Passing

Time	1 Hour Practice			
Lifeskill	Teamwork			
#	1			

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups				
		Jogging			
		Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
			WATERBREAK		
:11-:36	Passing				
		Body Positioning	Balanced and knees bent	5 Minutes	Video Assistance
		Go Fish	Not to throw the hulahoop at the ball. Moving to ball	10 Minutes	Video Assistance STOP AT 2:09
		Superman Drill	Ball should go between legs	5 Minutes	<u>Video Assistance</u>
		Pass to self then Partner	Controlled movement, body positioning	5 Minutes	Video Assitance STOP AT 0:18
			WATERBREAK		
:37-:42	Games				
		Continuous Passing	Kids vs Coach: The pass on their side of the net +1 on the coaches side -1	5 Minutes	<u>Video Assistance</u>
,			WATERBREAK		
:43-:53	Game				
		Scrimmage	Communication and proper passing form	10 Minutes	
			WATERBREAK		
:54-:58	Cooldown				
		Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building				
		CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs) Cones or markers Hula hoops or targets

Serving

Time	1 Hour Practice			
Lifeskill	Dedication			
#	1			

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups				
		Jogging			
		Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
			WATERBREAK		
:11-:31	Serving Technique				
		Demonstartion	Emphasize proper footwork, arm swing, and follow- through. Provide verbal cues and visual demonstrations and have players practice serving against a wall	5 Minutes	<u>Video Assitstance</u>
		Toss & Drop	Controlled, Ball landing inside stride foot	5 Minutes	Video Assistance STOP AT 0:13
		Toss & Trap	Solid contact contact should not be made pushing ball toward ground	5 Minutes	Video Assistance STOP AT 0:22
		Toss & Serve	Center of ball with heel of hand	5 Minutes	<u>Video Assistance</u>
			WATERBREAK		
:32-:42	Serving				
		Target Serving	Ignore Drop Serve use cones or hula hoops	5 Minutes	Video Assistance STOP AT 0:15
		Serve & Receive	Serve to partner on other side. Pass into cart/hulahoop for point	5 Minutes	
			WATERBREAK		
:43-:53	Game				
		Spot Serving	Ensure proper serving form and toss	10 Minutes	Video Assistance STOP @ 0:58
:54-:58	Cool Down				
		Static Stretching	Ensure proper cooldown		
:58-60	Confidence Building				
		CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs) Hula hoops

Passing & Setting

Time	1 Hour Practice			
Lifeskill	Communication			
#	3			

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups				
		Jogging			
		Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
			WATERBREAK		
:11-:26	Setting Technique				
		Demonstration	Above your forehead, hands up early	5 Minutes	Video Assistance STOP AT 0:45
		Wall Setting	Not catching the volleyball, Controlled	5 Minutes	<u>Video Assistance STOP AT 0:45</u>
		Partner Setting	Square up to partner, replace volleyball with beach ball if needed	5 Minutes	<u>Video Assistance</u>
			WATERBREAK		
:27-:42	Passing Technique				
		Partner Passing	Move feet to get into proper position	5 Minutes	Video Assisatnce STOP @ 0:50
		Ladder Passing	Run through agility ladder and pass to two spots on the court (coned off)	10 Minutes	<u>Video Assistance</u>
			WATERBREAK		
:43-:53	Games				
		Pass Set Hit (Over)	1 point pass 1 point set 2 points over	10 Minutes	
			WATERBREAK		
:53-:58	Cool Down				
		Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			
		CODS building COBS	Equipment Needed:		

