



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

VOLLEYBALL

DAY OF THE WEEK: MONDAY, APRIL 27

FOCUS: PASSING

An easy way to practice passing at home is to find a large wall, such as in your garage or perhaps outside, and pass against it. This allows you to focus on getting your form correct and gives you good feedback as to how much control you really have over the ball since you want to continuously keep the ball up by passing it every time it bounces back off of the wall. If you can keep passing the ball up more than 10 times, especially for younger or newer players to the sport, then you are on the right path. To increase the difficulty of this, you can mark a box with painter's tape about 10 to 15 feet high and practice passing into the box. See how many times out of 20 you can get it in!

Partner Drill: You can pepper like normal, or do a passing variation, where you just pass back and forth, testing out different kinds of passes. You can try to catch your partner off-guard and give them a low, quick pass, or you can give them a high lofty pass. This keeps you on your toes and also helps you gain ball control.

DAY OF THE WEEK: TUESDAY, APRIL 28

FOCUS: SETTING

One fun thing I did to work on my setting was to get a ball and go into my kitchen (or anywhere there were hard floors) and sit in a computer chair. Then, practice setting so that the ball almost touches the ceiling. You can then keep setting the ball wherever it goes because you are able to scoot around on the computer chair. Be careful that there is nothing you can run into that will break or hurt you!

Another setting drill is to just do wall sets. You can do this by getting your body about a foot or so from a wall and set so that the ball just barely goes above your hands. Keep your hands in the same spot, and work on your control of the set.

To work on setting and passing together, you can go outside (or wherever there's a high ceiling) and toss the ball to yourself, then pass it up straight followed by a high set to yourself. When you're a beginner, this will have you running all over your yard. As you become more skilled, you will be able to keep control of the ball for longer periods of time. Test yourself by seeing how many you can do in a row and chart your progress!



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DAY OF THE WEEK: WEDNESDAY, APRIL 29

FOCUS: ATTACKING

One way to get better at attacking is to practice your footwork! Getting a fast approach only comes with lots of practice, and a fast approach can make you a much more effective weapon. To make this more beneficial, make sure you are jumping when you are practicing your footwork. This adds a vertical work-out as well.

You could practice your snap either in your bedroom or living room... wherever there are a lot of pillows. Pile them high and in a wide area, say, on top of your bed or on the couch. Then just toss the ball up, making sure you've got your hitting arm back and ready to hit, then swing through, focusing on snapping the ball down into the cushions. Again, make sure nothing breakable is nearby.

And don't do this if there's a window right behind your couch or bed!

DAY OF THE WEEK: THURSDAY, APRIL 30

FOCUS: CONDITIONING

LES MILLS TIME!

<https://youtu.be/9WqkiB-GOMI>

DAY OF THE WEEK: FRIDAY, MAY 1

FOCUS: SERVING

Practice serving in your garage or shop by serving against a wall. Check with your parents to make sure this is alright first! Mark a line with painter's tape (the blue stuff) at 7'4 for women's 14 years and up, and 7' if you are playing in 12 and under. Make sure you are serving above this line every time, and try to get it just barely above to have an aggressive serve.



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DAY OF THE WEEK: SATURDAY, MAY 2

FOCUS: PASSING

Practice your passing skills with this helpful drill. 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. From here, move on to repositioning your feet and moving back and forth or side to side.

DAY OF THE WEEK: SUNDAY, MAY 3

FOCUS: SETTING

Vertical Sets/Setting to yourself:

This drill can be done in different ways. 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 hands 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.
Standing while practicing setting.

This is the same drill as the one listed above, but for this one you are standing. Reposition your feet to get yourself under the ball. Repeat this drill 50 times or more to maintain proper control.

DAY OF THE WEEK: MONDAY, MAY 4

FOCUS: YOGA TIME!

LES MILLS YOGA! Repeat this 2x
<https://www.youtube.com/watch?v=sKJSVkpAKkM>



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DAY OF THE WEEK: TUESDAY, MAY 5

FOCUS: PASSING

Passing volleyball drills for beginners:

- Pass to self remaining stationary (5 minutes)
- Pass to self walking (5 minutes)
- Pass to self running (5 minutes)
- Pass to self skipping (5 minutes)

DAY OF THE WEEK: WEDNESDAY, MAY 6

FOCUS: SERVING

Practice your toss. Tossing is hugely important. Try to become so consistent with tossing that you could toss and hit the ball with your eyes closed.

Serve at a wall. (With your parents permission!)

Put a X on wall about 10' up and aim for it. Start 10' away, move back and back and back. until you're 30' away and can hit the x with precision.

DAY OF THE WEEK: THURSDAY, MAY 7

FOCUS: CONDITIONING

JOIN US FOR Y LIVE KID FIT WITH WHITNEY!

https://www.youtube.com/watch?time_continue=3&v=nJf4AdNVBmA&feature=emb_logo



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DAY OF THE WEEK: FRIDAY, MAY 8

FOCUS: BLOCKING

If you're a middle, you should know your blocking footwork. Practice moving left and right as quickly and efficiently as possible. Middles need fast feet!

Work on pressing against a wall, keeping hips and feet back. Jump up, press your hands against the wall and come back down in control. Remember, keep your shoulders by your ears, push and hold strong.

Everyone who plays front row needs to work on becoming a functional blocker

DAY OF THE WEEK: SATURDAY, MAY 9

FOCUS: WALL TRAPS





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DAY OF THE WEEK: SUNDAY, MAY 10

FOCUS: CONDITIONING

JOIN US FOR Y LIVE KIDFIT WITH EMILY!

https://www.youtube.com/watch?time_continue=7&v=5uunQWKL6gU&feature=emb_logo