


3rd & 4th

Passing

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Teamwork		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:24	Passing	Demonstration Knee Passing Standing Passing	Flat platform with wrists together and thumbs pointing down Encourage players to use proper forearm passing technique, and maintain control over the ball Face the target and angle your platform to target	3 Minutes 5 Minutes 5 Minutes	Video Assistance STOP @ 1:49 Video Assistance STOP @ 1:13 Video Assistance STOP @ 2:13
WATERBREAK					
:25-:45	Passing	Go Fish Passing With Accuracy Pass and Move	Not to throw the hula hoop at the ball. Moving to ball Place Hula hoops around the court and have athletes pass aiming to hit inside the target Stay low the entire time should not duck under the net	10 Minutes 5 Minutes 5 Minutes	Video Assistance STOP AT 2:09 Video Assistance STOP @ 5:45
WATERBREAK					
:46-:56	Game	Scrimmage		10 Minutes	
WATERBREAK					
:56-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Volleyballs (Mikasa VS123W-SL)
Cones or markers
Hula hoops or targets

3rd & 4th

Serving

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Work Ethic		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:16	Serving Technique	Demonstration	Emphasize proper footwork, arm swing, and follow-through. Provide verbal cues and visual demonstrations and have players practice serving against a wall	5 Minutes	Video Assistance
WATERBREAK					
:16-:31	Serving	Toss & Drop Toss & Trap Toss & Serve	Controlled, Ball landing inside stride foot Solid contact contact should not be made pushing ball Center of ball with heel of hand	5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP AT 0:13 Video Assistance STOP AT 0:22 Video Assistance
WATERBREAK					
:32-47	Serving	Serve & Chase Serve to Partner	Focus on proper serving form. Players chase the ball, then serving from the new side Focus on the toss, arm swing and follow through	5 Minutes 5 Minutes	Video Assistance Video Assistance STOP @ 1:10
WATERBREAK					
:47-:57	Game	Serving Race		10 Minutes	Video Assistance
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Volleyballs (Mikasa VS123W-SL)
Cones or markers
Hula hoops or targets

3rd & 4th

Passing & Setting

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Responsibility		
#	2		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:31	Passing Technique	Demonstration Beach Ball Passing Go Fish Partner Setting	Work on passing a beach ball back and forth to partners. Ensure proper form and body positioning Not to throw the hula hoop at the ball. Moving to ball Square up to partner, replace volleyball with beach ball if needed	5 Minutes 10 Minutes 5 Minutes	Video Assistance STOP AT 2:09 Video Assistance
WATERBREAK					
:32-:42	Setting Technique	Demonstration Beach Ball Setting Wall Setting	Focus on getting to the ball and setting form Not catching the volleyball, Controlled	5 Minutes 5 Minutes	Video Assistance STOP AT 0:45
WATERBREAK					
:43-:53	Passing & Setting	Clean Room	Proper form setting	10 Minutes	Video Assitance STOP AT 1:43
WATERBREAK					
:54-:58	Mini Scrimmage	Mini Scrimmage	Teamwork & communication	10 Minutes	
WATERBREAK					
:58-:60	Cool Down	Static Stretching	Ensure proper cooldown		
:60-:61	Confidence Building	CUBS building CUBS			

Equipment Needed:

- Age Appropriate Volleyballs (Mikasa VS123W-SL)
- Cones
- Beach ball
- Hula hoops or targets

3rd & 4th

Serving & Passing

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Self-Discipline		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:06-:31	Serving	Throws Toss & Drop Toss & Trap Serving Race	Break into pairs. One on each side of net at serving line. Have partners throw the ball to each other over net to warm up shoulder Controlled, Ball landing inside stride foot Solid contact contact should not be made pushing ball Good accurate toss and solid connection	5 Minutes 5 Minutes 5 Minutes 10 Minutes	Video Assistance STOP AT 0:13 Video Assistance STOP AT 0:22 Video Assistance
WATERBREAK					
:32-:47	Passing	Go Fish Pass to catch Serve Reception Game	Not to throw the hula hoop at the ball. Moving to ball Pass to partner who catches and tosses back. Focus on good form and body position Adjust this based on skill level & serving ability	5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP AT 2:09 Video Assistance STOP @ :35
WATERBREAK					
:48-:53	Scrimmage	Scrimmage	Focus on skills taught during practice. Have athletes call out which side of court they're aiming to serve	5 Minutes	
WATERBREAK					
:54-:59	Cool Down	Static Stretching	Ensure proper cooldown		
:59-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Volleyballs (Mikasa VS123W-SL)
Cones
Hula hoops

3rd & 4th

Passing & Communication

Time	1 Hour Practice	Remember to stay hydrated throughout each practice session, listen to your body, and consult with your coach for any modifications based on your specific needs and abilities.	
Lifeskill	Leadership		
#	1		

Time	Skill	Drills	Teaching Points	Time Per Drill	Video Assistance
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:36	Passing	Wall Passing Partner Passing W Drill	Making contact above wrist and below elbow Move feet to get into position, shoulders squared Must call the ball at each cone.	5 Minutes 5 Minutes 5 Minutes	Video Assistance Video Assisatnce STOP @ 0:50 Video Assistance
WATERBREAK					
:37-:52	Communication	Call and Move Communication Game	Player must call out "Mine" or "Got it" while moving quickly to make the pass Rapid and accurate communication and passing	5 Minutes 10 Minutes	Video Assistance STOP @ 2:43
WATERBREAK					
:53-:58	Scrimmage	Scrimmage	1 point for calling 1 point for passing on your side of court	5Minutes	
WATERBREAK					
:58-:60	Cool Down	Static Stretching	Ensure proper cooldown		
:60-:61	Confidence Building	CUBS building CUBS			

Equipment Needed:

Age Appropriate Volleyballs (Mikasa VS123W-SL)
Cones