

Fundamental Skills of Volleyball

The following are described: Serving, Bumping/Passing (forearm underhand passing), Setting (overhead passing), attack options (Hitting/Spiking), Blocking (from attack and defend positions), and defensive skills (Digging & Diving).

1. Serving

Underhand Serve: (Rock & Pop)

- Nondominated foot and hand forward.
- Weight on back dominate foot.
- Ball in nondominated hand, arm extended out in the middle of body at bellybutton height.
- Rocking into your swing.
- Contact through the center of ball with dominated hand, hand in a fist, making contact to the ball with closed fist palm facing up.
- Follow through with the pop.
- Ball is hit out of hand. Do not toss ball!

Overhand Serve:

- 90°- 90° (tossing and hitting arm)
- Contact through the center of ball
- Follow through (6 o'clock to 12)
- Toss (in front)-step-hit
- Open hand facing net
- wrist as extending arm
- 1/2 turn
- Toss two-hand underhand
- Toss above head
- Toss-step-hit
- Contact below center of ball
- Snap

Common errors for floater:

1. Error-cause-correction: cannot serve ball over net. Start close to net and throw ball over net. Gradually move back and try adding full arm swing and possibly a step.
2. Error-cause-correction: ball served in net. Step may be too long, toss too low, toss too far in front or step eliminated.
3. Error-cause-correction: ball served out. Shorten follow through. Ball toss needs to be closer to body. Hit through ball, not under ball.
4. Error-cause-correction: ball spinning, not floating. Ball contact should be in middle of ball with no wrist snap. Toss ball in front and not above or behind head.

2. Passing (Forearm Underhand)

Accurate and consistent passing can result in an aggressive multiple attack. Be sure that players are in the ready position preparing to execute the proper technique before the serve and during a rally. The athlete must face and focus on the oncoming ball. Ensure that the athlete's arms and hands are in the correct position with wrists together. The legs are a little further than shoulder width apart with feet parallel. The ball is contacted on the forearms. Upon contact, the athlete maintains a stationary straight-arm position so that the ball rebounds off the lower part of the forearms and is directed to the target. The knees are extended to raise the arms forward upon contact. Straightening the legs completes the pass; the arms are behind the ball, and weight is transferred in the direction of the pass.

Key Points:

- wrists together (Hand Hug, Pancake Pancake, Sausage, Sausage)
- Arms straight
- Arms slightly away from chest
- Arms pointed downward about 45°
- Feet Parraleel
- Knees Bent
- Follow through with contact
- Do not let arms raise higher than chin when making contact.

Common errors for passing:

1. Error-cause-correction: ball not getting to net. Get closer to ball and use more legs.
2. Error-cause-correction: ball too low. Angle arms away from body; arms and legs follow through at same time.
3. Error-cause-correction: ball too tight to net. Use minimal arm motion; check angle of platform.
4. Error-cause-correction: ball passed to left side of court. Contact ball more on right side of the center of body; follow through toward target.

3. Passing (Overhand, Overhead or Setting)

Overhead passing or setting is the next important part of the pass-set-spike sequence for a successful attack. In fact, an excellent set from a bad pass can still result in a "kill". The athlete forms a triangle with the fingers and thumbs of both hands around the ball above the forehead (thumbs do not touch). Index fingers and thumbs form the triangle around 3 panels (18-panel ball). The elbows point slightly forward. Feet are approximately shoulder-width apart with right foot slightly forward. Knees are slightly bent, and body is leaning slightly forward. Eyes are focused on the ball. The athlete receives the ball with hands on the outside of the ball. The athlete extends the knees and straightens the arms to follow-through in the desired direction.

Key Points:

- Hands up early forming a "cradle over forehead"
- Wrists straight (not laid back)
- Forefingers & thumbs around three panels
- Elbows slightly down and forward (not out)
- Hands around the ball
- Follow through (straighten arms) and hold position

- Thumbs to cheekbones

Common errors for setting:

1. Error-cause-correction: ball set too tight to net. Square the hips, knees and feet to the 5 position. Keep set 3' off the net.
2. Error-cause-correction: 5-ball set too far inside. Extend follow-through out and use arms and legs together. Transfer weight forward.
3. Error-cause-correction: ball set too far inside for 15 set. Contact set same as for 5. Follow through and allow shoulders to lay back as part of follow through.
4. Error-cause-correction: 5 set too far outside court. Contact with ball is too low. Follow through too low and/or hands too low.

