

# VOLLEYBALL

PRACTICE

PLAN

JR. HIGH  
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

*Jr High*

# Practice Plan *1.5 hour Example*

Time:	Warmup	
<i>10 min</i>	<i>5 min - Partner Passing</i> <i>5 min - 3 vs 3</i>	
Time:	Position Drills	
<i>15 min</i>	<i>15 min -</i> <i>Hitters/Middles/Setters - Hitting Lines</i> <i>Liberos - Digging from Left Back</i>	
Time:	Team Drills	
<i>10 min</i>	Drill 1	<i>Team Digging Movement Drill</i>
<i>10 min</i>	Drill 2	<i>Team Serve Receive</i>
<i>10 min</i>	Drill 3	<i>Hitter Pass/Transition to Attack Drill</i>
	Drill 4	
	Drill 5	
	Drill 6	
Time:	Competition Drills	
<i>15 min</i>	<i>Offense Vs Defense</i>	
<i>15 min</i>	<i>6 v 6 Competition - Games to 15</i>	
Time:	Cool Down	
<i>5 min</i>	<i>Team Stretching &amp; Meet with Coach</i>	

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# Practice Plan *2 hour Example*

Time:	Warmup	
15 min	<i>5 min - Partner Passing</i> <i>5 min - Blocking Footwork Drill</i> <i>5 min - 3 vs 3</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 against hitter on ground</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</i>
10 min	Drill 3	<i>Hitter Pass/Transition to Attack Drill</i>
	Drill 4	
	Drill 5	
	Drill 6	
Time:	Competition Drills	
15 min	<i>Offense vs Defense - Free Balls</i>	
20 min	<i>6 v 6 Competition - Games to 15</i>	
Time:	Cool Down	
10 min	<i>Team Stretching &amp; Meet with Coach</i>	

*Jr High*

# Practice Plan *3 hour Example*

Time:	Warmup	
15 min	<i>5 min - Partner Passing</i> <i>5 min - 3 v 3</i> <i>5 min - 3 vs 3 with Setter at 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 - Blocking footwork against hitter on ground</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 Pass/Transition to Attack Drill</i>
10 min	Drill 6	<i>Hitting Line vs Full 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 &amp; Meet with Coach</i>	