

5th-7th Grade Mudsock Girls Volleyball Clinic

75-Minute Practice Plan with Advanced Progression Focus

Third session (March 22, 2026)

Practice Breakdown

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

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.

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 1: Partner Pepper (5 min)

- Have the girls find a partner. Partners stand about 10–15 feet apart
- One player starts with the ball and gently tosses it to the other partner
- Receiver uses forearms to pass
- **Goal:** send a controlled ball up to partner
- Partner moves under the ball and uses hands to set the ball up
- First player hits the ball back (light swing)
- **Aim:** controlled, not hard
- Repeat the Sequence
- Pass → Set → Hit continues back and forth
- Try to keep rally going as long as possible

Partner pepper video example:

<https://youtu.be/0FK1nQunWus>

Drill #2: Forearm Passing & Setting Drill (15 min)

Passing:

- 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.

Setting:

- Repeat drill with higher tosses from tossers, so that passers set the ball.
- Repeat for a set time or number of contacts, then rotate roles so all players practice setting 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



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: Serving Progression Drill (15 min)

- Split the girls in half and place half on 10-foot line on either side of the net.
- Start half of the girls with a knee down, based on their serving hand (right-handed = right knee down) (left-handed = left knee down)
- Other half stands at 10-foot line on the other side of the net.
- Servers (with knee down) begin drill:
 - **Toss and Drop** - focusing on toss consistency with ball landing right inside foot. Repeat 10 times.
 - **Toss and Serve into the Net** – Draw back serving arm and serve the ball at the top of the toss into the net. Catch the ball on the rebound. Repeat 10 times.
 - Back up to 15 feet. **Toss and Serve to Partner** across the net. Serve while concentrating on:
 - Toss height consistency
 - Contact point
 - Partner catches the ball and rolls it back to the server. Repeat 10 times.
 - Back up to full court. **Toss and Serve to Partner**. Repeat 10 times.
- Switch servers and partners and run drill again.

Coaching Focus: Toss determines serve quality.

Serving Progression video example:

<https://youtu.be/pREhctoJFPY?si=6YdVsjHKpPYa5l48>

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: Hitting Lines (5 min)

Set Up Players & Positions:

- **Coach Setter** → at the net (right-front or center)
 - **Coach Passer/Tosser** → on one side of the court
 - **Half of the players as Hitters in a line** → usually outside hitters start in left-back
 - **Half the players as Shaggers** → players collecting balls on the other side
1. **Toss/Pass:** A coach tosses the ball to the setter/coach
 2. **Set:** Coach/Setter delivers a set (usually to outside hitter to start).
 3. **Approach & Hit:** First player in line does a full approach (3- or 4-step) and attacks.
 4. **Follow Through:** Hitter goes under the net. Joins the end of the hitting line
 5. **Rotation:** Next hitter steps up immediately → keeps the drill continuous.
 6. **Rotate:** After 2-3 minutes, rotate the hitters and shaggers.

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

Drill #1: Small Court 2v2 (10 min)

- Split each side of the court in half/thirds depending on number of players
 - Move the antennas in to split the net into half/thirds, with two girls in each half/third on each side of the net.
- One side of the net is chosen to start game play with a serve.
- Girls try to serve one ball to begin play.
- **If serve is unsuccessful, coach tosses the ball in to begin play.**
- One partner takes the first ball and passes it up. The other partner sends the ball over on the 2nd touch.
- Receiving team has a partner that takes the first ball and passes it up. The other partner sends the ball over on the 2nd touch.
- Repeat until dead ball, then repeat for a set time.

Progression: Partner at the net sets the ball and the remaining partner tips/hits/free balls over the net with the third contact.

Small Court 2v2 example (first half of the video):

<https://youtu.be/MukUTA6c4eI>

Drill #2: Full Court Scrimmage (10 min)

- Split players into **two even teams (6 vs 6)**
- Put three players in **serve receive positions**
- Put remaining three players at front of the net.
- Make sure everyone knows their **base positions**:

- Front row: Left Front, Middle Front, Right Front
 - Back row: Left Back, Middle Back, Right Back
 - Start with one team serving. Server begins from behind the end line
 - Receiving team passes → setter sets → hitter attacks
 - If serve is unsuccessful, coach tosses the ball in to begin play.
 - Play continues until:
 - Ball hits the floor
 - Ball goes out
 - A fault occurs
 - If the receiving team wins the rally:
 - They rotate clockwise
 - New server goes back-right
 - If the serving team wins: They keep serving (no rotation).
 - Repeat play 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
- 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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