

Youth Volleyball Practice Plans



60-90 MINUTE VOLLEYBALL PRACTICE PLAN

Dynamic Warmup: Line Hops, High Knee Runs, Butt-kickers, Walking Lunges, Carioca (5-10 mins)



Passing Progression: 10-15 mins

- Split team into two lines – one on each sideline facing each other
- First player in one line tosses the ball to first player in the opposite line, then runs to the back of that line
- Receiving player passes back to the first line, then runs to the back of that line
- Continue passing back and forth



Serve & Run for 21: 10-15 mins

- Using cones, mark off scoring zones on both sides of the court as shown
- Every player gets a ball and sets up behind one of the two baselines
- Players serve over the net and try to land the ball into a scoring zone
- After each serve, players call out their score, chase down the ball, and repeat
- First player to reach 21 points wins



Wall Work: 10-15 mins

- Each player gets a ball and finds a spot 10 feet from a wall
- Players practice hitting by tossing the ball up, reaching high on the hitting shelf and hitting down on it into the wall
- Players move closer to the wall to practice setting, focusing on keeping the arms steady and rotating the wrists



Block and Dig Drill: 10-15 mins

- Coach starts at the net on the sideline with a ball rack next to him. Three defenders make a semi-circle around the coach, on their knees. The blocking player starts on the other side of the net.
- Coach throws the ball over the net. The player on the other side jumps up to block the ball, focusing on keeping a wide base, thumbs up, and landing softly and under control
- The three kneeling defenders attempt to dig the ball up.
- If the defenders are unable to touch the ball, the blocker gets a point.



First Kill Drill: 15-20 mins

- Players form two teams, 6 on each side in their proper positions. One coach stands on each side with balls.
- Coach lobs a serve to the other side of the court.
- Receiving team attempts to get a first kill – passer to setter, setter to attacker and point. Otherwise the rally will continue.
- Teams score 2 points if they get the first kill, 1 point if they just win the rally
- The game ends when one team reaches 25 points.

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Youth volleyball practice plans are essential for developing young athletes' skills, teamwork, and love for the game. Crafting an effective practice plan not only helps players improve their technical abilities but also fosters a positive team environment. This article will explore various components of youth volleyball practice plans, including skill development, drills, warm-ups, and strategies for creating an engaging atmosphere for young players.

Understanding the Importance of Practice Plans

Creating structured practice plans is critical for youth volleyball coaches. Here are some reasons why practice plans are vital:

1. **Skill Development:** A well-organized practice plan focuses on essential skills such as serving, passing, and setting, ensuring players develop a solid foundation.
2. **Time Management:** Effective plans allow coaches to maximize practice time, ensuring all key areas are covered without dragging on any single activity.
3. **Player Engagement:** Incorporating a variety of drills and games keeps players engaged and motivated throughout the practice.
4. **Team Cohesion:** Structured practices emphasize teamwork and communication, which are essential elements in volleyball.

Components of a Youth Volleyball Practice Plan

A comprehensive practice plan typically includes several key components:

1. Warm-Up

Warming up is essential to prepare athletes physically and mentally for practice. A warm-up should last 10-15 minutes and can include:

- **Dynamic Stretches:** Exercises like high knees, butt kicks, and arm circles to increase blood flow and flexibility.
- **Footwork Drills:** Ladder drills or cone sprints to enhance agility and coordination.
- **Basic Ball Handling:** Simple passing and setting drills to get players accustomed to the ball.

2. Skill Development Drills

Focusing on individual skills is critical for youth development. Below are essential skills and sample drills for each:

- **Serving:**
 - **Underhand Serving Drill:** Players practice underhand serves over a net focusing on form and accuracy.
 - **Overhand Serving Challenge:** Players take turns serving to specific targets on the court.
- **Passing:**
 - **Partner Passing:** Players pair up and practice passing the ball back and forth while focusing on proper technique.
 - **Passing in Motion:** Incorporate movement by having players pass while moving to different spots on the court.
- **Setting:**
 - **Wall Sets:** Players practice setting against a wall, aiming for accuracy and height.
 - **Setter-Target Drill:** Use targets on the floor to help setters aim their sets to specific locations.

- Hitting:
 - Approach and Swing Drills: Players practice their approach and swing technique without a ball, then progress to hitting against a coach or a wall.
 - Live Hitting Drills: Incorporate drills where players hit live balls set by teammates or coaches.
- Defense:
 - Digging Drills: Players work on digging balls from various angles, focusing on footwork and positioning.
 - Team Defense Drills: Simulate game scenarios to practice defensive positioning and communication.

