



16U

Serving:

- Jump float
- Introduce spin serve

Passing:

- Passing slightly off midline (teach to pass on both sides – manipulate platform angle)
- Contact (away from body)
- Introduce overhead passing

Setting:

- High contact point
- Extend elbows
- Finish with thumbs
- Setters should jump set every ball

Attacking:

- Teach multiple shots
- Refine back row attack

Blocking:

- Eye work (ball setter ball hitter)
- Swing blocking.
- Timing, penetration.
- Pick up hitter.

Defense:

- Reading (ball setter ball hitter)
- Ready position
- Contact (dig to self drills)
- Overhead digging, defensive shifting and curling

Reading:

- Continue to emphasize ball setter ball hitter (anticipate the next play)

Movement:

- Game like wash drills to teach athletes the movement patterns of the game.

Offensive System – 6-2, Start to run 5-1. 3 person serve receive, middle should be learning to run 31's and steps.

Defensive System – Everyone plays back row (no libero), six back, bunch block with swing blocking technique.

LTAD – Teach athletes to compete within practices as well as games, start to teach about decision making (smart choices)

Mental training – Practice and game preparation (Ideal performance state) and introduce imagery and visualization.