

### **1. Warmups: 5-10 min**

- 2 laps jogging, 1 high knees, 1 butt kicks
- Arm stretching
- 10 squats/10 jumps
- Shuffle drill (no crossovers)

**\*\*DRINK\*\***

### **2. Passing: 10-15 min**

- If one coach: partner passing, then three lines aiming for coach/ hoop?
- If two coaches: shuffle: 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 passes back to coach. 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.

**\*\*DRINK\*\***

### **3. Setting: 10-15 min**

#### Setting Form

- Hands softly in the shape of the ball
- All 10 fingers on the ball
- Hands above forehead, bend elbows, bend knees
- Push with legs and arms, feet pointing to target

#### Setting Drill –

- Players in partners. First player tosses the ball up to herself, catches in setting position (described above) and then pushes it to partner, using legs for energy and following through with hands straight up in the air. This then can be progressed to toss and set rather than catch and push.
- Wall sets if extra time

### **4. Serving: 10-15 min**

- Yes/no tosses – at least 15 yesses, gentle tosses over shoulder
- Wall traps -- motion should be "lift-step-contact-drop"
- 4 on each side, stand at mid-court and throw ball over net, both underhand and overhand
- Partner serve drill – over or underhand, start at 10-foot line, if serves are consistently going over, then take a big step back

**\*\*DRINK\*\***

**5. Newcomb: 10-15 min**

- Volleyball with catches and throws instead of passing
- Divide girls equally into two teams or do teams of 2, Queens of the Court style, where winner of the point stays on
- Play begins with the server throwing the ball over the net to the opponents. The ball remains in play being thrown back and forth across the net until there is a miss.
- Aim for three toss/catch with third tossing it back over
- Rotate after a few tosses
- Emphasize calling the ball