4. Attack (Hitting) Options

There are several attack options that can be effectively performed in a game. An attacker should be able to hit the following: shots off the block (using the hands), high sets, low sets, sets off the net, off-speed shots, tipping, and a variation of play sets including back court hitting options. Providing a great deal of practice and repetition of each will depend on the age and ability of the athletes. Ensure the fundamental technique of hitting is effective and efficient so that it can be performed at a high level during competition.

With regard to spiking, the athlete must first be able to demonstrate the spiking motion when on the floor (with modified and full arm swing). Second phase is arm swing, which is started with both arms at side of body. Arms are taken straight back and then thrust forward and immediately up. Third phase includes athlete jumping and spiking. As the athlete begins to jump, her spiking arm is raised with elbow shoulder high. At the top of jump, the elbow leads as the arm is extended and wrist snaps so that the heel of the athlete's hand contacts the ball and follows through. The athlete must land softly and be in control of the landing. This is a high jump, not a long jump. Fourth phase the athlete uses only the step-close (right-left for right handers and left-right for left handers) or step 2 and 3 of the modified spiking approach. Fifth phase includes athlete using a full approach, take-off then completing the spiking motion and landing. Right hander (start right foot in front) should take left-right-left or one step and step-close approach. Left hander (start left foot in front) should take right-left-right or one step and step-close.

Keywords:

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|-----------------------------------|---|
| • Quarter turn | • Snap wrist |
| • Elbows up | • Hit shots |
| • Point to ball (non-hitting arm) | • Step, step-close (1, 2, 3 or left-right-left or right-left-right) |
| • Lead with elbow | |
| • Extend and reach | |

Common errors for hitting:

1. Error-cause-correction: ball hit in net. Ball is dropping too low before contact; ball also too far in front of body or contact too much on top of ball when snapping wrist.
2. Error-cause-correction: ball hit out. Causes are getting under the ball too far and not snapping wrist.

3. Error-cause-correction: ball hit wide. Elbow is dropped, or there is improper follow through. Check foot position on floor and foot position after ball contact.
4. Error-cause-correction: ball with no spin; Ball contact may be too low, follow through too low, or ball too much to right or left of body.

5. Blocking – Attack; Defend

A well-timed and effective block diffuses an offensive attack. The athlete is near the net, moves into position with hands up quickly. Athlete focuses on the ball and jumps vertically so that maximum height is achieved when the ball is above net and contacted. Arms are raised and extended above the head; hands are close together with fingers open; wrists are in line with arms (wrist parallel), and hands are slightly forward. A firm and straight-arm position is maintained so that the ball rebounds off hands and is not struck. If possible, athlete reaches up and over the net with arms and hands pointed in a downward position for a rebound. The athlete lands facing the net while keeping the upper body in control and knees bent to absorb the shock. Depending upon whether right side or left is blocking will determine which hand should be turned inside.

Keywords:

- Hands at shoulders
- Elbows forward
- Wrists parallel
- Jump & extend
- Hands forward
- Straighten arms

Common errors for blocking:

1. Error-cause-correction: ball being blocked outside of court. Hands are facing outside of court.
2. Error-cause-correction: ball comes down in front of player. Arms are closer to net. Player is jumping late and not getting to the outside blocker.
3. Error-cause-correction: ball going between players (seam). Inside hands are not closing the hole in the block.
4. Error-cause-correction: not closing off enough area of court. Outside blocker is setting the block too far outside.

