

1 Hour Volleyball Practice Plan

Time	Drill	Description
6:00pm-6:15pm <i>15 minutes</i>	Warm-Ups and Downball Game	<ul style="list-style-type: none"> - 2 laps around court + quick huddle - Split team into two groups, one on each side of the net, 5 vs 5 with extra players off to the side - Toss the ball over and have the two teams play it out, with only downballs and backrow attacks allowed - Once a team hits a downball/backrow attack, they rotate immediately (mid rally) and any player off to the side steps in while another rotates out - End at 6:15pm or with a "final kill"
6:15pm-6:25pm <i>10 minutes</i>	Serving Progressions	<ul style="list-style-type: none"> - Get with a partner - Begin serving from 10' line - Every 3 serves over, take a step back - Work briefly with each player individually
6:25pm-6:35pm <i>10 minutes</i>	Around the World Serving Competition	<ul style="list-style-type: none"> - Mark zones on court with cones (if possible, if not OK) - Split team into two groups - Teams try to serve to a player in each zone and work "around the world" until the team serves to each zone - If a player makes it into a zone, they replace the player who was previously in that zone and move to the next zone
6:35pm-6:45pm <i>10 minutes</i>	Hitting Lines vs Defense	<ul style="list-style-type: none"> - Have your lineup on one side of the net (defense side) - Remaining players will fill in and hit from their position on the "hitting lines" side (use a setter if you have one, coach tossing is ok too) - Play until the defense side sends back 3 "pass-set-hits" or 5 minutes, whichever comes first - Switch front row and back row, which should bring in most players from the hitting lines side
6:45pm-6:55pm <i>10 minutes</i>	Choose one: <ul style="list-style-type: none"> - Scrimmage - Queen of the Court - Freeball/Downball 	Example: Queen of the Court <ul style="list-style-type: none"> - 3 vs 3 game - One side (the queen's side) always gets the first ball thrown to them by the coach - The three on the other side are battling to beat the team on the queen side - If they win, they run under the net and replace the "queens" - If they lose, three new players step on and challenge the queens - Repeat until practice ends
6:55pm-7:00pm <i>5 minutes</i>	Practice Wrap Up	<ul style="list-style-type: none"> - Players stretch while coach reviews high points from practice - Give important information about next practice or match/tournament if necessary - Dismiss players on time... families are busy and will appreciate it!