

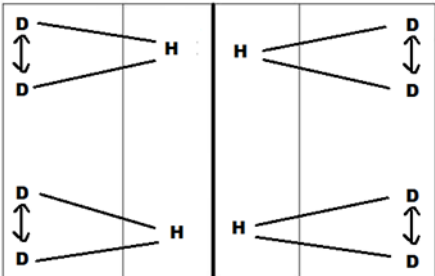
AVCA - BADGER REGION EDUCATIONAL TIP OF THE WEEK



**SET OF 4
PRACTICE PLANS**

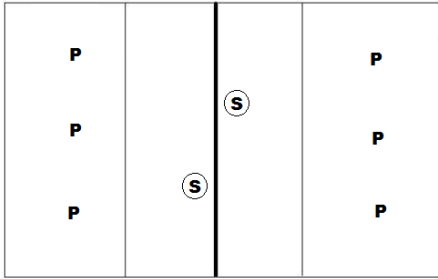
PRACTICE PLANS

PRACTICE 1

15 min	ACTIVE WARM UP	<p>I's, Y's, and T's</p> <p>Throw with a partner over the net, complete 20 good passes, sets, and pepper (with jump and hit).</p> <p>Footwork:</p> <p>Jump and land on 2 feet</p> <p>Attack and Defensive footwork</p>
15 min	TRIANGLE DIGGING	<p>Hard drill, but go for time and see how many in a row 1 hitter/1 digger can get</p> <p>Digger digs a ball and crossover 4-5 feet</p> 
10 min	SERVING	<p>Put elastic band on antennas about 3" from top</p> <p>Make team serve flat/fast balls to zones determined by the coach</p>
60 min	OFFENSE-WASH-DEFENSE	<p>Work rotations (3-6-4-1-5-2)</p> <p>1 side gets 6 serves and 6 free balls</p> <p>They must win 8/12 balls to rotate</p> <p>In order to get a big point you must win serve and freeball - if not, it is a wash</p>
25 min	FULL TEAM SERVE RECEIVE	<p>Each attacker must get a kill against full defense to rotate</p>

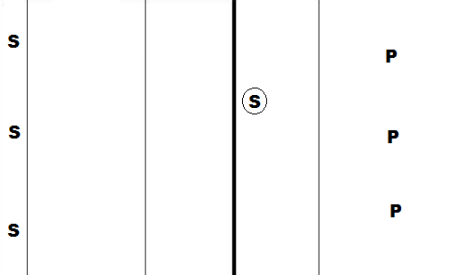
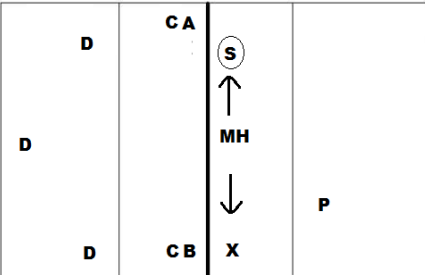
PRACTICE PLANS

PRACTICE 2

10 min	ACTIVE WARM UP	Jump rope 1 minute (10x) Work on rolling or floor moves
15 min	SHUTTLES (GROUPS OF 4)	30 passes, 30 sets, 30 pass/set, 10 pepper must get in a row or start skill over
10 min	SERVING AROUND THE WORLD	Must hit all zones on the court in order or start over
45 min	DIG TO KILL	1 hitter against full team defense Defense must get a certain number of digs resulting in a kill
25 min	6 ON 6	Work on full team serve receive in rotations (3-6-4-1-5-2) must get a first ball sideout go for time (5 minutes each rotation) go for % on 10 serves work on weak sideout rotations
15 min	SERVE AND PASS WITH SETTERS	Setters on both sides of the court compete 5 minutes: passers vs passers setters vs setters servers vs servers 

PRACTICE PLANS

PRACTICE 3

25 min	ACTIVE WARM UP	15 min: shuffle fwd/bkwd/side blocking footwork Pepper: 1 hitter, 1 setter, 1 digger 10 min: Blocking Eye work
20 min	10 BEFORE 10	Passers must get 10 perfect passes before 10 minutes. 1 or 2 pass = wash ace sends them back to 0 If passer makes an error - they are off 
20 min	MIDDLE BLOCKER DRILL	MB must get 6 kills and 5 blocks. Coach A hit - MB blocks. Coach B tosses to passer MB attacks. Alternate coach's jobs 
45 min	6 ON 6 SERVE AND BOUNCE	Each team alternates serves. Must win serve and bounce to rotate. Set criteria based on team needs
10 min	REPEAT 10 BEFORE 10	(see above)

15 min	ACTIVE WARM UP	Active: Gallop, step - kick and reach out, step -kick and reach down heel clicks volleyball rolls L+R Footwork: attacking - blocking - defensive
25 min	RIGHT BACK CAN'T SET!	Players must talk in this drill Coach hits at 3 defenders in base MB or LB must set to the coach non-setting defenders switch positions
10 min	SERVING DEEP	(zone 5 - zone 1 or zone 1 - zone 5) 3 points for deep and sharp angle 2 points for short lose 1 for Service Error Play against partner to 30
60 min	GAME FROM 22	Complex Training - Must do 2 things in a row Outside Hitter: Setter: block + hit Serve + dig pass + hit block + set dig + hitset + cover Middle Blocker: Libero: block + hit Serve + dig hit + block pass + cover pass fb + hit serve + set out of system ball

**THANKS FOR YOUR
MEMBERSHIP IN
THE BADGER
REGION**

YOUR PARTNER IN VOLLEYBALL

