

Sample Practice Plan

Total Time	Drill Time	Drill and Description
:00	5 Min	Pepper (Warm Up)
:05	5 Min	Throwing Ball to Each Other (Warm Up Arms)
:10	5 Min	Stretch Make sure to warm up first so that you are not stretching cold muscles
:15	10 Min	Butterfly Drill 5 minutes from Half Court 5 minutes from Full Court
:25	10 Min	Serve Receive Drill Focus on running offense
:35	10 Min	Double Blocking Drill Blocking in tandems Work on penetrating the net
:45	10 Min	Kill the Setter Hitters must hit 10 balls in without hitting the tape Focus on setter transition from front row to back row and from back row to front row
:55	10 Min	Hitting Drill
1:05	10 Min	Attack Line Drill Focusing on passing, moving, and conditioning
1:15	15 Min	King/Queen of the Court 1 point for each volley won Winner is highest score at the end of the 15 minutes

Total Practice Time: 1:30