

VOLLEYBALL

PRACTICE

PLAN

**HIGH
SCHOOL
EXAMPLES**

VOLLEYBALL

PRACTICE

PLAN

**8 SHEETS
IN ALL**

**FOR
PURCHASE**

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VOLLEYBALL PRACTICE PLAN

Time: Warmup

Time: Position Drills

Time: Team Drills

Time: Competition Drills

Time: Cool Down

Time: Warmup

Time: Position Drills

Time: Team Drills

Drill 1
Drill 2
Drill 3
Drill 4
Drill 5

Time: Competition Drills

Time: Cool Down

High School

Practice Plan *1.5 hour Example*

Time:	Warmup	
10 min	<i>5 min - Partner Passing 5 min - 3 vs 3 - Back row Attacking only</i>	
Time:	Position Drills	
15 min	<i>15 min - Hitters/Middles/Setters - Hitting Lines Liberos - Digging from Left Back</i>	
Time:	Team Drills	
10 min	Drill 1	<i>Team Digging Movement Drill</i>
10 min	Drill 2	<i>Team Serve Receive - 20 servers/score points per stat score</i>
10 min	Drill 3	<i>Libero Digs from Coach & setter Sets Out of system to Hitters</i>
	Drill 4	
	Drill 5	
	Drill 6	
Time:	Competition Drills	
15 min	<i>6 v 6 - Freeball Plays from Free balls</i>	
15 min	<i>6 v 6 Competition - Games to 15</i>	
Time:	Cool Down	
5 min	<i>Team Stretching & Meet with Coach</i>	

High School

Practice Plan 2 hour Example

Time:	Warmup	
15 min	<i>5 min - Partner Passing</i> <i>5 min - Team Triangle Passing</i> <i>5 min - 3 vs 3 - Queen of the Court</i>	
Time:	Position Drills	
30 min	<i>15 min -</i> <i>Hitters /Liberos- Serve Receive Passing</i> <i>Setters - Setting Triangles</i> <i>Middles - Blocking Footwork</i> <i>15 min -</i> <i>Hitters/Middles/Setters - Hitting Lines</i> <i>Liberos - Digging from Left Back</i>	
Time:	Team Drills	
10 min	Drill 1	<i>Team Digging Movement Drill</i>
10 min	Drill 2	<i>Team Serve Receive Rotations Drill</i>
10 min	Drill 3	<i>Out of System Attacking from Setter off net (coach toss)</i>
	Drill 4	
	Drill 5	
	Drill 6	
Time:	Competition Drills	
15 min	<i>6 v 6 Competition - Free ball plays</i>	
20 min	<i>6 v 6 Competition - Games to 15</i>	
Time:	Cool Down	
10 min	<i>Team Stretching & Meet with Coach</i>	

High School

Practice Plan 3 hour Example

Time:	Warmup	
15 min	<i>5 min - Partner Passing</i> <i>5 min - 3 vs 3 back row attacks</i> <i>5 min - 3 vs 3 with setter at the net</i>	
Time:	Position Drills	
30 min	<i>15 min -</i> <i>Hitters /Liberos- Serve Receive Passing</i> <i>Setters - Setting Triangles</i> <i>Middles - Quick Attacks from Coach toss</i> <i>15 min -</i> <i>Hitters/Middles/Setters - Hitting Lines</i> <i>Liberos - Digging from Left Back</i>	
Time:	Team Drills	
10 min	Drill 1	<i>Team Digging Movement Drill</i>
10 min	Drill 2	<i>Position Digging Drill</i>
10 min	Drill 3	<i>Serve Receive Drill - 2 Servers/3 Passers/Setter/Target</i>
10 min	Drill 4	<i>Team Serve Receive Rotations Drill</i>
10 min	Drill 5	<i>Hitter Transition Drill</i>
10 min	Drill 6	<i>3 hitting lines with setter vs Full Team Defense Drill</i>
Time:	Competition Drills	
15 min	<i>Offense Vs Defense - 5 Freeballs each side</i>	
15 min	<i>Offense Vs Defense - 5 Serves each side</i>	
35 min	<i>6 v 6 Competition - Games to 15</i>	
Time:	Cool Down	
10 min	<i>Team Stretching & Meet with Coach</i>	