3. Team Play and Strategy

Incorporating team play into practice is crucial for developing game awareness. Here are some activities to include:

- Scrimmages: Divide players into teams and play short matches to practice skills in game-like situations.
- Rotational Drills: Develop players' understanding of court positions and rotations by practicing with set rotations during drills.
- Communication Drills: Focus on verbal and non-verbal communication, encouraging players to call for the ball and communicate during plays.

4. Cool Down and Reflection

Cooling down is just as important as warming up. It helps players recover and reflect on what they learned during practice. Include:

- Static Stretching: Target major muscle groups used during practice to improve flexibility.
- Team Circle: Gather players to discuss what they enjoyed, what they learned, and areas for improvement. This encourages a growth mindset.

Tips for Creating Engaging Practice Plans

Creating an engaging practice plan is essential for maintaining players' enthusiasm and motivation. Here are some tips:

- Vary Drills and Activities: Keep practices fresh by rotating drills and introducing new activities regularly.
- Set Clear Goals: Establish specific objectives for each practice, such as improving serving accuracy or communication on the court.
- Incorporate Games: Use fun games to reinforce skills while keeping the atmosphere light and enjoyable.
- Encourage Player Input: Allow players to suggest drills or activities they enjoy, fostering a

sense of ownership over their development.

- Be Adaptable: Be prepared to adjust your practice plan based on your players' energy levels and progress.

Sample Youth Volleyball Practice Plan

To illustrate how to structure a practice, here's a sample plan for a 90-minute session:

Practice Plan Overview

- Duration: 90 minutes
- Focus: Serving and teamwork

1. Warm-Up (15 Minutes)

- Dynamic stretches (5 minutes)
- Footwork drills (5 minutes)
- Basic ball handling (5 minutes)

2. Skill Development (45 Minutes)

- Serving (15 minutes):
 - 5 minutes of underhand serving practice.
 - 10 minutes of overhand serving challenge.
- Passing (15 minutes):
 - 5 minutes of partner passing.
 - 10 minutes of passing in motion.
- Setting (15 minutes):
 - 5 minutes of wall sets.
 - 10 minutes of setter-target drill.

3. Team Play (20 Minutes)

- Scrimmage: 20 minutes of controlled scrimmage with specific focus on serving and passing.

4. Cool Down and Reflection (10 Minutes)

- Static stretching (5 minutes)
- Team circle discussion (5 minutes)

Conclusion

Developing effective youth volleyball practice plans is crucial for nurturing young athletes' skills and love for the game. By incorporating a structured approach that includes warm-ups, skill development, team play, and reflection, coaches can create a positive and productive environment for their players. Remember that flexibility and engagement are key components to keeping practices enjoyable and focused, ultimately leading to a successful volleyball experience for youth players.

Frequently Asked Questions

What are the essential components of a youth volleyball practice plan?

A youth volleyball practice plan should include warm-up exercises, skill drills (serving, passing, setting, hitting), team drills, scrimmage time, and a cool-down session. Additionally, incorporating fun games can help keep the players engaged.

How can I make volleyball practices more engaging for youths?

To make practices more engaging, include a variety of activities such as competitive drills, cooperative games, and themed practice sessions. Incorporate music, and allow for player input on drills and games to keep them motivated and involved.

What is the recommended duration for youth volleyball practice sessions?

Youth volleyball practice sessions should typically last between 60 to 90 minutes, depending on the age group. Younger players may benefit from shorter practices to maintain focus, while older players can handle longer sessions with more intensity.

How often should youth volleyball teams practice each week?

Most youth volleyball teams should practice 2 to 3 times a week. This frequency allows players to develop their skills progressively without leading to burnout, especially during the off-season or pre-season.

What drills are most effective for improving serving skills in youth volleyball?

Effective serving drills for youth include 'Target Serving' where players aim at designated areas, 'Serve and Rotate' to practice serving under pressure, and 'Partner Serving' to build consistency. These can be made competitive to enhance engagement.

How can coaches assess player development during practices?

Coaches can assess player development by observing skill execution during drills, keeping track of player improvements through skill assessments, using peer feedback, and conducting regular small-sided games to evaluate tactical understanding and teamwork.

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