

Training the High School /Club Practice

Mid Season / 2 practices a week scenario

One coach / 9-14 players

Practice outline

Focus or Criteria

Warmup Games

- 1)Triple Ball
- 2)Pinnie Triple Ball
- 3)Speedball

ball control
progressive physical warmup
communication
game like situations
making them uncomfortable

Serve / Serve Receive

- 1)The Game
- 2)6:00 drill (4:00 drill?)

serving with a purpose
passing as a group of 3 / 4
team pressure
hitter component

Blocking

- 1)Boys Block

eye sequencing
verbal cues / technique

Offensive Reps

1) Front Row vs. Defense	setter / hitter relationship
Front row setter (focus on defense - # of dig/block to transition)	technical feedback or
Backrow setter (focus on offense – # of kills)	scoring criteria/shot selection
Setter out/middle setter (focus on situation when setter is out - # of kills)	possibility of defense or offense focus

Practice / Drill thoughts

- 1) Plan your practice goals and then find drills to fit, not fitting practice around some great drills you find.
- 2) Each drill has a focus (one thing) for the athlete(s), even if multi skills are involved.
- 3) Coach(es) have a specific goal or skill you are watching and give feedback. Work from different sides and perspectives. (try to see what players see from their angle.
- 4) Break up your practice area and try to have two things going on instead of one. More players involved, chance for individual attention as well as team positional bond/responsibility.
- 5) Always set drill parameters (time, so many balls, finish with # of good contacts, scores, stay until completed or reached goal) Compete.
- 6) Challenge them. Make them uncomfortable.