

## **Arrival: Arm Warmups**

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

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

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

### **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/standing hits**

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

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

### **4. Game simulation**

- 4x4 in diamond formation, start with coach toss over the net, players work to get three hits (or more if needed) to get it over the net, move to the ball and don't let it drop!

**\*\*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.