



Week 1:

- Passing & Ball Control
- Setting / Reacting to ball movement
- Proper serving technique (underhand and/or overhand)
- Spiking (proper approach, snapping, and extending)

Week 2:

- Warm-up
- Defense (explanation of different defense positions)
- Diving Drills
- Setting (set to target and week 1 review)
- Hitting (Review week 1, develop hit direction of the ball with defenders)
- Serving (underhand, overhand, introduction to Jump Serve)

Week 3:

- Warm-up
- Passing & Ball Control
- Setting (Week 1 & 2 review + introduce back set & set back row)
- Hitting (Week 1 & 2 review, hit outside, middle, back and back row approaches)
- Blocking fundamentals
- Serving -review week 1 and 2

Week 4:

- Emphasis on Digging & Attacking
- Warm-up
- Bumping & Digging
- Defensive from the front row
- Attacking drills (setting will be incorporated as well as defense)
- Blocking review from Week 3
- Serving
- Scrimmage

Week 5:

- Emphasis on the Court & Game Play
- Warm-Up
- Positions on the court
- Rotation & Options with setter
- Scrimmage & Games will incorporate Weeks 1-4

Week 6:

- Emphasis on Court & Game Play
- Learn all calls and signals in a real game situation
- Learn to call Offensive Plays on the court
- Advanced Tips, Tricks and Target Practice
- Court awareness and Ball Placement
- Scrimmage & Games will incorporate Weeks 3-5