

## **Arrival: Regular Popcorn**

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

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

### **2. Passing**

- 3 back row lines, coach as target, 10 good passes to target (target does not have to take more than one step to get to ball) and then rotate lines.

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

### **3. Setting**

- Split girls into two groups to use both sides of the net. Coach tosses, player moves to the ball and sets to hitter position.

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

### **4. Serve reception: 20 min**

- Put girls in serve reception
- 6 girls on one side, others plus coaches 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 – both sides
- Make sure servers are standing behind 10-foot line

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