Volleylite (Age Appropriate Volleyballs) Beach ball Agility Ladder

Serving & Passing

Time	1 Hour Practice			
Lifeskill	Resilience			
#	1			

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups				
		Jogging			
		Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
			WATERBREAK		
:11-:31	Serving				
		Shoulder Warm Up		5 Minutes	
		Throws	Throw the ball slowly increasing distance over the net	5 Minutes	
		Target Practice	Set up cones and instruct which cone to serve at. First	5 Minutes	Video Assistance STOP AT 0:15
		Serving Race		5 Minutes	<u>Video Assistance</u>
			WATERBREAK		
:32-:42	Passing				
		Hulahoop Passing	Make sure they are moving to the man not throwing the hulahoop	5 Minutes	<u>Video Assistance</u>
		Over the head	Ensure toss is at a reasonable distance	5 Minutes	Video Assistance STOP @ 3:02
			WATERBREAK		
:43-:53	Scrimmage				
		Scrimmage OR King/Queen of the court		10 Minutes	
:53-:58	Cool Down				
		Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building				
		CUBS building CUBS			
Fautisment Mondads					

Equipment Needed:

Volleylite (Age Appropriate Volleyballs) Cones and Hulahoops

Passing & Communication

Time	1 Hour Practice
Lifeskill	Leadership
#	1

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



### Controlled Player must call out "Minutes" #### Call and Move Table Assistance #### Warring Player must call out "Minutes" ###################################	Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
Ensure properly warmed up before practice WATERBREAK 111-:31 Passing Wall Passing Wall Passing Making contact above wrist and below elbow Move feet to get into position, shoulders squared Controlled passing and propeer movement WATERBREAK 232-:42 Communication Call and Move W Drill Knockout W Drill Knockout W Drill Knockout WATERBREAK 1-43-:53 Scrimmage Scrimmage Scrimmage 1 point for calling and successfully passing Static Stretching Static Stretching Ensure properly warmed up before practice WATERBREAK 10 Minutes Video Assistance Video Assistance Video Assistance Video Assistance 5 Minutes S Minutes S	:00-:10	Warm-Ups				
### Dynamic warm-up before practice ### Defore practice #### Defore practice #### Defore practice ####################################			Jogging			
Samp Making contact above wrist and below elbow Samp Making contact above wrist and below elbow Samp Machine Partner Passing Move feet to get into position, shoulders squared Controlled passing and propeer movement Samp Machine Call and Move Player must call out "Mine" or "Got it" and then move quickly to make the pass Rapid and accurate communication. Must call the ball at each cone. Not calling you are out. WATERBREAK			Dynamic Warm-up		10 Minutes	
Making contact above wrist and below elbow Partner Passing Move feet to get into position, shoulders squared Controlled passing and propeer movement WATERBREAK 232:42 Communication Call and Move Call and Move Player must call out "Mine" or "Got it" and then move quickly to make the pass Rapid and accurate communication. Must call the ball at each cone. Not calling you are out. WATERBREAK 43-:53 Scrimmage Scrimmage Scrimmage Scrimmage Scrimmage Scrimmage Static Stretching Ensure proper cooldown Static Stretching Ensure proper cooldown Static Stretching Move feet to get into position, shoulders squared to get into position, shoulders video Assistance S Minutes S Minutes S Minutes S Minutes 1 Minutes 1 Minutes Assistance 1 point for calling and successfully passing WATERBREAK Static Stretching Ensure proper cooldown				WATERBREAK		
Assistance Wall Passing and below elbow Move feet to get into position, shoulders squared propeer movement propeer movement WATERBREAK 32:42 Communication Call and Move and propeer movement or "Got it" and then move quickly to make the pass Rapid and accurate communication. Must call the ball at each con. Not calling you are out. WATERBREAK 43:53 Scrimmage Scrimmage Scrimmage Scrimmage Scrimmage Scrimmage Static Stretching Static Stretching Ensure proper cooldown Static Stretching Ensure proper cooldown Static Stretching Move feet to get into position, shoulders squared to position, shoulders squared to Minutes Video Assistance Video Assistance Video Assistance S Minutes S Minutes S Minutes S Minutes S Minutes Assistance 10 Minutes S Minutes Assistance S Minutes S Minutes Assistance S Minutes S Minutes Assistance S Minutes S Minutes S Minutes Assistance S Minutes S Minutes S Minutes S Minutes Assistance S Minutes S Minutes Assistance S Minutes S Minutes S Minutes Assistance S Minutes S Minutes Assistance S Mi	:11-:31	Passing				
