

5th-7th Grade Mudsock Girls Volleyball Clinic

75-Minute Practice Plan with Advanced Progression Focus

First session (March 8, 2026)

Practice Breakdown

Time	Activity
0:00–0:05	Dynamic Warm-Up
0:05–0:25	Advanced Passing Drills
0:25–0:45	Serving Progressions & Pressure Serving
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 (20 min)

1:05–1:25 & 2:35–2:55

Key Teaching Points:

- ✓ Platform angle control
 - ✓ Early foot movement
 - ✓ Beat the ball to the spot
 - ✓ Loud communication (“Mine!”, “Help!”, “Free!”)
 - ✓ Pass to target (setter zone)
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Drill 1: Coach Toss with Angles & Footwork (10 min)

- Players form two lines.
- Coach stands in designated setter position.
- Coach tosses (short, deep, left, right).
- Passer must move and pass to designated setter target.
- After pass → Transition off court and rotate.

Progression:

- Add controlled down balls instead of tosses.
- Continuous movement: After good pass to target → Coach tip/down ball → Next player covers.

Coaching focus: Passing accuracy, movement, and transition.

Master Angles & Footwork video example:

https://youtu.be/12v03fGkHI4?si=A5LQa5_F0s_1Dhg7

Drill 2: 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>

Serving (20 min)

1:25–1:45 & 2:55–3:15

Key Teaching Points:

- ✓ Consistent toss (for overhand)
- ✓ Contact at highest reach
- ✓ Weight transfer
- ✓ Aggressive but controlled serve
- ✓ Serve with purpose (zone targeting)

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: Zone Serving Progression (5 min)

- Servers aim for zones and deep corner seams.
- Must hit 3 successful serves in one zone before switching to a new zone.

Advanced Options:

Call serve before contact (declare zone). Step back and increase difficulty (deeper placement or tougher seam).

Zone Serving Drill with Progression video example: <https://youtu.be/-jQJW4yFaiw?si=LIrL4LyGm62P4T4>

Drill 3: Pressure Serving Competition (10 min)

- Team is split in half with an equal number of servers on each side.
- Each side takes turns serving one ball per player at one time.
- Each serve made = 1 point for the serving team.
- Each missed serve = 1 point for opposing team.
- Each serve into called zone = 2 points.
- Play to 10.

Variation:

Missed serve = quick team conditioning for serving team (5 push-ups, jumping jacks, or suicide/line touch).

Coaching Focus: Serving under pressure.

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

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.

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

Quads video example:

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

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.

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

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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