

5th-7th Grade Mudsock Girls Volleyball Clinic

75-Minute Practice Plan with Advanced Progression Focus

Final session (March 29, 2026)

FIRST SESSION

Practice Breakdown

Time	Activity
0:00–0:05	Dynamic Warm-Up
0:05–0:15	Ladder Passing & Setting
0:15–0:25	Hitting Lines
0:25–0:55	Competitive Scrimmage / Game Play
0:55–1:00	Water Break (5 th Graders transition to Intermediate Gym)
1:00–1:10	Serving Progression (5 th Graders in Intermediate Gym as well)
1:10–1:15	Cool Down & Team Huddle

Dynamic Warm-Up (5 min)

1:00–1:05

- 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 (10 min)

1:05–1:15

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: Ladder Passing Drill (10 min)

- Line up half the girls at the net on both sides.
- The rest of the players line up on one side at the 10' line with a volleyball.
- Pass and shuffle through the tossers on one side of the net.
- When you get to the last tosser on one side, pass to yourself as you walk around the net and continue passing with the next tosser on the other side.
- After one round, have the girls start at 15' back.
- Repeat tossing and passing.
- After one round, have the girls start at the 10' line.
- Repeat tossing but with sets.
- After one round, have the girls step back to 15' again.
- Repeat tossing but with sets.
- Switch tossers and passers and run the entire sequence again.

Coaching Focus: Repetition with game-like intensity.

Ladder passing video example:

<https://youtu.be/NBz3jXhPEDg?si=4rvKu1W3OGRhb948>

Hitting (10 min)

1:15–1:25

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 #1: Hitting Lines (10 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.

Full Court Scrimmage / Game Play (30 min)

1:25–1:55

Drill #1: Quads (15 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>

Drill #2: 4v4 or 6v6 Queen of the Court (15 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/uIEZxoDsl7w?si=Yad6V8jbsjf_MylG

Water Break (5 min) 1:55–2:00

5th graders transition to Intermediate Gym

Serving (10 min) 2:00–2:10

Serving Key Teaching Points:

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

Drill #1: Serving Progression Drill (10 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>

Cool Down & Team Huddle (5 min)

2:10–2:15

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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