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FOR HEALTHY LIVING  
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# VIRTUAL PRACTICE PLAN

## Volleyball

**DAY OF THE WEEK: MONDAY, MAY 11**

### FOCUS: PASSING

#### Solo Passing

<https://youtu.be/XqHKbjP5mRI>

1. Get into passing position and pass the ball straight up in the air to yourself.
2. Keep the ball from hitting the ground.
3. To work on maintaining control, try to keep your feet stationary.
4. Try to pass the ball over 20 times without having to move.

**DAY OF THE WEEK: TUESDAY, MAY 12**

### FOCUS: SERVING

#### Underhand Serve

<https://youtu.be/A0epDjKO6wq>

1. Face your target and swing arm back
2. Step with your opposite foot
3. Contact with the heel of your hand (or fist)
4. 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.



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**DAY OF THE WEEK: WEDNESDAY, MAY 13**

**FOCUS: SETTING**

**Solo Setting**

<https://youtu.be/-Lz6h3sqUj4>

Laying on your back, try to set the ball over 50 times without having to move.  
Then, try them standing.

**DAY OF THE WEEK: THURSDAY, MAY 14**

**FOCUS: HITTING**





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**DAY OF THE WEEK: FRIDAY, MAY 15**

**FOCUS: 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.

**DAY OF THE WEEK: SATURDAY, MAY 16**

**FOCUS: CONDITIONING**

IT'S LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>

**DAY OF THE WEEK: SUNDAY, MAY 17**

**FOCUS: CONDITIONING**

IT'S LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-6-7-meet-down-in-africa>

**DAY OF THE WEEK: MONDAY, MAY 18**

**FOCUS: WALL PASSES**

Wall Pass

- Pass forward or diagonal, using the wall to return the ball
- After getting the hang of wall passing, move into pass-set-hit against the wall (similar to peppering with a partner)



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**DAY OF THE WEEK: TUESDAY, MAY 19**

**FOCUS: SPIKING**





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**DAY OF THE WEEK: WEDNESDAY, MAY 20**

**FOCUS: TEN WALL DRILLS**



**DAY OF THE WEEK: THURSDAY, MAY 21**

**FOCUS: TOSS & MOVE**

Have your partner toss the ball to you. Instead of tossing the ball exactly to you, their aim is to make you move by tossing the ball a little further behind you or short so you have to move forward or dive for it.

Have them alternate the short and long tosses so that it isn't a predictable back and forth. This drill is important to help you learn how to better move to the ball and get there with your feet first. It helps you get a good controlled pass back to them.



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**DAY OF THE WEEK: FRIDAY, MAY 22**

**FOCUS: 1v1**

**Play one-on-one over a net/rope**

You do not need a net, but you do need to play OVER some obstacle at about net height. I had a friend who had a shortage of nets in a small nation, who successfully played over the soccer goal crossbars. Shrink the court down, make it 3-meters deep by any width and play. While it is not perfectly game like, as you do not get to hit it to yourself in the game, hey, you are a one person team! Go for three hits. Learn to use the net as a teammate to recover certain tough digs and give you time to get to the ball to set yourself. Be sneaky, and hit any way BUT the way you are facing. In these games, the loser buys the winner ice cream. Serve with a roll shot or an openhanded tip, do not toss it in. Serve anywhere along the backline of your mini-court.

**DAY OF THE WEEK: SATURDAY, MAY 23**

**FOCUS: CONDITIONING**





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**DAY OF THE WEEK: SUNDAY, MAY 24**

**FOCUS: CONDITIONING**

