

# 5<sup>th</sup>-7<sup>th</sup> Grade Mudsock Girls Volleyball Clinic

## 75-Minute Practice Plan with Advanced Progression Focus

Second session (March 15, 2026)

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### Practice Breakdown

Time	Activity
0:00–0:05	Dynamic Warm-Up
0:05–0:25	Passing & Setting
0:25–0:45	Hitting & Serving
0:45–0:50	Water Break
0:50–1:10	Competitive Scrimmage / Game Play
1:10–1:15	Cool Down & Team Huddle

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### Dynamic Warm-Up (5 min)

#### 1:00–1:05 & 2:30–2:35

- Jog 1 lap (include backpedal + sprint on sidelines)
  - High knees
  - Butt kicks
  - Grapevine
  - Arm circles (forward/back)
  - 10 jumping jacks
- Optional: Partner pepper (controlled pass-set-free ball)

**Coaching Focus:** Game-speed movement, communication, and ball control from the start.

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# Passing & Setting (20 min)

1:05–1:25 & 2:35–2:55

## Key Teaching Points:

- ✓ Emphasize correct passing technique
- ✓ Teach players to “Follow the Ball”
- ✓ Demand accurate passes to target
- ✓ Stress loud communication (“Mine!”, “Help!”, “Free!”)

## **Drill: Progressive Butterfly Drill #1 (20 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.
- Tossers underhand or overhand toss a ball over the net to the passer → Passer passes the ball to target → Target catches the ball.
- Girls follow their ball: Tossers → Passers (go around the net). Passers → Targets. Targets → Tossers (on the same side of the net).
- Repeat for 10 minutes.
  
- After 10 minutes, progress to targets **setting** the ball to coaches standing at front left.
- Tossers underhand or overhand toss a ball over the net to the passer → Passer passes the ball to setter → Setter sets the ball outside to a coach.
- Coach tosses ball back to setter.
- Girls follow their ball: Tossers → Passers (go around the net). Passers → Setters. Setters → Tossers (on the same side of the net).
- Repeat for 10 minutes.

## **Advanced/Progression Option:**

After 5 minutes, tosser does a down ball instead of a toss.

## **Butterfly Drill video example:**

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

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## **Serving & Hitting (20 min)**

**1:25–1:45 & 2:55–3:15**

### **Serving Key Teaching Points:**

- ✓ Consistent toss (for overhand)
- ✓ Contact at highest reach
- ✓ Weight transfer
- ✓ Aggressive but controlled serve

### **Drill #1: Overhand Serve Progressions (5 min)**

- Toss and Drop - focusing on toss consistency.
- Toss and Trap – Draw back serving arm and “catch” the ball at the top of the toss.
- Toss and Serve - Serve while concentrating on:
  - Toss height consistency
  - Contact point
  - Topspin or float control

**Coaching Focus:** Toss determines serve quality.

### **Overhand Serving Progression video example:**

<https://youtu.be/g5sX0LCitgs?si=uUk6dZi2fogtanH4>

### **Drill #2: Ace to Replace (5 min)**

- Set up 3 passers and one setter on one side of the net and the rest of the team on the other side serving.

- The servers have to ace a passer to take her place.
- If a passer gets a perfect pass to setter/target, she takes their place as the new setter/target.
- Setter/target rotates to serving.

### **Ace to Replace video example:**

[https://youtu.be/5Sodas0\\_NFg?si=XItLsMuEDHWX1wIq](https://youtu.be/5Sodas0_NFg?si=XItLsMuEDHWX1wIq)

### **Hitting Key Teaching Points:**

- ✓ Proper hitting form
- ✓ Soft hands for setting
- ✓ Movement to the set: Will require girls to adjust their hit based on the quality of the set (tip, down ball, free ball, etc.)
- ✓ Keep the drill continuous

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

- Set up the court the same as previous Butterfly Drill, but tossers become servers (have them start behind the court) and passers are also hitters.
- Server serves a ball over the net to the passer → Passer passes the ball to setter → Setter sets the ball to the passer, **who has transitioned to now become the outside hitter.**
- Server → Passer (go around the net). Passer/Hitter → Setter. Setter → Server (on the same side of the net).
- Repeat for 10 minutes.

**Coaching Focus:** Repetition and rhythm. Adjust difficulty based on skill level.

### **Butterfly Variations video example (focus on Second Variation):**

[https://youtu.be/VVkfmxEOWno?si=\\_xXERl9cLkQjv8xb](https://youtu.be/VVkfmxEOWno?si=_xXERl9cLkQjv8xb)

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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**

### **Quads (10 min)**

- Split the full court into 4 sections with groups of 2 in each quarter.
- Serve from opposing team → Pass → Pass/Set → Pass/Hit ball over net.
- Other side repeats.

**Repeat serve if it is missed. If second serve is missed, coach does a free ball.**

Goal = Maintain rally. Rotate out once ball touches the ground.

### **Quads video example:**

<https://youtu.be/JZhOx-a4Idg?si=KLgZRT55KdtYON8C>

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### **4v4 or 6v6 Queen of the Court (10 min)**

- Full or half court.
- Live serve to start.
- First team to 5 points stays.
- Challengers rotate in.

**Repeat serve if it is missed. If second serve is missed, coach does a free ball.**

### **Advanced Rules:**

- Must attempt an attack (no sending free balls)
- Setter must transition after first contact
- Bonus for defensive dig to transition attack

**Queen of the Court video example:**

[https://youtu.be/uIEZxoDs17w?si=Yad6V8jbsjf\\_MylG](https://youtu.be/uIEZxoDs17w?si=Yad6V8jbsjf_MylG)

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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
- Hip flexor stretch
- 5 deep breaths

### **Team Close:**

- What was our best rally?
  - Who showed great communication?
  - What is one thing we improve next clinic?
  - Team cheer?
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