

## Practice 2, Coach Bright

Jog, slides, grapevine, skip for height /Stretch

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Bump to self

Bump on wall

Set on wall

Setting to target off coach's toss

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Bump to target

3 positions accross front row/ coach serves (pass left, slide, pass middle, slide, pass right)

Bump to target 3 positions accross back with opening up

Bump over the net sideways to right back

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Warm shoulders on wall

Approach jumps three times through (bounce on toes, back off facing the net/3 positions)

Stand with both arms up, right arm back, elbow high and hit off toss/ no approach

Hit 2's w/ setters

Hit 4's w/ setters

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Serving half court to partner for form (serve to partner/she catches and serves back)

Serve full court (entire team)

3 on 3 queen of the court

Scrimmage

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Wall sit

Situps/ plank