Bump Machine Controlled passing and proper movement 10 Minutes Video Assistance. WATERBREAK Salary Communication Call and Move Call and Move Quickly to make the pass Rapid and accurate communication. Must call the ball at each cone. Not calling you are out. WATERBREAK Waterbreak Waterbreak Assistance Forimmage Scrimmage 1 point for calling and successfully passing successfully passing WATERBREAK Salary Cool Down Static Stretching Ensure proper cooldown			Wall Passing		5 Minutes	<u>Video Assistance</u>
### Static Stretching #### Static Stretching ####################################			Partner Passing	ū	5 Minutes	Video Assisatnce STOP @ 0:50
Sacrimmage Scrimmage Scrimmage Tool for calling and successfully passing Static Stretching Static Stretching Static Stretching Sminutes			Bump Machine		10 Minutes	<u>Video Assistance</u>
Player must call out "Mine" or "Got it" and then move quickly to make the pass Rapid and accurate communication. Must call the ball at each cone. Not calling you are out. WATERBREAK :43-:53				WATERBREAK		
Call and Move or "Got it" and then move quickly to make the pass Rapid and accurate communication. Must call the ball at each cone. Not calling you are out. WATERBREAK :43-:53 Scrimmage Scrimmage 1 point for calling and successfully passing WATERBREAK :53-:58 Cool Down Static Stretching Ensure proper cooldown :58-:60 Confidence Building	:32-:42	Communication				
W Drill Knockout communication. Must call the ball at each cone. Not calling you are out. WATERBREAK :43-:53 Scrimmage Scrimmage 1 point for calling and successfully passing WATERBREAK :53-:58 Cool Down Static Stretching Ensure proper cooldown :58-:60 Confidence Building			Call and Move	or "Got it" and then move	5 Minutes	
Scrimmage Scrimmage 1 point for calling and successfully passing WATERBREAK :53-:58 Cool Down Static Stretching Ensure proper cooldown :58-:60 Confidence Building			W Drill Knockout	communication. Must call the ball at each cone. Not	5 Minutes	<u>Assistance</u>
Scrimmage 1 point for calling and successfully passing 10 Minutes WATERBREAK :53-:58 Cool Down Static Stretching Ensure proper cooldown :58-:60 Confidence Building	,			WATERBREAK		
successfully passing Successfully passing WATERBREAK :53-:58 Cool Down Static Stretching Ensure proper cooldown :58-:60 Confidence Building	:43-:53	Scrimmage				
:53-:58 Cool Down Static Stretching Ensure proper cooldown :58-:60 Confidence Building			Scrimmage		10 Minutes	
Static Stretching Ensure proper cooldown :58-:60 Confidence Building	,			WATERBREAK		
:58-:60 Confidence Building	:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
	:58-:60	Confidence Building	, u			
			CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs)

Cones

Games & Competition

Time	1 Hour Practice
Lifeskill	Sportsmanship
#	1

Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.



Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help	
:00-:10	Warm-Ups					
		Jogging				
		Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes		
			WATERBREAK			
:11-:21	Games					
		Serving Accuracy	Focus on proper form, and accurate serves	10 Minutes	Video Assistance STOP @ 0:58	
			WATERBREAK			
:22-:32		Passing Race	Athletes run through a a course designed by coach passing the volleyball back to the coach. If the ball doesn't make it to coach they are out	10 Minutes		
			WATERBREAK			
:33-:43		Setting Game	Break into partners one on each side of the net. They must set to each other whichever pair keeps the ball in the air the longest wins.	10 Minutes		
			WATERBREAK			
:44-:54	Scrimmage	King/Queen of the Court	WATERBREAK	10 Minutes		
:53-:58	Cool Down					
		Static Stretching	Ensure proper cooldown			
:58-:60	Confidence Building	CUBS building CUBS				
Equipment Needed:						

Volleylite (Age Appropriate Volleyballs) Cones or Hulahoops