Program Goals and Objectives
- Learn life lessons (maximize effort, learn the game, learn to overcome mistakes)
- Have fun
- Learn to compete and win

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)

General Practice Plan
- 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