

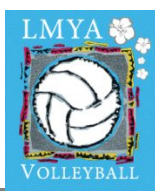
The Default LMYA Volleyball Practice Plan

First Half – Skill Development

Time Slot	Skill	Key Words
0 to 10	Pass to Self	“Hands and Wrists Together”
	Warm up Serves	“Place, Step, Hit”
11 to 20	Pass to Partners	“Straight and Simple”
	Rainbow Spiking	“Get high – Hit hard”
		3-across hitting lines
21 to 30	Butterfly Passing	“Platform to Target”
	Beach Style Hitting	“Reach and Teach”

Second Half – Scored Games

Time Slot	Game	Key Words
0 to 15	Over the Net Pepper	3 vs 3
		New 3 after 3 mins
16 to 30	Serve Bounce Bounce	6 v 6
		See LMYA Rules for Details



Contact
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- “If the kids are messing around and talking too much, then design your practice with shorter wait lines.”
- “The coach should talk less. Players should do more.”
- Rent 2 outdoor nets and play 3 v 3 short court –watch the improvement!