VA Volleyball

Program Goals and Objectives

- 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

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

General Practice Plan

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