Equipment

6. 1. Serve Reception

2. Coach versus Defense Right vs.Left, Left vs. Right

Middle vs. Middle

Practice Objectives:

Concentrate on TACTICS and TECHNIQUE; Not Emotion Pre-Practice Warm-up Drills **Passing Technique:** 1. Perfect Pass 2. Step-around 3. Shuffle RT/LF 4. Dig and Tip-Get 5. Over the Shoulder (RT/LF) Wall Blocking: 1. Solo Block 2. Seal w/both hands (RT/LF) Stretching/Team Goal 4-corners **Blocking Footwork** Outside-In, Inside-Out, Travelers Mblocker Technique **Team Defense Footwork** 1. Front/Back 2. Team Reaction Hitting: Tennis Ball Approaches w/transition Shadow Approaches MH: 2-5-out; Lblk-3, Rblk-2 LOH: 5-3-2 ROH: Out-In-2 Line Serving (Chase) 1 to 5; 1 to 1; 5 to 5; Short Serve **Basic Technique Drills:** Passing: Pairs, Line, Shuttle, Butterfly System drills: Base-Read-Chase-Control-Cover 1. Tornado-Serve, Serve Reception 2. Transition Offense-Free Ball, From Block 3. Spike Coverage Offense 4. Out of System Offense 5. 3-Runs 1.Serve Receive 2. Freeball 3. Defense vs. LOH/MH/ROH 3. Defense vs. Downball