

BALL CONTROL / COMPETITIVE PRACTICES

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- PHILOSOPHY
 - Our goal is to always outwork our opponent and to frustrate them with our relentless defense
 - STARTS IN PRACTICE
 - Expectation of practice must be higher than match night - You will never outwork your opponent if you aren't accountable to that in your own gym
 - For example: if a ball landing uncontested in practice doesn't fire you up like it does in a match, the practice culture must change to get the results you desire
 - How we LEAD matters!
 - Replace the thought of "my players won't..." with "I haven't led them to..."

- PRACTICE
 - Every drill designed with a purpose
 - Ball Control / communication / competitiveness / mental toughness (pressure situations) / conditioning (playing when tired)
 - Change drills (goal of drill) based on the needs of your team
 - Time - be efficient
 - Quality vs Quantity
 - Coaching on the fly

- PARTNER / 3 PERSON PASSING DRILLS
 - Double Knee (move to standing)
 - Partner In/Out
 - Run-Around / Short-Deep
 - Corner
 - Partner Triangle Pass
 - 3 person short-deep

- TEAM BALL CONTROL DRILLS
 - Throw Game
 - Tennis
 - Touch-n-Go (short court)
 - Goal for all: winner and loser in these games

 - Brazilian Warm-up
 - Run-thrus
 - Fill Drill
 - Cone Passing
 - Goal for all: work together to achieve a goal (number to target + time)

- DEFENSIVE DRILLS
 - Triple D
 - Sideline D
 - Dig & Recover
 - Add in competition by seeing which group gets the most to target
 - Box Jump with Run Thru (2 min)
 - Conditioning drill - how to fight through when tired / whole group penalized when one person doesn't give full effort
 - Coach on 3
 - Flare
 - Dig + Touch Ball
 - Dig-Set-Cover
 - All of these drills help teach communication
 - Give a consequence for ball hitting / not knowing where to go / etc.

- TEAM PLAY
 - Defense Wins
 - No touch / 1st ball contact = back to 0
 - Run Drill
 - 22-22 (3 in a row to get a point)
 - Warrior
 - Must score on 1st serve receive ball to get a big point (play to 6)
 - Situations (Get creative)
 - Come from behind, give a lead, specific rotations, 2 in a row for match point, etc

Monday 7.30.18 - 1st official day

- * Green cards *
- ° Mats
- ° Scoreboard
- ° Make copies

9:06-9:09 - Run + Agilities

9:07-9:11 - Touch'n Go Short Court - 4 min

9:12-9:16 - Fill Drill + Cover
↳ 2 min/direction

9:17-9:20 - +40 52 Serve + Run - 2.5 min

9:21-9:28 - Sideline 'D' - 2 min/group - groups waiting focus + talk
↳ LB/RB - 2 groups/position
↳ start sideline - run thru - dig - recover

9:29-9:32 - +40 12 Serve + Run - 2.5 min

9:33-9:40 - Coach on 3 Flare - 7 min
↳ 3 good sets + switch
↳ groups waiting focus + talk

9:41-9:43 - H₂O

9:44-9:49 - Blocking Footwork → DS off - Ball behind
↳ 2 lines - start in M - push to antenna
↳ hold up #
1) Stationary
2) Shuffle R/L
3) Seat drop
↳ 1 leg
↳ 1 leg seat drop
↳ skates
* Wall Sit / Plank

9:50-9:58 - Block Antennas - 2 min/group
↳ bik together then 1-on-1 (everyone come out of M)

9:59-10:05 - Dig + Touch ball - 6 min
↳ DS go twice

10:06-10:14 - Dig-Set-Cover - 7 min (coach hit out of M)
↳ 2 targets OH/RS who also play 'D'
↳ (+3) good set + cover

10:15-10:17 - H₂O

10:18-10:28 - 10 in 10 (Kate first 5) - mill/Jay (1-2 pts)
Ania 2nd 5) Court/T (4-5 pts)
9-10 pts)

Meetings @ 3:30 pm

Example of a practice plan - every minute has a purpose!