



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