Menlo School Athletics 2014

61 Volleyball

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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