



WARM UP & STRETCH

1. Stretch for about 10 minutes. Make sure to properly stretch, especially the arms.
2. Start with a light jog to warm up, followed by other exercises.

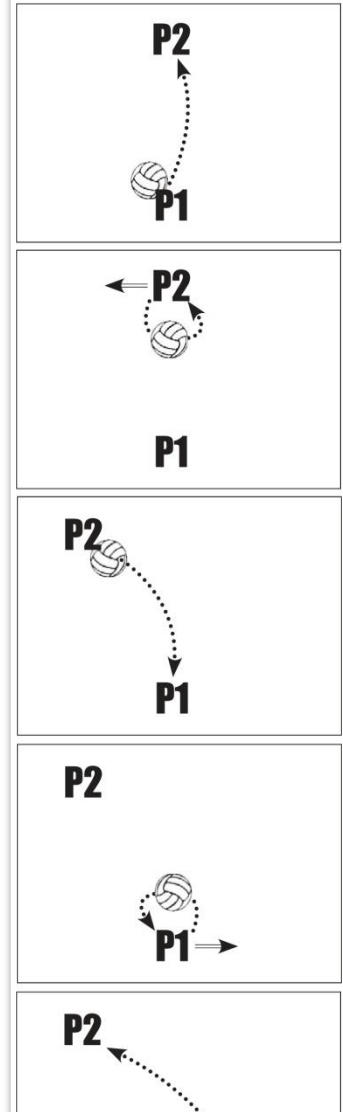
SKILL TRAINING

PARTNER PASSING BALL HANDLING / PASSING EXERSIZE

- Players learn body positioning when passing on the move.
- Consists of 2 players. The first player passes or bumps to the second player.
- The second player bumps ball to self and side-steps to the left or right, keeping the front of her body facing her partner.
- The second player then passes the ball to the first player.
- The first player then bumps ball to self and side-steps in the opposite direction of the other player. She needs to keep the front of her body facing her partner.
- Players continue passing and side-stepping until they reach the sideline, then they side-step and pass in the other direction.
- For more advance players, instead of keeping the front of their bodies facing their partner, players alternate turning their body so either their right or left side is facing their partner.

PARTNER PASSING

Diagram 1



BLOCKER MOVEMENT SETTING OPPONENT MOVEMENT EXERSIZE

- Consists of a Hitter, Setter, and an opponent Middle Blocker.
- The Coach passes the ball to the Setter from the backcourt.
- During the coach pass, the Middle Blocker steps either to the left or the right.
- The Setter then sets the ball in the opposite direction of the Middle Blocker's movement.
- The Hitter then hits the ball.
- This trains Setters to be aware of what their opposition is doing which results in making better decisions when setting.

BLOCKER MOVEMENT SETTING

Diagram 1

