

BASIC PRACTICE MANAGEMENT < APPROX. 90 MINS >

WELCOME + INTRO < 5 MINS > (**obj, success, cues**)

- greeting and outline session

WARM - UP < 20 MINS >

- progressive and interesting
- agility and multi-directional quickness and speed
- ball handling and tracking activities

MAIN PART < 55 MINS >

- VOLLEYBALL stuff
 - play and movements (day 1)
 - communication (from the beginning)
 - decisions (after a while croc...)
 - skills (“new then review”)
 - acquisition (hi reps and lo intensity)
 - consolidation / stabilization (med reps/int)
 - tactics / integration (lo reps and hi intensity)
 - team tactics (3's , 4's)
 - rhythm (“STOMP” K. Franklin)
- MENTAL training
 - goal setting
 - positive self-talk
 - supportive actions
 - relaxation and coping skills
 - controlled aggression
- PHYSICAL
 - body weight mobility

COOL DOWN + TALK < 10 MINS >

- longer, slower movements and stretching
- “debrief, but be brief”