## 1. Parent Intro: $5-10 \mathrm{~min}$

- Background
- Goals
- Medical conditions or other important info
- Volunteers, if needed


## 2. Warmups: 5 min

2 laps easy jog, 1 high knees, 1 butt kicks Shuffle drill (stay low, no crossovers)
**DRINK**

## 3. Passing: 15-20 min

Passing -- demonstrate correct form/position and have the girls follow:

- hands overlap with 3 "pads" together, fingers curl in, thumbs over top and pointed down
- arms are locked and straight -- ball should hit fleshy part of forearm
- feet are a bit wider than shoulders, with legs bent like sitting back in a chair
- arms stay still, "lift with your legs" to meet the ball
- always face the ball with your body -- always face the net for passing drills
- communication -- they should say something every time they come into contact with the ball (mine or name of girl she is passing to). Let them know this is a "talking sport" and that's what helps them work better as a team

Passing drills

- Partner passing: one girl facing the net; partner standing with ball, back to net
- girl with ball slaps ball to indicate "ready" position for passer
- toss ball to partner to pass back
- 10 tosses, then switch positions (passer should always be facing the net)
- Shuffle drill: 2 coaches stand along 10 foot line, girls line up on sideline of backcourt and shuffle to ready position in front of coach, coach tosses to right or left of player, who then shuffles right/left to catch the ball. Once they are comfortable with shuffling to get in front of the ball, this can transition into shuffle and pass. Emphasize feet always pointing at the target. Working on shuffling footwork and getting in front of the ball. Pass back to coach ("mine" and "coach") and move to back of other coach's line. May have to have girls shag their own balls.
- Bridge drill: have your players line up in two lines standing on the end line, with the line leaders standing in the middle of the court. Coach tosses a ball directly towards the player. That player then is supposed to move and make a "bridge" over the ball so that it bounces between her legs. Player shags her own ball and brings it back to the coach, and the coach just tosses back and forth between the lines.
- Helps players work on judging and moving to the ball.The way they position themselves for the ball (stance wide and knees bent) is how they would move if they were actually passing a ball. Once everyone goes through 4-5 times and is comfortable, make them move just a little bit from side to side so they really have to work on moving. Do this another 4-5 times and end the drill. It's fun, but it does get old after everyone gets the hang of it. This drill can also be used throughout the season if you find your team is struggling to move their feet or get to the ball.
**DRINK**


## 4. Serving: 15-20 min

Serving -- demonstrate correct form and have the girls follow your lead (below is for right-handed servers):

- left foot forward
- right foot back at $45^{\circ}$ angle
- weight in right hip
- right arm pulled straight back with hand behind right ear
- gentle toss ball with left hand, step in with left foot and reach with right hand
- toss in front of right shoulder
- ball is as high as hand (don't toss too high)
- watch the back of your right hand
- motion should be "lift-step-contact-drop"

Serving drill -- start with yes/no tosses (at least 15 yesses per girl). Emphasize quality over quantity. Consistent toss is biggest key to a good serve. Then go to the wall trap for at least 10 good traps per girl so they can get the feel of the contact and motion. Finally, group them in pairs (do not let them group themselves) for a partner serve drill. Have them start at the 10 -foot line and serve back and forth to each other. If one girl has 3 good serves in a row, she should move back a step.
**DRINK**
5. Game: One-bounce popcorn

Have all the girls make a large circle. Then they pass the ball around. The rule is the ball HAS to bounce at least once. This gives the girls time to position themselves in front of the ball so they are moving their bodies instead of just reaching and swinging with their arms.

