



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

VOLLEYBALL ALL AGES

DAY OF THE WEEK: MONDAY, MARCH 30

WARM UP

3-MINUTE WARM UP!

(CLICK ON THE PICTURE)



PASSING

1. Solo Passing (<https://youtu.be/XgHKbjP5mRI>)

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 30 times without having to move.

EXTRA CHALLENGE! Try using a wall to pass to yourself.

(CLICK ON THE PICTURE)





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DAY OF THE WEEK: TUESDAY, MARCH 31

FUN & CONDITIONING

YOGA TIME!

(CLICK ON THE PICTURE)

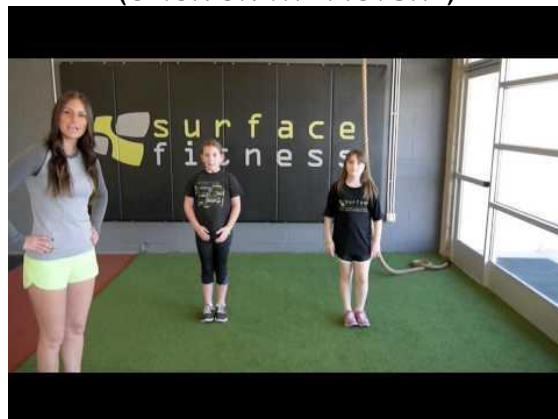


DAY OF THE WEEK: WEDNESDAY, APRIL 1

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/-Lz6h3sgUj4>)

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.



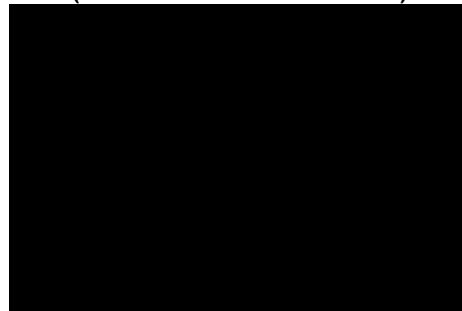


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DAY OF THE WEEK: SATURDAY, APRIL 4

FUN & CONDITIONING

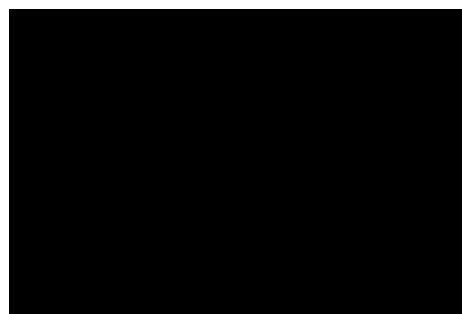
YMCA TRAINING!
(CLICK ON THE PICTURE)



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.

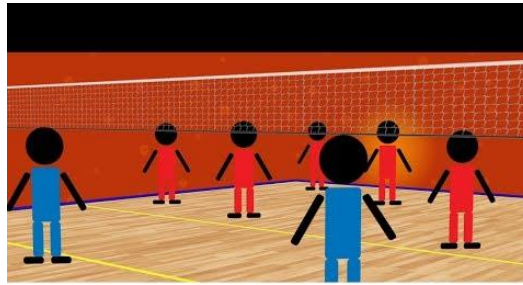


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DAY OF THE WEEK: MONDAY, APRIL 6

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

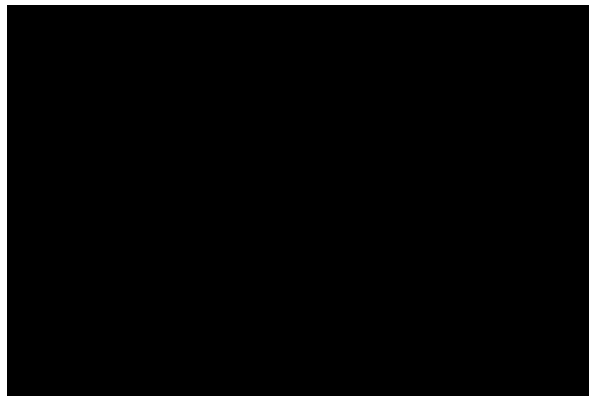
QUIZ ME! <http://www.quiz-maker.com/QSXN0QQ>

DAY OF THE WEEK: MONDAY, APRIL 6

STRETCHES

5-MINUTE WARM UP!

(CLICK ON THE PICTURE)





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HITTING

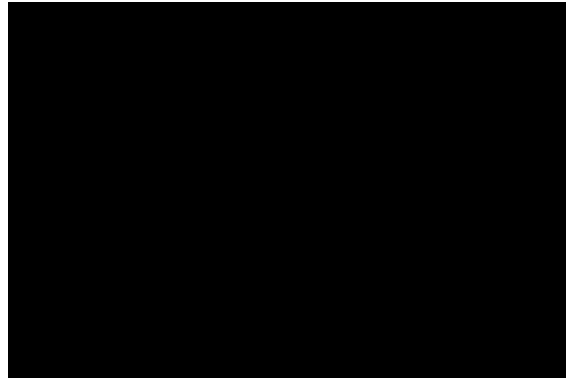
1. Progression Hitting



DAY OF THE WEEK: TUESDAY, APRIL 7

STRENGTH & CONDITIONING

LET'S STAY FIT!





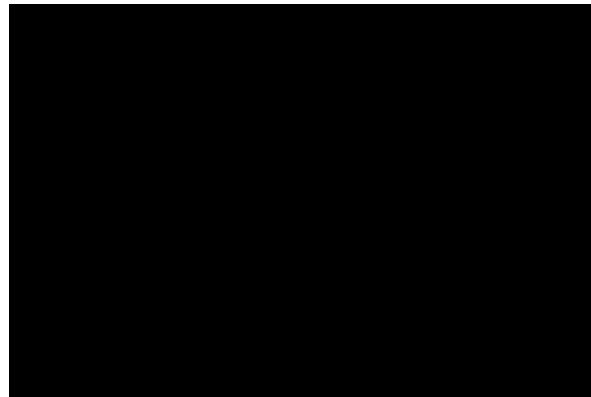
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DAY OF THE WEEK: WEDNESDAY, APRIL 8

STRETCHES

5-MINUTE WARM UP!

(CLICK ON THE PICTURE)



BLOCKING

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/AOrURpHK05A>)
 - This drill can be done inside or outside.



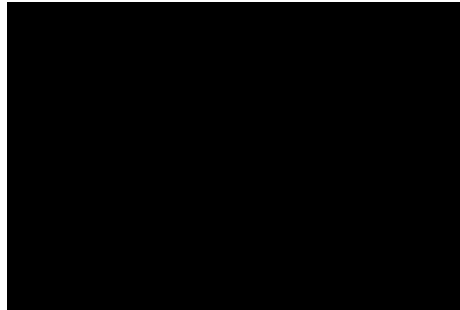
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DAY OF THE WEEK: THURSDAY, APRIL 9

FUN & CONDITIONING

YMCA YOGA TIME!

(CLICK ON THE PICTURE)



DAY OF THE WEEK: FRIDAY, APRIL 10

AT HOME DRILLS

PRACTICE, PRACTICE, AND MORE PRACTICE!

(CLICK ON THE PICTURE)





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DAY OF THE WEEK: SATURDAY, APRIL 11

FUN & CONDITIONING

VOLLEYBALL WORKOUT!

(CLICK ON THE PICTURE)

