

Practice plan

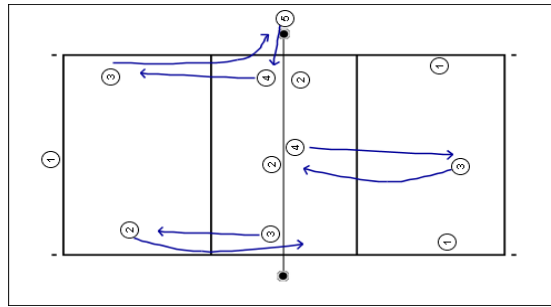
Aims and objectives for this practice.

- Reception attack from left side.
- Attacking against a stable block.
- Blocking.

Notes

Pepper over net

[Link to drill](#)

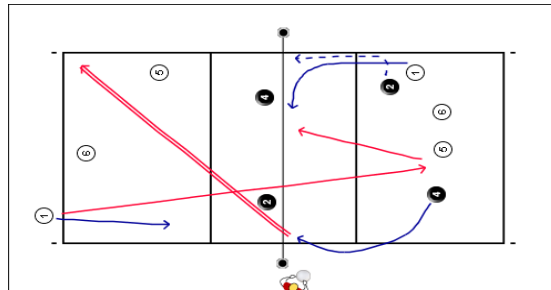


Control drill: play with, not against
Start rallies w/ toss over net.
1. free ball passing and set over net.
2. Then stand and spike/tip and move on to jumping and hitting.

Corner ball

Rotate after:
Serve & 2 free/down balls

[Link to drill](#)



Spikers: Work on attacking directions.
Setters: precision to left side.

Blocking basics, outside

focus on forming a stable block

against left side attack

[Link to drill](#)

Work on eye movement and releasing early . Straight up.

Equipment: boxes.

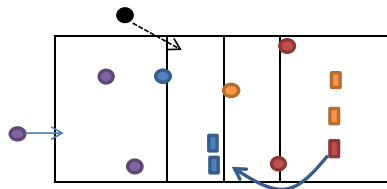
Game simulation - wash drill

Serve and downball

Play out rally

First set to left side

[Link to drill](#)



Spikers: Left side against stable 2-man block.

Setters: precision to left side.

Middle & right side focus on blocking

Blocking basics progression, middle & outside

focus on forming a stable block

against left side attack

[Link to drill](#)

Work on eye movement - reading setter and spiker.

Equipment: boxes.

Sideout game

Full game except
2 sideout in a row needed

Free play BUT get setter to focus on left side.