

Youth Volleyball Coaching Resources

VB Fundamentals: http://www.volleyballdrills.org/volleyball_fundamentals/volleyball_fundamentals.html

VB Serve: http://www.volleyballdrills.org/volleyball_serve/volleyball_serve.html

VB Serve Diagram: http://assets.usoc.org/assets/documents/attached_file/filename/16586/serving_woman_nor_copy.jpg

VB Set Diagram: http://assets.usoc.org/assets/documents/attached_file/filename/16588/setting_woman_nor_copy.jpg

VB Passing Diagram: http://assets.usoc.org/assets/documents/attached_file/filename/16584/passing_woman_nor_copy.jpg

VB Spiking Diagram: http://assets.usoc.org/assets/documents/attached_file/filename/16581/hitting_woman_nor_copy.jpg

VB Blocking Diagram: http://assets.usoc.org/assets/documents/attached_file/filename/16575/blocking_woman_nor_copy.jpg

VB Defense Diagram: http://assets.usoc.org/assets/documents/attached_file/filename/16578/defense_woman_nor_copy.jpg

VB Drills: <http://www.volleyballdrills.org>

VB Practice Plan: <http://www.unicommons.com/node/2558>

Miscellaneous VB Drills: http://www.y-coach.com/CD/Volleyball_Drills.htm

Youth Volleyball Practice Plan

Time	Position/Focus	Coaching Points
Pre-Practice	<i>Prepare drills/court</i>	
	Serves	Fundamentals & REPS
4:00	Active Warm Up Line jumps—forward, side, scissor	Get Loose & Get Warm
4:05		Quick feet physical training
4:10	Shuffle Passing Drill 10 to target and change direction	Emphasize posture and “quiet” passing platform
4:15	Wall sets—30 low/med/high, finish with jump sets	Emphasize hand shape and wrist position
Water Break		
4:20	Small court games (pass or set only) - BALL CONTROL	Emphasize ball control to win
4:25		
4:30	Continuous rally game	Emphasize quick recovery from physical and mental errors
4:35		
Water Break		
4:40	Scrimmage Defense vs. Offence	Equal reps - Opportunities to try different positions
4:45		
4:50		
4:55	Cool Down & Water Break	Congratulate efforts
5:00		*Recognize practice player of the day*
GATHER ALL EQUIPMENT - NO CHILD LEFT BEHIND*		
Post-Practice	Player & Parent Reminders:	*Next Practice/Game: Location and Time
		*Equipment Reminders:
		*School & Eating Healthy
		*Being a good brother/sister - RESPECT
		*Who needs a ride?
		*Recruit Help
		*Any questions from parents please see me after we're done

*Notes for next practice/game: