VIRTUAL PRACTICE PLAN
VOLLEYBALL ALL AGES

DAY OF THE WEEK: MONDAY, MARCH 30

<table>
<thead>
<tr>
<th>WARM UP</th>
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<tbody>
<tr>
<td>3-MINUTE WARM UP!</td>
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<td>(CLICK ON THE PICTURE)</td>
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<table>
<thead>
<tr>
<th>PASSING</th>
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<tbody>
<tr>
<td>1. Solo Passing (<a href="https://youtu.be/XgHKbjP5mRI">https://youtu.be/XgHKbjP5mRI</a>)</td>
</tr>
<tr>
<td>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. <strong>Try to pass the ball over 30 times without having to move.</strong></td>
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</tbody>
</table>

**EXTRA CHALLENGE!** Try using a wall to pass to yourself. |
| (CLICK ON THE PICTURE) |
DAY OF THE WEEK: TUESDAY, MARCH 31

**FUN & CONDITIONING**

**YOGA TIME!**

(CLICK ON THE PICTURE)

DAY OF THE WEEK: WEDNESDAY, APRIL 1

**STRETCHES**

**WARM UP!**

(CLICK ON THE PICTURE)
SERVING

1. Underhand Serve
   - 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.

DAY OF THE WEEK: THURSDAY, APRIL 2

FUN & CONDITIONING

WORKOUT TIME!
DAY OF THE WEEK: FRIDAY, APRIL 3

STRETCHES

3-MINUTE WARM UP!
(CLICK ON THE PICTURE)

SETTING

1. Solo Setting (https://youtu.be/-Lz6h3sqUj4)
   Try to set the ball over 50 times without having to move. Then, try them standing.

EXTRA CHALLENGE! Only try this if you are comfortable and confident.
DAY OF THE WEEK: SATURDAY, APRIL 4

**FUN & CONDITIONING**

**YMCA TRAINING!**
(CLICK ON THE PICTURE)

DAY OF THE WEEK: SUNDAY, APRIL 5

**STRETCHES**

**5-MINUTE WARM UP!**
(CLICK ON THE PICTURE)

**COMBO DRILLS**

1. 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.

Refer to previous videos for setting and passing.
DAY OF THE WEEK: MONDAY, APRIL 6

LEARNING DAY

1. Let’s learn the game of volleyball! Check out the video below and take a short quiz. Don’t forget to take notes!

BASIC VOLLEYBALL RULES

QUIZ ME! http://www.quiz-maker.com/QSXN0QQ

DAY OF THE WEEK: MONDAY, APRIL 6

STRETCHES

5-MINUTE WARM UP!

(CLICK ON THE PICTURE)
HITTING

1. Progression Hitting

DAY OF THE WEEK: TUESDAY, APRIL 7

STRENGTH & CONDITIONING

LET'S STAY FIT!
DAY OF THE WEEK: WEDNESDAY, APRIL 8

<table>
<thead>
<tr>
<th>STRETCHES</th>
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5-MINUTE WARM UP!

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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.

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.

- **DRILL TIME:** Wall Blocking ([https://youtu.be/AOrURpHKO5A](https://youtu.be/AOrURpHKO5A))
  - This drill can be done inside or outside.
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<tr>
<td><strong>F U N &amp; C O N D I T I O N I N G</strong></td>
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<td>YMCA YOGA TIME!</td>
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<th>DAY OF THE WEEK: FRIDAY, APRIL 10</th>
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<tr>
<td><strong>A T H O M E D R I L L S</strong></td>
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<tr>
<td>PRACTICE, PRACTICE, AND MORE PRACTICE!</td>
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DAY OF THE WEEK: SATURDAY, APRIL 11

FUN & CONDITIONING

VOLLEYBALL WORKOUT!

(CLICK ON THE PICTURE)