Volleyball Week-1 Training Plan

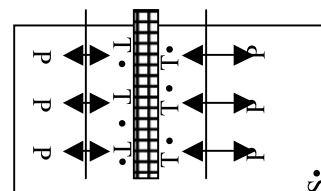
20 minutes Warm-up

- Jogging: 2 mins. around court

Stretching: Calves, hamstrings, quads, groin, shoulders, and arms

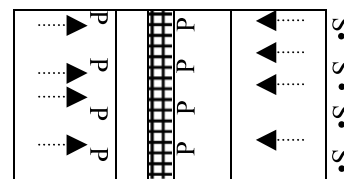
45 minutes Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

- Introduction to Passing [SSP, page 57, drill 1 & 2]
 - Athletes practice assuming correct passing “ready” position: face & focus on oncoming ball; hand-in-hand with wrists together; arms away from body. Practice repeating position on command.
 - Passer has partner as a tosser/target; passer is at attack line and tosser /target at net.
 - Goal: pass a prescribed number of balls and then change target with passer. After tosser/target tosses ball underhand to passer, he/she raises hands above head as a target. As passer gets better, she/he will move back to the end line and repeat same drill to partner’s hands raised above head (tossers at net; passer at attack line. Make 5 successful passes then passer and tosser/target switch roles.



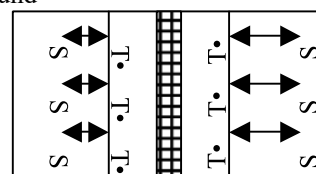
- Introduction to Serving [SSP, page 56, drill 1-2] - Demonstrate floater and introduce underhand serve (for those lower skilled).

- Serve to a partner who catches the ball. Server stands on end line and target stand on attack line.
- After 3 serves, partners begin to move closer to the net, then to other side of net.



- Introduction to Setting (Overhead Passing) [SSP, page 59, drill 1 & 2]

- Assume setting position: form triangle with fingers and thumbs around ball above forehead (thumbs do not touch). Elbows are slightly forward; right foot slightly forward.
- Perform same drill as for passing; however, ball is tossed so that passer receives it overhead. Setter is at attack line; tosser/target is at net. After 3 successful sets, setter moves step backward.



15 minutes Team Concept for Team

Volleyball Week-2 Training Plan

Warm-up

- Jogging: 2 mins. around court
- Stretching: Calves, hamstrings, quads, groin, shoulders, and arms
- Team play: get into positions: RB-RF-CF-LF-LB-CB. Practice ready position. Coach tosses ball over net for team to put skills in practice. Goal is to receive ball, pass to teammate, and forearm pass over net. Each team has chance to succeed. Rotate on exchange of possession.

Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules for event set-up and scoring.)*

- Demonstrate the Forearm Passing event; conduct and score.

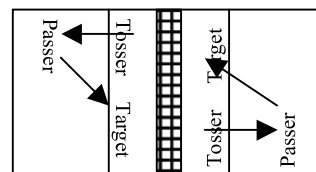
Strengthening & Conditioning Activities: Jump-the-Lines; Setups; Pushups

10 minutes Bring team together for cool-down stretching and reward efforts (winner's circle with each athlete receiving accolades); coach notes one positive per each athlete.

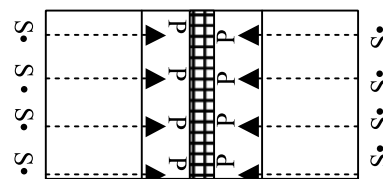
20 minutes

45 minutes Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

- Review Passing [SSP, page 57, drill 1-2-3] - Athletes practice correct passing "ready" position.
 - Passer has partner as a tosser/target; passer is at attack line and tosser/target at net as yesterday. Goal: pass a prescribed number of balls and then change target with passer.
 - Change drill so that passer is in back court and passes to center (different angle and follow through). After 3 attempts, rotate tosser to passer to target to tosser.



- Review Serving [SSP, page 56, drill 3-4] - Review the floater and underhand serve (for those lower skilled).
 - Serve to a partner who catches the ball. Server stands at net.
 - After 3 serves each, partners switch roles.
 - Practice serving over net; partners become serves, too; no one is at net. Allow players to start between attack line and end line if needed, then gradually step back as confidence and success is achieved.



