



Middle School Athletics

VB Volleyball

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