VOLLEYBALL

Volleyball practice plan

1 h 20 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	10	**Pepper: pass, set, hit** Dig it high to your partner, set it up in front of them, hit it down at their middle. Every ball back to t…
☐	**30 min**	15	**Serve-receive passing to target** Feet to the ball, platform angled to the target, and pass it high to the setter. The setter goes on th…
☐	**45 min**	5	**Water break**
☐	**50 min**	20	**Scrimmage**
☐	**1 h 10**	10	**Cool-down** Easy jog, then static stretches

NOTES

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