

Volleyball Practice Plan (90 minutes)

Plan the session around one or two main goals. Go from simple to game-like, and finish with play.

Team: _____ **Date:** _____ **Players:** _____

Main goal: _____ **Court / equipment:** _____

Time	Block	Drill / what to do	Key cue	Equipment
0:00–0:10	Warm-up (dynamic)			
0:10–0:20	Warm-up (ball control)			
0:20–0:30	Skill block			
0:30–0:40	Skill block			
0:40–0:45	Water break			
0:45–1:00	Skill block (main drill)			
1:00–1:20	Game-like block			
1:20–1:30	Cool-down & wrap-up			

Notes (what went well, one goal for next time)