Menlo School Athletics 2014

61 Volleyball
Coach: Nicole Edelman
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Coach: Amber Biddle
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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