

Arrival: One-Bounce Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- 10 jumps (straight up, mimicking a block)
- Shuffle drill
- Arms: players partner up and warm up their arms by throwing the ball across the net to their partner. Coaches encourage stepping with the opposite foot, as we do in serving.

****DRINK****

2. Passing/setting: 10-15 min

Passing drill

- Players form 4 lines. One line in LB, one line in MB, one line in RB, and one line at the target position (RF). The coach will stand up by the net and toss or hit balls to the players in the back row lines. Passers should work on calling the ball, moving to the ball, and passing it to the target. After a player passes the ball, she should rotate clockwise to the next line. After the target catches the ball and hands it to the coach, she rotates into the passing lines. Coaches can set a goal for number of passes that the team gets to the target.

Setting with a partner

- Each partner takes turns tossing and setting. They can do 10 tosses/sets and then switch so that the other partner is tossing or setting. Encourage nice high tosses. If they do well with partner tossing, they could try to see how many continuous sets they can get back and forth with their partner.

****DRINK****

3. Standing hits: 10-15 min

- Split the group so half of the girls are on each side of the net in the LF position. Players line up at the 10 foot line in left front. One coach will be on each side of the net and toss the ball up, and players do a standing hit. This also helps them with their arm swing for serving. Right handed hitters should use their left arm as their guide arm (they can point to the ball if that helps), and swing and hit with their right. Players shag their own ball and bring it to a coach.

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"
- Partner serve drill – girls partner up to stand on opposite sides of the net and serve from wherever they are able, starting just behind 10 foot line and continuing to move back as they get stronger. Coaches, help them out with their form, encouraging overhand, stepping with the opposite foot, keeping their elbow high, etc.

****DRINK****

5. Game: Don't Sink the Ship

- All girls start out on the serve side; coaches help shag
- Trying to serve over the net
- If serve does not go over, girl moves to other side of net and has to try and catch a serve. If she catches a ball, she can go back to the serve side.

6. Game: Make the Basket

- All girls start out on one side; coaches on other side, holding hands to make a hoop
- Trying to serve over the net and aim for the hoop
- Once they do, they join the group where they made the hoop to make a bigger hoop