Middle School Athletics

6A Volleyball

Skills to Teach

• Technique
• Forearm passing
• Overhead passing
• Defense footwork
• Setting
• Hitting (approach + arm swing)
• Blocking
• Overhead serving
• Rotation/transition
• Overlap rules
• Serve receive rotation (4-2,5-1,6-2)
• Defense positioning (base-1/base-2 transition)

Goals of the Program

• Learn life lessons (maximize effort, learn game, learn to overcome mistakes)
• Have fun
• Compete to win

Sample Practice Format

• Run/stretch
• Forearm pass for specified number
• Hitting lines
• Varied transition drills
• Serving drills
• Simulated scrimmage

Team Rules

• Run the balls in quickly when shagging
- No talking while coach is talking
- Always go for bump-set-spike