- Review Setting (Overhead Passing) [SSP, page 60, drill 3-4]

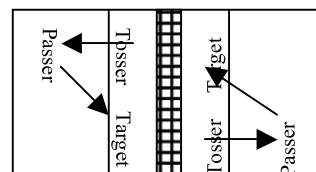
Volleyball Week-3 Training Plan

20 minutes

Warm-up

- Jogging: 2 mins. around court
- Stretching: Calves, hamstrings, quads, groin, shoulders, and arms

- Assume setting position: emphasize good technique. - Perform same drill as for passing; however, ball is tossed so that passer receives it overhead. Setter is at attack line; tosser/target is at net. After 3 successful sets, setter moves step backward. Rotate setter to target to tosser to setter.



15 minutes

Team Concept for Team

- Team play: get into positions: RB-RF-CF-LF-LB-CB. Practice ready position. Coach tosses ball over net for team to put skills in practice. Goal is to receive ball, pass to teammate, and forearm pass over net. Each team has chance to succeed. Rotate on exchange of possession.
- Add short serve (serving from 10' inside end line).

Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*

- Demonstrate the Overhead Passing (Setting) event; conduct and score. Chart performance in which to compare player improvements.

Strengthening & Conditioning Activities: Jump-the-Lines; Setups; Pushups

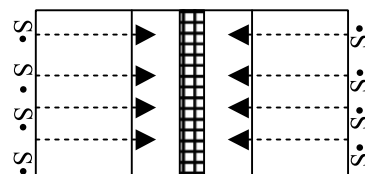
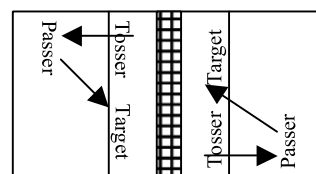
10 minutes

Bring team together for cool-down stretching and reward efforts (winner's circle with each athlete receiving accolades); assistant coaches note one positive per each athlete.

45 minutes

Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

- Review Passing [SSP, page 59, drill 6]
 - Athletes practice correct passing "ready" position.
 - Passer is in back court and passes to center (different angle and follow through). After 3 attempts, rotate tosser to passer to target to tosser.
- Review Serving - briefly [SSP, page 56]
 - Review floater and underhand serve (for those lower skilled).
 - Practice serving over net. Allow players to start between attack line and end line if needed, then gradually step back as confidence and success is achieved.

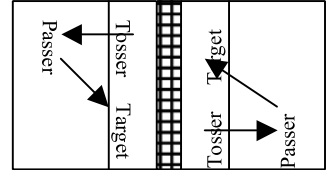


Volleyball Week-4 Training Plan

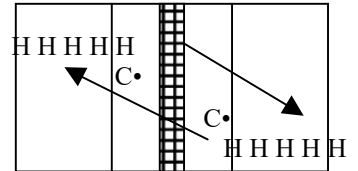
Warm-up

- Jogging: 2 mins. around court
- Stretching: Calves, hamstrings, quads, groin, shoulders, and arms
- Review Setting (Overhead Passing) [SSP, page 60-61, drill 5-6-7]

- Assume setting position: emphasize good technique. - Perform same drill as for passing; however, ball is tossed so that passer receives it overhead. Setter is at attack line; tosser/target is at net. After 3 successful sets, setter moves step backward. Rotate setter to target to tosser to setter.



- Introduce Spiking [SSP, page 62, drill 1-2] - Demonstrate arm swing and spiking motion.
 - Coach holds ball while hitter (H) performs motion and strikes ball. (Start close to net.) Gradually put in toss standing close to athlete.
 - Hitter follows hit, shags ball, and takes to other side.



15 minutes

Team Concept for Team

- Team play: get into positions: RB-RF-CF-LF-LB-CB. Practice ready position. Coach tosses ball over net for team to put skills in practice. Goal is to receive ball, pass to teammate, and forearm pass over net. Each team has chance to succeed. Rotate on exchange of possession.
- Add short serve (serving from 10' inside end line).
- Practice Team-receive positions and scrimmage. May need to intersperse coaches among athletes with goal of keeping the ball in play.

Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*

- Demonstrate the Serving event; conduct and score. Chart performance in which to compare player improvements.

