

Arrival: One-Bounce Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Arm stretches
- 10 jumps
- Shuffle drill

****DRINK****

2. Passing/setting: 10 min

Back row drill (both sides of net)

- One player in each of the 3 back row positions, coach tosses or serves the ball to players, players pass the ball into hula hoop. Players rotate to practice each position. Player waiting helps shag balls

2-line drill – girls go to back of opposite line after their pass or set; emphasize calling the ball

- Passes, sets and then combo
- Standing in position
- Shuffling in from sideline

****DRINK****

3. Serving: 5-10 min

- Yes/no tosses – at least 15 yesses, gentle tosses over shoulder
- Wall traps -- motion should be "lift-step-contact-drop"
- Partner serve drill – over or underhand, start at 10-foot line, if serves are consistently going over, then take a big step back

****DRINK****

4. Serve reception (start by 5:45)

- Put girls in serve reception with one server and rest to help shag on other side
- Emphasize calling the ball
- Aim for three passes and getting the ball over the net
- Rotate after 3 serves (or two unsuccessful serves plus two coach tosses per server) –

- Make sure to get all the way through rotation so each girl has a chance at each spot
- Play according to rules – server gets two chances on first serve only. Three in a row max. Coach throws two free balls after first serve

****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