

Practice 3, Coach Bright

Jog/Stretch

Bump to self
Set to self

Pass with a partner
Pass to self, pass to partner

Set with partner
Set to self, set to partner

Warm shoulders with partner
Approach jumps three times through
Run in and set off my toss/become the target
Hit 2's w/ setters
Hit 4's

"W" drill

Serving 10 half court to partner for form
Serve full court
learn positions: Rotation and switch to position
Scrimmage with switching

Wall sit
Situps