Strengthening & Conditioning Activities: Jump-the-Lines; Setups; Pushups

10 minutes

Bring team together for cool-down stretching and reward efforts,

- Go over plans for competition/scrimmage next week.
- Check on uniforms; provide information on logistics; identify parent and coach responsibilities.

20 minutes

30 minutes

Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

Volleyball Week-5 Training Plan

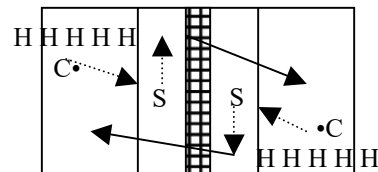
20 minutes

Warm-up

- Jogging: 2 mins. around court
- Stretching: Calves, hamstrings, quads, groin, shoulders, and arms

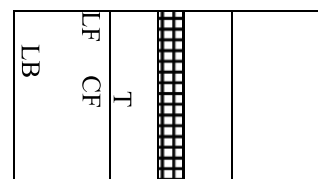
- Review Spiking [SSP, page 62-63, drill 3-4] - Practice arm swing and spiking motion.

- Coach holds ball while hitter (H) performs motion and strikes ball. (Start close to net.) Toss ball standing close to athlete.
- Hitter follows hit, shags ball, and takes to other side. - Coach tosses ball to setter who sets for hitter; same rotation.

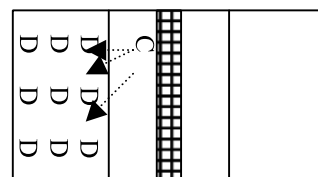


- Review Serve-Pass-Spike [SSP, page 65, drill 1 a-b-c]

- 3 passers are on one side of the court, then add a fourth passer with a spiker.
- Start with coach throwing ball over net to simulate what will occur with servers, but at lesser challenge.
- Passers rotate after 3 good serves or 3 good passes.



- Introduce Defense [SSP, page 64] - Coach will toss balls as though spiking. Gradually, coach will move in all frontcourt positions and then move to other side of court, across net, hitting while standing on chair or table. - Athletes move to dig ball up. Goal is to get to the ball and into the air at least head height.



30 minutes

Team Concept for Team

- Team scrimmage against coaches, parents or opponent.
- Enforce rules; prompt positioning and movement

Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*

- ISC athletes begin their work while other athletes are involved with spiking.
- Conduct all three events if possible; if not, conduct the Serving and Overhead Passing events; conduct and score. Chart performance and compare player improvements.

10 minutes

Bring team together for cool-down stretching and reward efforts,

- Go over plans for competition/scrimmage.

Volleyball Week-6 Training Plan

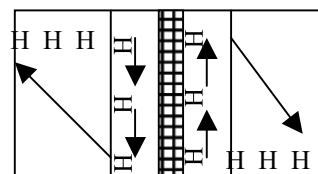
Warm-up

- Jogging: 2 mins. around court
- Stretching: Calves, hamstrings, quads, groin, shoulders, and arms
- Check on uniforms; provide information on logistics; identify parent and coach responsibilities.

25 minutes

Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

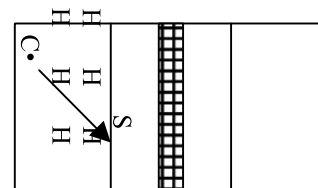
- Introduce Blocking [SSP, page 63] - Partners line up on opposite sides of the net. They jump up and try to touch hands without touching the net. After landing, they move and block in the next position - Athlete should stand on stable table and be anchored by coach. Another coach will hit ball into block so athlete can practice blocking form. Net may be lowered for lower ability athletes.



- In groups of 3, one person overhand tosses ball so it is coming over net. Athlete jumps up and blocks ball over net.

- Review Spiking [SSP, page 66]

- Coach tosses to LF, CF, RF for their hitting
- From LB position, coach tosses to setter who sets hitters.
- From RB position, coach tosses to setter who sets hitters.



