

VOLLEYBALL

PRACTICE

PLAN

YOUTH 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	

VOLLEYBALL PRACTICE PLAN	
Time: Warmup	
Time: Position Drills	
Time: Team Drills	
Drill 1	
Drill 2	
Drill 3	
Drill 4	
Drill 5	
Time: Competition Drills	
Time: Cool Down	

Youth Practice Plan *1.5 hour Example*

Time: Warmup

10 min *5 min - Partner Passing*
5 min - 3 vs 3 - Queen of the Court

Time: Position Drills

15 min *15 min -*
Hitters/Middles/Setters - Hitting Lines
Liberos - Digging from Left Back

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 - Ace and Replace</i>
<i>10 min</i>	Drill 3	<i>Hitter Transition Drill</i>
	Drill 4	
	Drill 5	
	Drill 6	

Time: Competition Drills

30 min *6 v 6 Competition - Games to 15*

Time: Cool Down

5 min *Team Stretching & Meet with Coach*

Youth 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>Hitter Transition Drill</i>
	Drill 4	
	Drill 5	
	Drill 6	
Time:	Competition Drills	
35 min	<i>6 v 6 Competition - Games to 15</i>	
Time:	Cool Down	
10 min	<i>Team Stretching & Meet with Coach</i>	

Youth Practice Plan <i>3 hour Example</i>			
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	<table border="1"> <tr> <td>Drill 1</td> <td><i>Team Digging Movement Drill</i></td> </tr> </table>	Drill 1	<i>Team Digging Movement Drill</i>
Drill 1	<i>Team Digging Movement Drill</i>		
10 min	<table border="1"> <tr> <td>Drill 2</td> <td><i>Position Digging Drill</i></td> </tr> </table>	Drill 2	<i>Position Digging Drill</i>
Drill 2	<i>Position Digging Drill</i>		
10 min	<table border="1"> <tr> <td>Drill 3</td> <td><i>Serve Receive Drill - 2 Servers/3 Passers/Setter/Target</i></td> </tr> </table>	Drill 3	<i>Serve Receive Drill - 2 Servers/3 Passers/Setter/Target</i>
Drill 3	<i>Serve Receive Drill - 2 Servers/3 Passers/Setter/Target</i>		
10 min	<table border="1"> <tr> <td>Drill 4</td> <td><i>Team Serve Receive Rotations Drill</i></td> </tr> </table>	Drill 4	<i>Team Serve Receive Rotations Drill</i>
Drill 4	<i>Team Serve Receive Rotations Drill</i>		
10 min	<table border="1"> <tr> <td>Drill 5</td> <td><i>Hitter Transition Drill</i></td> </tr> </table>	Drill 5	<i>Hitter Transition Drill</i>
Drill 5	<i>Hitter Transition Drill</i>		
10 min	<table border="1"> <tr> <td>Drill 6</td> <td><i>Hitting Line vs Full Defense Drill</i></td> </tr> </table>	Drill 6	<i>Hitting Line vs Full Defense Drill</i>
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 & Meet with Coach</i>		