


5th & 6th

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-:36	Passing	Body Positioning Go Fish Superman Drill Pass to self then Partner	Balanced and knees bent Not to throw the hula hoop at the ball. Moving to ball Ball should go between legs Controlled movement, body positioning	5 Minutes 10 Minutes 5 Minutes 5 Minutes	Video Assistance Video Assistance STOP AT 2:09 Video Assistance Video Assistance STOP AT 0:18
WATERBREAK					
:37-:42	Games	Continuous Passing	Kids vs Coach: The pass on their side of the net +1 on the coaches side -1	5 Minutes	Video Assistance
WATERBREAK					
:43-:53	Game	Scrimmage	Communication and proper passing form	10 Minutes	
WATERBREAK					
:54-:58	Cooldown	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

- Vollelyite (Age Appropriate Volleyballs)
- Cones or markers
- Hula hoops or targets

5th & 6th

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	Dedication		
#	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-:31	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
		Toss & Drop	Controlled, Ball landing inside stride foot	5 Minutes	Video Assistance STOP AT 0:13
		Toss & Trap	Solid contact contact should not be made pushing ball toward ground	5 Minutes	Video Assistance STOP AT 0:22
		Toss & Serve	Center of ball with heel of hand	5 Minutes	Video Assistance
WATERBREAK					
:32-:42	Serving	Target Serving	Ignore Drop Serve use cones or hula hoops	5 Minutes	Video Assistance STOP AT 0:15
		Serve & Receive	Serve to partner on other side. Pass into cart/hula hoop for point	5 Minutes	
WATERBREAK					
:43-:53	Game	Spot Serving	Ensure proper serving form and toss	10 Minutes	Video Assistance STOP @ 0:58
:54-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs)
Hula hoops

5th & 6th

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	Communication		
#	3		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:26	Setting Technique	Demonstration Wall Setting Partner Setting	Above your forehead, hands up early Not catching the volleyball, Controlled Square up to partner, replace volleyball with beach ball if needed	5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP AT 0:45 Video Assistance STOP AT 0:45 Video Assistance
WATERBREAK					
:27-:42	Passing Technique	Partner Passing Ladder Passing	Move feet to get into proper position Run through agility ladder and pass to two spots on the court (coned off)	5 Minutes 10 Minutes	Video Assisatnce STOP @ 0:50 Video Assistance
WATERBREAK					
:43-:53	Games	Pass Set Hit (Over)	1 point pass 1 point set 2 points over	10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs) Beach ball
Agility Ladder

5th & 6th

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	Resilience		
#	1		


Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:31	Serving	Shoulder Warm Up Throws Target Practice Serving Race	Throw the ball slowly increasing distance over the net Set up cones and instruct which cone to serve at. First	5 Minutes 5 Minutes 5 Minutes 5 Minutes	Video Assistance STOP AT 0:15 Video Assistance
WATERBREAK					
:32-:42	Passing	Hulahoop Passing Over the head	Make sure they are moving to the man not throwing the hulahoop Ensure toss is at a reasonable distance	5 Minutes 5 Minutes	Video Assistance Video Assistance STOP @ 3:02
WATERBREAK					
:43-:53	Scrimmage	Scrimmage OR King/Queen of the court		10 Minutes	
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs)
Cones and Hulahoops

5th & 6th

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 Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:31	Passing	Wall Passing Partner Passing Bump Machine	Making contact above wrist and below elbow Move feet to get into position, shoulders squared Controlled passing and proper movement	5 Minutes 5 Minutes 10 Minutes	Video Assistance Video Assisatnce STOP @ 0:50 Video Assistance
WATERBREAK					
:32-:42	Communication	Call and Move W Drill Knockout	Player must call out "Mine" or "Got it" and then move quickly to make the pass Rapid and accurate communication. Must call the ball at each cone. Not calling you are out.	5 Minutes 5 Minutes	Assistance
WATERBREAK					
:43-:53	Scrimmage	Scrimmage	1 point for calling and successfully passing	10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs)
Cones

5th & 6th

Games & Competition

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	Sportsmanship		
#	1		

Time	Skill	Drills	Teaching Points	Time Per Drill	Video Help
:00-:10	Warm-Ups	Jogging Dynamic Warm-up	Ensure properly warmed up before practice	10 Minutes	
WATERBREAK					
:11-:21	Games	Serving Accuracy	Focus on proper form, and accurate serves	10 Minutes	Video Assistance STOP @ 0:58
WATERBREAK					
:22-:32		Passing Race	Athletes run through a course designed by coach passing the volleyball back to the coach. If the ball doesn't make it to coach they are out	10 Minutes	
WATERBREAK					
:33-:43		Setting Game	Break into partners one on each side of the net. They must set to each other whichever pair keeps the ball in the air the longest wins.	10 Minutes	
WATERBREAK					
:44-:54	Scrimmage	King/Queen of the Court		10 Minutes	
WATERBREAK					
:53-:58	Cool Down	Static Stretching	Ensure proper cooldown		
:58-:60	Confidence Building	CUBS building CUBS			

Equipment Needed:

Volleylite (Age Appropriate Volleyballs)
Cones or Hula hoops