

INTERMEDIATE PRACTICE PLANS

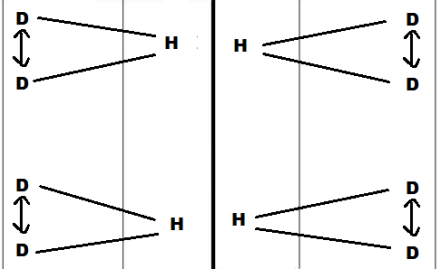
PRACTICE 1

15 min	ACTIVE WARM UP	High skips, butt kicks, hop scotch, walking quad stretch, lunge steps forward and backward Footwork: attach and block; block and attach defensive footwork
15 min	THREE PLAYER PEPPER	1 hitter - 1 setter - 1 digger each player go through and do all skills 10 digs and rotate add jump and hit and do over the net
10 min	SERVING	Split team into 2 groups and give them zones to hit good serve = no running; miss zone = 1/2 lap; SE = full lap
45 min	6 ON 6 EARNED POINTS ONLY	Can't score on opponents error play 1 full game - this drill will make team very aware of unforced errors
30 min	6 ON 6	Play 1 15 point game from 0-5 points = 3 errors send you back to 0 6-10 points = 2 errors sends you back to 5 11-15 points = 1 error sends you back to 10



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PRACTICE 2

10 min	ACTIVE WARM UP	Active: leg swings, bridges and planks (30-45 seconds) Is, Ys and Ts - head down, thumbs up Footwork: attack and defensive footwork jump and land on 2 feet
15 min	TRIANGLE DIGGING	Hard drill, but go for time and see how many in a row 1 hitter/1 digger can get Digger digs a ball and crossover 4-5 feet 
10 min	SERVING	Must serve 10 balls short and 10 balls below the antenna
45 min	6 ON 6 – 9 BEFORE 5	Offensive side must get 9 points before defense gets 5 Team B serves to Team A After point is over coach send freeball to Team A until offense or defense wins
45 min	6 ON 6 – FIRST BALL SIDE OUT	Work on full team serve receive in rotations (3-6-4-1-5-2) set up full team defense on opposite side must get a FBSO to rotate or do 10 serves in each rotation and 2/10 must be FBSO



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PRACTICE 3

10 min	ACTIVE WARM UP	Active: jump rope 1 min X 10
15 min	SHUTTLES	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
50 min	GATOR DRILL	Team A must get a total of 10 points per rotation You must get points by: 1 - Pass (score: 0, 1, 2, 3) 2 - win the rally After the rally (you must win) you get a freeball. No point for freeball, but you must win it to keep your points in that rotation - if not, lose all
30 min	WORK ON BLOCKING COMBONATIONS	if you play teams that run combinations if not work on blocking 3 front row attackers with setter setting randomly



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PRACTICE 4

10 min	ACTIVE WARM UP	Active: ladders, survival crawl, wall sits (45 seconds 3x) Footwork: Attack from LF, MF, RF Defensive footwork for back row attack
15 min	COACH ON 3 WITH SETTER	Work LS and RS
15 min	ATTACKING	I throw, you go (coach off net) You go, I throw (coach at net)
10 min	TEAM SERVING DRILL	Must get a certain # in a row to a spot on the court Cannot miss 2 in a row or back to 0
30 min	B-H-S-B-H	work eye work back and forth drill Have blockers talk and say where their eyes are Ball - is it over? Hitter - fast in case of combo Setter - dump or tendencies Ball - type of set or location Hitter - most important thing to see is your hitter
40 min	6 ON 6	Spend 6 minutes of each rotation (3-6-4-1-5-2) see if they can get 1 FBSO - 2 Defensive Freeball - 1 Win their serve 1 - FBSO 2 - A win defense and B win freeball 1 - Must win their serve Rotate if they win all 4 and see if they can do all 6 rotations in allotted time

