

Boss Frog Practice Plans

Week 1

Time	Min	Focus	Description
6:00	5	Intro	Meet coaches and teammates <ul style="list-style-type: none"> - Name tags - Come up with team name and cheer
6:05	10	Warmup	Newcomb <ul style="list-style-type: none"> - Continue with passing progression halfway through - New partner each time to learn names
6:15	10	Serving	Serving : Teach/ Review the skill <ul style="list-style-type: none"> - 10 minutes to practice serving - Advanced: try to make a serve in each zone of the court (1-6)
6:25	10	Passing	Review Passing Keys <ul style="list-style-type: none"> - Partner passing (with progression)
6:35	10	Passing/ Control	2 line passing <ul style="list-style-type: none"> - Progress to pass, set, hit over net with partner - Can add 2 players on other side after they go through the line
6:45	10	Rotations/ Play	Play <ul style="list-style-type: none"> - Go over BF rules and rotations - One side has 6 players on (working on rotations), the other side is serving/ tossing to those 6 and playing out the rallies
7:00	0	Done	Done with practice -Be sure to note game time and location for Saturday game.