



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

VOLLEYBALL ALL AGES

WARM UP!

Before you do any of the activities below, we recommend that you WARM UP your bodies! Follow along with Coach Donny on the video!

https://youtu.be/pK35q3b_SGc

DAY OF THE WEEK: MONDAY, APRIL 13

PASSING

Using a wall, practice passing using proper hand positioning (see picture below)

<https://www.youtube.com/watch?v=hsTAXPYw2e8>



DAY OF THE WEEK: TUESDAY, APRIL 14

FUN & CONDITIONING

Join us with Les Mills BORN TO MOVE to get your heart rate up!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-13-16-live-another-day>



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DAY OF THE WEEK: WEDNESDAY, APRIL 15

YMCA VOLLEYBALL DRILLS

Join our friends at the North Austin YMCA in Texas with Coach Angelo's Volleyball Drills to give you a full body volleyball practice!

<https://www.youtube.com/watch?v=u2QSI5r6IKE>

DAY OF THE WEEK: THURSDAY, APRIL 16

FUN & CONDITIONING

It's YOGA TIME! Join us for a 20 minute yoga session! Some of the benefits of doing yoga are improving flexibility, strength, and posture, better all-round fitness, weight loss, increasing your energy, reducing stress, breathing better, being happier, and becoming more mindful.

<https://www.youtube.com/watch?v=sM5MGLMNN E>

DAY OF THE WEEK: FRIDAY, APRIL 17

SETTING

Anyone can practice setting at home by themselves or with a parent tossing the ball to them! Learn about proper setting technique here:

https://www.youtube.com/watch?v=Q9vYHn0YKcq&feature=emb_rel_pause

DAY OF THE WEEK: SATURDAY, APRIL 18

FUN & CONDITIONING

YMCA GYM CLASS! Total Body Training!

<https://www.youtube.com/watch?v=ORRzXu1hqtE>



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DAY OF THE WEEK: SUNDAY, APRIL 19

SERVING

Let's practice our underhand serving! Follow along with the video for
<https://www.youtube.com/watch?v=kZFbkbqG7J8>

DAY OF THE WEEK: MONDAY, APRIL 20

HITTING A VOLLEYBALL

Iris is going to work you through the mechanics of hitting!

<https://www.youtube.com/watch?v=o5zFgVyEuAo>

DAY OF THE WEEK: TUESDAY, APRIL 21

LEARNING DAY

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/QSXN00Q>



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DAY OF THE WEEK: WEDNESDAY, APRIL 22

FUN & CONDITIONING

LES MILLS BORN TO MOVE TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-13-16-lovesick>

DAY OF THE WEEK: THURSDAY, APRIL 23

PUT TOGETHER EVERYTHING YOU HAVE LEARNED

Here are 10 solo drills you can practice at home with your family!

<https://www.youtube.com/watch?v=Foj6A4WWqCg>

DAY OF THE WEEK: FRIDAY, APRIL 24

BLOCKING

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.

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: SATURDAY, APRIL 25

FUN & CONDITIONING

YMCA THRIVE WORKOUT!

<https://www.youtube.com/watch?v=a-4SFx0KPo8>

DAY OF THE WEEK: SUNDAY, APRIL 26

PUT IT ALL TOGETHER

Here are some great suggestions for practicing at home!

https://www.youtube.com/watch?v=m-wtwOERx_Q&t=6s

THE BEST OF THE BEST

Check out an Olympic Volleyball Match if you have the time!

Definitely something to strive for!

<https://www.youtube.com/watch?v=so6vcZZLhLQ>