



## **Menlo School Athletics**

### **VA Volleyball**

#### **Program Goals and Objectives**

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- Teaching work ethic
- Team drills to instill teamwork
- Change partners for every drill to make sure they learn to work well with others
- Have them learn the game of volleyball
- Have them enjoy the game of volleyball

#### **Skills to Teach**

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- Proper warm ups
- Stretching techniques
- Basic fundamentals
- Passing
- Serving
- Serve receive
- Hitting
- Setting

#### **General Practice Plan**

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General warm-up:

- Running
- Stretching
- Passing 25 each
- Setting 25 each
- Arm warm-up

Ball handling:

- Passing drills
- Setting drills
- Dual (pass/set) drills
- Serving or hitting drills