

Practice 5, Coach Bright

Jog/Stretch

Pass with a partner

Pass to self, pass to partner

Set with partner

Set to self, set to partner

"W" drill

10 ft to 10 ft

Warm shoulders with partner

Approach jumps three times through

Stand on a wood block, two handed toss and snap 10 down the line

Hit 4's with setters/ coach tosses to setter

Hit 5's with setters/ coach tosses to setter

Serving back and forth to partner half court for form and control

Serve full court

Doubles drill

Freeball drill/ players already switched to position/ coach tosses to winning side

Sit-up Setting/ have balls ready to give them when they miss

Superman Setting/ have balls ready to give them when they miss