



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

Volleyball

DAY OF THE WEEK: MONDAY, MAY 25

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, MAY 26

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 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: WEDNESDAY, MAY 27

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.

DAY OF THE WEEK: THURSDAY, MAY 28

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: FRIDAY, MAY 29

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SATURDAY, MAY 30

FOCUS: CONDITIONING

It's Les Mills Time!

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

DAY OF THE WEEK: SUNDAY, MAY 31

FOCUS: CONDITIONING

It's Les Mills Time!

<https://www.youtube.com/watch?v=l8FaNnHUoJY>

DAY OF THE WEEK: MONDAY, JUNE 1

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)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: HITTING



DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: SERVING UNDERHAND



DAY OF THE WEEK: THURSDAY, JUNE 4

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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY, JUNE 5

FOCUS: 1 v 1

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, JUNE 6

FOCUS: CONDITIONING





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SUNDAY, JUNE 7

FOCUS: CONDITIONING

