

Arrival: Regular 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:

Each coach takes a group. Players form a single file line, coach starts with a toss to first player, player passes ball back to coach and goes to end of line, coach tries to keep it going and pass to the next player in line.

Spend 10 min each on passing and setting (or combination)

****DRINK****

3. Moving to the ball

Talk about not letting the ball drop, don't have to stay in your "spot" on the court. 2 players lay on floor, coach slaps ball and bounces high off the ground, players get up and get to the ball. Each group can take as many hits as needed to get it over the net.

4. Standing hits

- 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.

5. Game: Don't Sink the Ship (if time)

- 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.