team has 3 touches before ball goes over the net
 - If ball is shanked on the serve receive = 3 points for the serving team
 - First team to 9 points wins.
 - Switch serve receive and serving sides and repeat challenge.
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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.

Queen of the Court video example:

<https://youtu.be/kMc85Auwt7M?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?