

Arrival: Arm Warmups (ball toss over net)

1. Warmups: 5-10 min

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

****DRINK****

2. Passing/setting

- Passing and moving to the ball. 3 players on the court at a time. Coach tosses the ball, players try to control the ball to get 3 hits (passes or sets). Encourage moving to the ball, calling the ball. Next group of three comes on the court, etc.
- Each coach takes a group. Players form a single file line, coach starts with a toss to first player, player passes or sets ball back to coach and goes to end of line, coach tries to keep it going and pass/set to the next player in line.

****DRINK****

3. Setting/standing hits

- One player starts as setter on each side of the net. The rest of the players line up to hit (one group on each side of the net). Coach tosses the ball to the setter, setter sets to hitter. Hitter is encouraged to move to the ball and hit it if able, otherwise pass or set it over the net. Rotate setters so that each player gets a turn (10-15 sets each).

****DRINK****

4. Serving/Don't Sink the Ship

- Each team can stand in opposite sides of the net and serve from wherever they are able. Players can start at about 10 feet and move back as they are able. Coaches, help them out with their form, stepping with the opposite foot, keeping their elbow high, etc.

****DRINK****