

Volleyball Practice Plan

Youth volleyball · 90-minute max-touches session

My-Team Sports

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Team: _____ Date: _____

Focus of the day: _____

Time	Block	Coaching focus (add your own notes)
0:00-0:10	Dynamic warm-up + ball handling	Jog, shuffle, arm circles - then every pair a ball
0:10-0:25	Pepper (pass-set-hit in pairs)	Max touches on all three contacts - coach on form
0:25-0:40	Serving ladder	Start close, earn your way back to the end line
0:40-0:55	Theme of the week	One idea: serve-receive shape, approach, or transition
0:55-1:15	Wave scrimmage 3v3 / 4v4	Short court, winners stay - triple the touches of 6v6
1:15-1:25	Serve + receive under pressure	Game scores: servers need 2 points, receivers need 1
1:25-1:30	Team talk	One takeaway + next-match reminder

Golden rule: groups of three, never lines. If a kid can hide from the ball, the drill is too big.

Pairs with the Volleyball Rotation Sheet for match day.