

WEEK 1 : Junior Frog : 5-6 pm example practice

Importance: knowledge on how to serve and how rotations/the game will go (3 serves no matter what + coach toss)

Time	Min	Focus	Description
5:00	2	Intros and expectations	Go over shag, hustle, or any expectations you might have
5:02	8	Warm up	Refer to warm up examples
5:10	20	Serving	Refer to serving sheet
5:30	*water*	*water*	*water*
5:30	15	Passing	Refer to passing sheet . Toss balls over the net and try to get them to pass it up to teammates or over the net
5:45	15	Rotation Review	Rules of volleyball, how to rotate, and rules of Junior Frog
6:00	*done*	*done*	*done*

WEEK 2 : Junior Frog : 5-6 pm example practice

Importance: learn more about all the volleyball skills – serving, passing, and setting

Time	Min	Focus	Description
5:00	2	Review intros and expectations	Go over shag, hustle, what expectations you might have
5:02	8	Warm up	Refer to warm up examples
5:10	10	Passing	Review passing and attempt to do it with a partner
5:20	10	Serving	Review serving and practice
5:30 *water*	10	Setting	Refer to setting sheet on coaches tools page – keep it simple it doesn't need to be perfect
5:40	10	Spiking/Hitting	Refer to spiking on coaches tools page
5:50	10	Play	Prepare for next game working on 2 hits before passing it over
6:00	*done*	*done*	*done*