45 minutes

Team Concept for Team

- Team receive formations [SSP, page 65]
 - Set up in team-receive positions with all 6 team members.
 - Ball is passed over net to passers; passers pass ball to target.
 - Next: setter sets to hitting lines and spiker catches ball. There is no spiking.
 - Team is in "W" serve-receive formation with one server in opposite court who serves to teammates. Start server in mid-court and move back.
- Team offense [SSP, page 67] - Same as above, but add hitting.
- Play shortened game/match, putting all skills into play.
- Perform Volleyball Skills Assessment Test (VSAT) for Spiking; score and record performance.

Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*

- ISC athletes begin their work while other athletes are involved with spiking.
- Conduct all three events if possible; if not, conduct the Serving and Forearm Passing events; conduct and score. Chart performance and compare player improvements.

Volleyball Week-7 Training Plan

- 20 minutes Warm-up
- Jogging: 2 mins. around court
 - Stretching: Calves, hamstrings, quads, groin, shoulders, and arms
- 10 minutes Bring team together for cool-down stretching and reward efforts (winner's circle with each athlete receiving accolades).
- Teammates note one positive per each athlete (reward effort with blocking, especially today).
 - Go over plans for competition/scrimmage (uniforms; logistics; parent and coach responsibilities).

-8 Training Plan

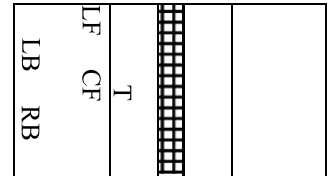
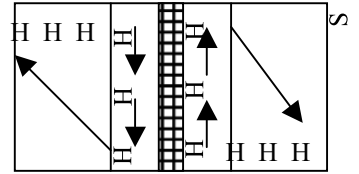
- 20 minutes Warm-up
- Jogging: 2 mins. around court
 - Stretching: Calves, hamstrings, quads, groin, shoulders, and arms

Volleyball Week

20 minutes Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

- Review Blocking [SSP, page 63] - Partners line up on opposite sides of the net. They jump up and try to touch hands without touching the net. After landing, they move and block in the next position
 - In groups of 3, one person overhand tosses ball so it is coming over net. Athlete jumps up and blocks ball over net.

- Review Serve-Pass-Spike [SSP, page 65, drill 1 a-b-c]
 - 3 passers are on one side of the court with a spiker.
 - Start with coach throwing ball over net to simulate what will occur with servers, but at lesser challenge.
 - Passers rotate after 3 good serves or 3 good passes.



- 45 minutes Team Concept for Team
- Review positions with transition from defense to offense.
 - Set up in team-receive positions with all 6 team members.
 - Ball is passed over net to passers; passers pass ball to target.
 - Next: setter sets to hitting lines and spiker catches ball. There is no spiking.
 - Team is in “W” serve-receive formation with one server in opposite court who serves to teammates. Start server in mid-court and move back.
 - Review team-receive positions. [SSP, page 65]
 - Set up in team-receive positions with all 6 team members.
 - Ball is passed over net to passers; passers pass ball to target.

-9 Training Plan

- 20 minutes Warm-up
- Jogging: 2 mins. around court •
 - Next: setter sets to hitting lines and spiker catches ball. There is no spiking.
 - Team is in “W” serve-receive formation with one server in opposite court who serves to teammates. Start server in mid-court and move back.
 - Scrimmage with coaches or opponent.
 - Perform the Volleyball Skills Assessment Test (VSAT) for Forearm Passing; score and record performances.

- Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*
- ISC athletes begin their work while other athletes are involved with spiking.
 - Conduct all three events if possible; if not, conduct the Overhead Passing and Forearm Passing events; conduct and score. Chart performance and compare player improvements.

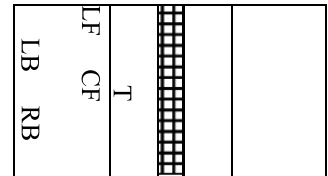
- 10 minutes Bring team together for cool-down stretching and reward efforts (winner’s circle with each athlete receiving accolades).
- Teammates note one positive per each athlete (reward covering & helping each other).
 - Go over plans for competition/scrimmage (uniforms; logistics; parent and coach responsibilities).

