

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

- Partner toss and then continuous setting. Encourage hands in the shape of the ball, pushing the ball high.

****DRINK****

3. Working on 3 hits: 10-15 min

- Works best with 2 or 3 coaches. Players form 3 lines. One line in the target/setter position, one line in middle back, one line in left front. Coach tosses ball to middle back player, who tries to pass to the setter, setter tries to set to hitter, hitter tries to hit it over the net
- If the pass does not get to the setter, coach tosses the ball to the setter to give her another try. Similarly, if the set does not make it to the hitter, coach gives the hitter a toss. Players rotate to the end of the line. After a few minutes, the groups switch lines to do a different skill.

4. Hitting against the wall: 5-10 min

- Each player has a ball and some space in front of a wall. Players toss the ball up and hit it down so that it bounces on the floor and then hits the wall.

Some of the players have been serving and hitting by "tipping" it over, this will work on hitting the ball hard with the whole hand. More advanced: try to get multiple hits in a row off of the bounce.

****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