



**IHSVCA CLINIC PRESENTATION**  
**Teaching Basic Fundamentals- Middle School Jr High Track**  
**3:30-4:30**

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Basics

5-1 Uses five offensive players and 1 setter

6-2 Uses a total of 6 hitters and 2 setters

Basic calls for your hitters to communicate with the setter

Outside-5, Middle-2, Right Side 9 \*Do not jump into faster offense until your kids demonstrate proper techniques

\*Keys to working with Middle School Athletes

- Keep it Simple
- Focus on doing things the right way
- Not one size fits all teaching, if an athlete does not understand, find another way to teach
- Keep it fun
- Build your athletes confidence through technical skill mastery

Build your Lesson Plan

1. PLAY- always begin with 10-15 min of play, starts off on a high note, great warm up
  - 1V1, 2V2 Tennis, triples short court, quads,
  - 6v6 vortex wave in from the back row, put emphasis on the girls learning all skills and not a position
2. Ball Control 1 hour
  - End line skill variations- pass to 10ft, stationary downball to 1 ect..
  - Noodle pass (can use pole pad) girls cannot cross noodle or touch with feet, working on targeting another player, body and platform control

- Pepper progression- pass back and forth, set back and forth, pass set tip, pass set roll, full pepper
- Serving Technique- Positions 1(check feet), Position 2(Check Hand), Lift Step serve..drive low to the tape
- Machine Passing
- Knee pass partner drill
- Up and Around your partner pass drill
- Standing arm swing work, target your partner head, belly button, feet, work on goose neck, wrist snap
- Crossing pattern, controlled environment- have a left back and a right back, coach is close to the players, enter a roll shot between the two work on communication and cross, start with a player catching the ball first.

### 3. Team Style Teaching Last 30 min

- Lineup work
- Small group serve receive start with a throw
- Hitting lines with a set
- Team Defense

Keep in mind this is an age where players are learning to love their sport, encourage it and build on it, they don't need high speed game like drills that they get 5 out of 50 balls, they need clean efficient repetitions with positive feedback. You will find players at this age are quick to draw on the negatives of their play because that is what they know, encourage them to talk to you about what they are doing well and direct it back to the task at hand! Don't overwhelm, have your players write out their rotations with you instead of talking them through it like a classroom session, get creative and have fun!

Let your players come up with a lesson plan once a week, the more they feel involved, the more they love the game. Have them be the coach, give the instruction, give the feedback!

Have a great season 😊