Volleyball Week

Stretching: Calves, hamstrings, quads, groin, shoulders, and arms

- 20 minutes Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

- Review Serve-Pass-Spike [SSP, page 65, drill 1 a-b-c]
 - 3 passers are on one side of the court with a spiker.
 - Start with coach throwing ball over net to simulate what will occur with servers, but at lesser challenge.
 - Passers rotate after 3 good serves or 3 good passes.

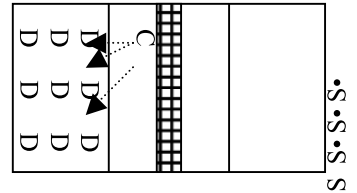


-10 Training Plan

20 minutes

Warm-up

- Jogging: 2 mins. around court
- Review Defense/Digging [SSP, page 64] - Coach will toss balls as though spiking. Gradually, coach will move in all frontcourt positions and then move to other side of court, across net, hitting while standing on chair or table. - Athletes move to dig ball up. Goal is to get to the ball and into the air at least head height.



45 minutes

Team Concept for Team

- Review positions with transition from defense to offense.
 - Set up in team-receive positions with all 6 team members.
 - Ball is passed over net to passers; passers pass ball to target.
 - Next: setter sets to hitting lines and spiker catches ball. There is no spiking.
 - Team is in “W” serve-serve formation with one server in opposite court who serves to teammates. Start server in mid-court and move back.
- Review team-serve positions. [SSP, page 65]
 - Set up in team-serve positions with all 6 team members.
 - Ball is passed over net to passers; passers pass ball to target.
 - Next: setter sets to hitting lines and spiker catches ball. There is no spiking.
 - Team is in “W” serve-serve formation with one server in opposite court who serves to teammates. Start server in mid-court and move back.
- Scrimmage with coaches or opponent.
- Perform the Volleyball Skills Assessment Test (VSAT) of Bump-Set; score and record performances.

Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*

- ISC athletes begin their work while other athletes are involved with spiking.
- Conduct all three events if possible; if not, conduct the Overhead Passing and Serving events; conduct and score. Chart performance and compare player improvements.

10 minutes

Bring team together for cool-down stretching and reward efforts (winner’s circle with each athlete receiving accolades).

- Teammates note one positive per each athlete (reward teamwork, especially today).
- Go over plans for competition/scrimmage (uniforms; logistics; parent and coach responsibilities).

-11 Training Plan

- 20 minutes Warm-up
- Jogging: 2 mins. around court •

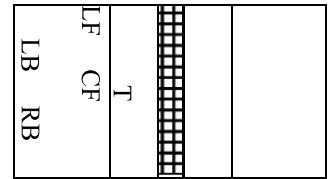
Volleyball Week

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- Stretching: Calves, hamstrings, quads, groin, shoulders, and arms

- 10 minutes Skill Work *(Use Volley Lites to start season and for lower ability athletes.)*

- Review Serve-Pass-Spike [SSP, page 65, drill 1 a-b-c]
 - 3 passers are on one side of the court with a spiker.
 - Start with coach throwing ball over net to simulate what will occur with servers, but at lesser challenge.
 - Passers rotate after 3 good serves or 3 good passes.



- 50 minutes Team Concept for Team
- Brief review of positions with transition from defense to offense.
 - Team is in “W” serve-serve formation with one server in opposite court who serves to teammates. Start server in mid-court and move back. - Setter sets to hitting lines and spiker catches ball. Spike or forearm pass over net.
 - Scrimmage with coaches or parents. Last practice before culminating event.

- Individual Skills Work with ISC Athletes *(See Special Olympics volleyball rules.)*
- ISC athletes begin their work while other athletes are involved with spiking.
 - Conduct all three events if possible; if not, conduct the Overhead Passing and Serving events; conduct and score. Chart performance and compare player improvements.

- 10 minutes Bring team together for cool-down stretching and reward efforts (winner’s circle with each athlete receiving accolades); teammates note one positive per each athlete rewarding teamwork, especially today.
- Go over plans for final competition (uniforms; logistics; parent and coach responsibilities).
 - Head coach closes with emphasis on great team effort and what each has contributed to team.

-12 Training Plan

20 minutes

Warm-up

- Jogging: 2 mins. around court