

Practice Season Planner



Practice Phases	Pre-Season	First Match to Mid-Season	Mid-Season thru Playoffs
Warm-Up Coach's Instruction	5-7 minutes	5-7 minutes	5-7 minutes
Individual Skills Footwork Serving Passing Setting Attack Blocking Transition Fookwork Combination Contacts	55%	30%	20%
Positional Skills Setter Outside Hitter Middle Hitter/Opposite Defense/Libro	30%	45%	45%
Team Skills Serve Receive Offensive Systems Defensive Systems Transition – Putting it all together Wash Drills Scrimmage	15%	25%	35%
Cool Down Coach's Comments	3-5 minutes	3-5 minutes	3-5 minutes