

Spike Frog Practice Plans

Week 1

Time	Min	Focus	Description
6:00	10	Intros / Warmup	Learn teammate names playing <u>Newcomb</u> : call name of a player and throw to them. After a few minutes, play the real game and try to throw to empty spots on the court.
6:10	10	Passing	Refresher/Lesson on <u>Passing Keys 2 and 3</u> . Split team into 2 lines and perform a progression of the <u>Two Line Passing Drill</u> based on level of skill. (Coach toss instead of serve. Asst.Coach take a group for more ball touches. Add a set if ready.)
6:20	10	Hitting & Passing	Refresher/Lesson on Hitting (run, jump, swing - line up mid-court, run to 10' line, jump straight up, swinging arm overhead). Split kids into 2 lines on either side of the net. One side hits on Coach ball toss, the other side passes the hit. Shag and swap lines.
6:30	20	Serving / Serve & Pass	Refresher/Lesson on <u>Serving</u> . Serve individually for a few minutes while coaches assist. Partner up on opposite sides of the net to take turns serving. If serve goes over, partner tries to pass it to self, then serve. Otherwise, roll ball to partner to serve.
6:50	10	Lineup/ Rotation	To prepare for the 1st game, put the players in a 10-person lineup with 4 on the sidelines ready to rotate in. Zone 1 serve and then coach toss a ball into play a couple of times then rotate, subbing next player into middle back. Repeat.
7:00	0	Done	Team cheer and depart.

Week 2

Time	Min	Focus	Description
6:00	5	Warmup	Play <u>Newcomb</u> . After tossing and catching for a couple of minutes, have receivers pass to partner or self for the catch.
6:05	10	Hitting Lines	Split team into 2 lines for hitting with coach and assistant coach ball toss. After a few minutes, try adding a couple of players to set or pass/set.
6:15	10	Triangle Passing	Split team into 3 lines at middle back, 10' line to the right, 10' line to the left. Coach toss to middle back, pass to right front, pass/set to left front, hit over the net. Hitter shag and players rotate to back of next line. It will be messy and some hitters won't get to hit. Encourage getting the ball high enough in the air that the next person can run for it and still get it.
6:25	15	Serving / Serve & Pass	Serve individually for a few minutes while coaches assist. Partner up on opposite sides of the net to take turns serving. If serve goes over, partner tries to pass it to self, then serve. Otherwise, roll ball to partner to serve.
6:40	5	More Serving	Play a game of Around the World. Coach stands in Zone 1 (right back) while all kids serve from the other side. If any player hits Zone 1, coach will move to Zone 2 (right front). See how many times the team can get the coach around all 6 zones.
6:45	10	Queens (Kings)	Play a game of <u>Queens</u> and encourage 3 touches. If necessary for skill, start with a single pass over for 1 minute, then 2 passes for 2 minutes, then 3 passes. Teams must make the required number of touches to win the Queens side of the court.
6:55	5	Lineup	Coach toss to 6 on court. Play out and rotate. After 5 mins, cheer and depart.