



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL PRACTICE PLAN

VOLLEYBALL AGES 11-14

DAY OF THE WEEK: THURSDAY, MARCH 19

## STRETCHES

[https://youtu.be/pK35q3b\\_SGc](https://youtu.be/pK35q3b_SGc)

These can be performed in the front/back yard or big enough space.

- Jog Forward + Backward
- Carioca
- Side Shuffle w/ Arms
- Full Body Skipping
- Turning Lunges
- Front Leg Swings
- Kick Backs
- Marching Skips
- Hip Skips
- Walking Quad Stretch
- Walking Ham Stretch
- Walking Glute Stretch
- Walking Hip Flexor Stretch
- Shuttle Sprints
- Tuck Jumps

## BALL CONTROL

### 1. Solo Passing (<https://youtu.be/XqHKbjP5mRI>)

Get into passing position and pass the ball straight up in the air to yourself. Keep the ball from hitting the ground. To work on maintaining control, try to keep your feet stationary. Try to pass the ball over 50 times without having to move.

### 2. Solo Setting (<https://youtu.be/-Lz6h3sqUj4>)

To help start with working on control of your set, try setting the ball while lying on your back. Make sure to have your knees bent. Have your hand 6 to 8 inches above your face, with your hands on the ball in the proper setting position. Your thumb and forefingers should form a triangular window. Push up through the ball. Try to set the ball over 50 times without having to move.

**EXTRA CHALLENGE!** Only try this if you are comfortable and confident.

**Pass-Set-Pass:** While standing, alternate between passing and setting. This will help keep control of the volleyball and allow you to practice on quick movement and footwork.



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DAY OF THE WEEK: FRIDAY, MARCH 20

### FUN & CONDITIONING

LES MILLS TIME!

<https://bit.ly/2TXUxgu>

DAY OF THE WEEK: MONDAY, MARCH 23

### STRETCHES

[https://youtu.be/pK35q3b\\_SGc](https://youtu.be/pK35q3b_SGc)

These can be performed in the front/back yard or big enough space.

- Jog Forward + Backward
- Carioca
- Side Shuffle w/ Arms
- Full Body Skipping
- Turning Lunges
- Front Leg Swings
- Kick Backs
- Marching Skips
- Hip Skips
- Walking Quad Stretch
- Walking Ham Stretch
- Walking Glute Stretch
- Walking Hip Flexor Stretch
- Shuttle Sprints
- Tuck Jumps

### SERVING

1. Underhand Serve (<https://youtu.be/A0epDjK06wg>)

- Face your target and swing arm back
- Step with your opposite foot
- Contact with the heel of your hand (or fist)
- Hit the ball off your hand and follow through

Do this without a ball first to practice the motion, then try against the wall or in an open yard.

**EXTRA CHALLENGE!** Only try this if you are comfortable and confident.

**Overhand Serve:** <https://youtu.be/jeWsWW-QNJU>



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HITTING
<ol style="list-style-type: none"><li>1. Spike Attack (<a href="https://youtu.be/EXwruyLHIs">https://youtu.be/EXwruyLHIs</a>)<ul style="list-style-type: none"><li>• The 3 Step Approach<ul style="list-style-type: none"><li>○ The order of steps are...<b>left-right-left</b></li></ul></li></ul></li><li>2. <b>DRILL TIME:</b> Wall Traps (<a href="https://youtu.be/dScC-BAYBnl">https://youtu.be/dScC-BAYBnl</a>)</li></ol>
BLOCKING
<ol style="list-style-type: none"><li>1. Position for Blocking While the ball is on the other side of the net, you should be in a ready position to block with your arms up, with your elbows out in front of you and your palms facing the net about eye level. You should be ready to jump and block the ball at any second because the ball can come over unexpectedly.</li><li>2. Stationary Arms It's also important to not swing your arms towards the net. If you swing your arms, the timing of the block may be off and you will likely miss the ball. Make sure that when you jump you spread your fingers out and jump with strong hands.<ul style="list-style-type: none"><li>• <b>DRILL TIME:</b> Wall Blocking (<a href="https://youtu.be/AOrURpHK05A">https://youtu.be/AOrURpHK05A</a>)<ul style="list-style-type: none"><li>○ This drill can be done inside or outside.</li></ul></li></ul></li></ol>

DAY OF THE WEEK: TUESDAY, MARCH 24

FUN & CONDITIONING
LES MILLS TIME!  <a href="https://bit.ly/2Uf0djj">https://bit.ly/2Uf0djj</a>

DAY OF THE WEEK: WEDNESDAY, MARCH 25

STRETCHES	
<a href="https://youtu.be/pK35q3b_SGc">https://youtu.be/pK35q3b_SGc</a>	
These can be performed in the front/back yard or big enough space.	
<ul style="list-style-type: none"><li>• Jog Forward + Backward</li><li>• Carioca</li><li>• Side Shuffle w/ Arms</li></ul>	<ul style="list-style-type: none"><li>• Hip Skips</li><li>• Walking Quad Stretch</li><li>• Walking Ham Stretch</li></ul>



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- Full Body Skipping
- Turning Lunges
- Front Leg Swings
- Kick Backs
- Marching Skips
- Walking Glute Stretch
- Walking Hip Flexor Stretch
- Shuttle Sprints
- Tuck Jumps

### BALL CONTROL

1. Solo Passing (<https://youtu.be/XgHKbjP5mRI>)  
Try to pass the ball over 100 times without having to move.
2. Solo Setting (<https://youtu.be/-Lz6h3sgUj4>)  
Try to set the ball over 100 times without having to move.
3. Pass-Set-Pass (<https://youtu.be/hsTAXPYw2e8>)  
While standing, alternate between passing and setting. This will help keep control of the volleyball and allow you to practice on quick movement and footwork.

**EXTRA CHALLENGE!** Only try this if you are comfortable and confident.  
Try incorporating wall passing into the above drills.

<https://youtu.be/hsTAXPYw2e8>

### STRENGTH & CONDITIONING

LET'S STAY FIT!

[https://youtu.be/k1YYIKc\\_9cM](https://youtu.be/k1YYIKc_9cM)

DAY OF THE WEEK: THURSDAY, MARCH 26

### FUN & CONDITIONING

LES MILLS TIME!

<https://bit.ly/2UfOdjj>



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**DAY OF THE WEEK: FRIDAY, MARCH 27**

**FUN & CONDITIONING**

**CIRCUIT WORKOUT TIME!**

[https://youtu.be/ 97QFX3w1E4](https://youtu.be/97QFX3w1E4)