Freshman sample practice	Junior Varsity sample practice	Varsity sample practice

warm-up
total body - running
muscle stretches
active stretching

individual skill work
passing
setting
throwing
hitting
footwork: blocking, floor defense and hitting
serving: basic everyone can do it
drive, float, jump float
blocking

positional skills
Outside hitter	add single blocker
middle hitter	add double blocker
right side hitter	add single blocker
defense	

team
6 offense 6 defense "hot potato" freeze
6 vs thrown ball, freeball, down ball
6 vs 3 hitting lines, 6 vs 2 hitting lines, 6 vs 6

cool down
total body - running
muscle stretches

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warm-up
total body - running
muscle stretches
active stretching

individual skill work
pepper
salt
loop drill
contact over net - standing, jump, approach
serve targets
blocking and floor defense footwork

positional skills
floor positions per skill
  swing dig, block,pass, hit, partner positions

back row position with BR attacks
Serve/Re positions (responsibilities)

Front row transition with setter penitrating

Blocking - individual skill work

team

6 vs 2   6 vs 3   6 vs 4
wash drills no middle no right side
IN A ROW drill: server vs 6 add blockers,
  add defense

cool down
total body - running
muscle stretches

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warm-up
total body - running
muscle stretches
active stretching

individual skill work
partner passing into pepper
BR triples cooporative
BR triples with rotation
Full court triples with block
serve - pass drill

positional skills
outside vs outside
middle hitter vs middle hitter
right side vs right side

Play sets - off tosses
                 off pass
Blocking opponents' stregnths
            blockers vs hitters

team   3 minute blocks
3 ball wash drill, serve + DBs
2 in a row wash drill, bonus ball =3 in row etc
focus position = extra point during rally
   ex: RS 2 points when set during the rally
draw situations to play : ex: attack weak side
   ex: sub in MF, ex: aggressive setter

cool down
total body - running
muscle stretches

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