



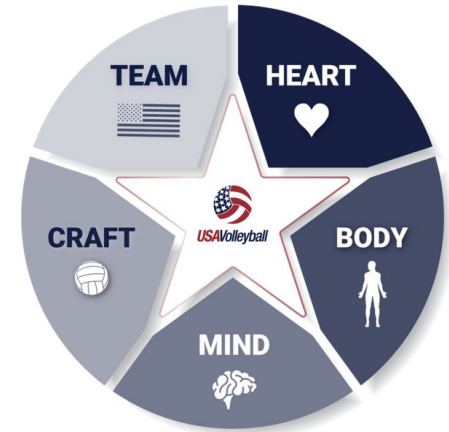
Swap out Coach Academy Logo for Region
Logo



PRACTICE PLANNING



USA VOLLEYBALL
DEVELOPMENT
★ MODEL



PRACTICE PLANNING

- WEEK PLAN
- DAY PLAN (150 MINUTES)
(5-10) INTO WARM UP / (10-20) BALL CONTROL / (30-40) COMPONENT / (45-90) 6 V 6 / 5 DOWN
- WHAT PHASE ARE WE IN?
- WHAT DO WE NEED TO IMPROVE?
- WHO DO WE PLAY THIS WEEK AND WHAT IS IMPORTANT?

WEEK PLAN

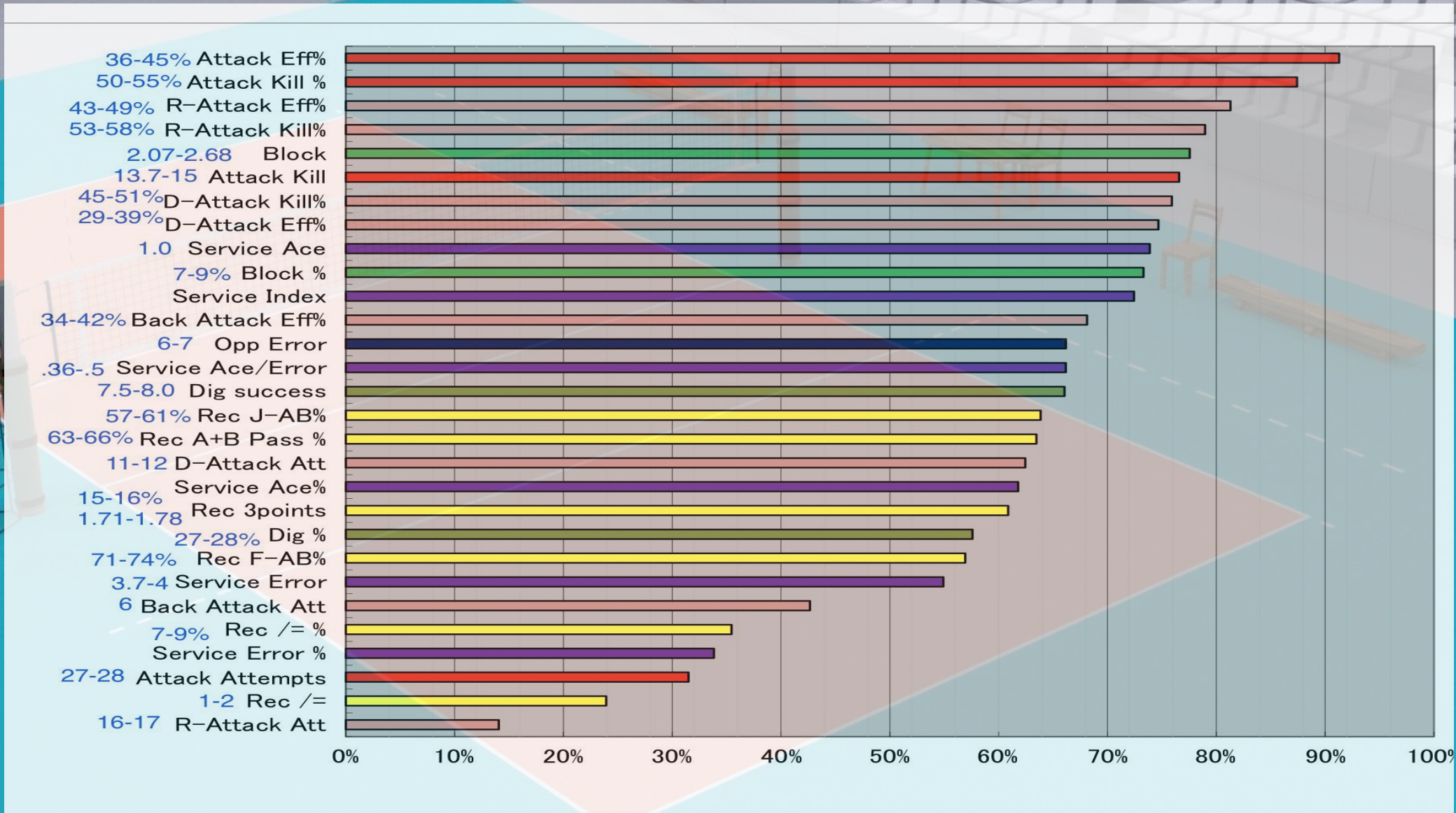
GETSUYOBI NOTES:				
10.12	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
10:00	WTS			
	FREE BALL			
	OFF			
KAYOBI NOTES 1 COURT				
10.13	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
	OFF			
10:00	JHON INDIVIDUAL			
	OFF			
SUIYOBI NOTES				
10.14	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
10:00	WTS			
	FREE BALL			
15:00	BLOCK REPS PEPPER	DEFENSE WORK	SERVE 2 CT COMBI 4 BEFORE 2	TEAM DEFENSE
MOKJYOBI NOTES 1 COURT				
10.15	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
			1 set Jhon Opp	
12:00	TEAM VIDEO MEETING		2nd Set Chi Opp	MIYA OPP
12:30	HIGH BALL RALLY	6 VS 6 COMBI - 6 BALLS	PRESSURE SO DRILL	FINISH GAME??
	BALL SERVE	GO-BACK / Q&P	21-22 A Team serve	
KINYOBI NOTES				
10.16	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
12:00	VIDEO MEETING			
12:30	2BG PEPPER	COMBI	3 MIN RT WORK	SERVE PASS
	BALL PEPPER	COMBI	SO + FB X 2 / / SV x 3	
DOYOBI NOTES				
10.17	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
10:00	STRETCH			
10:30	LUNCH			
11:30	TEAM ROOM	1:00:00 PM VS VC NAGANO		
12:10	SHUGO			
NICHYOBI NOTES				
10.18	BALL CONTROL	SESSION 1	SESSION 2	SESSION3
10:00	STRETCH			
10:30	LUNCH			
11:30	TEAM ROOM	1:00:00 PM VS VC NAGANO		
12:10	SHUGO			

NOTES:

DRILL DESIGN

- WHICH PLAYERS TOGETHER? ANY INJURIES?
- KNOW THE SECRET “FORMULA”
- PURPOSE OF THE PRACTICE?? (SIDEOUT, POINT SCORE, GAME, LOTS OF JUMP, NO JUMP)
- KEEP AS FOCUSED AS POSSIBLE EVEN IN 6 V 6

WINNING NUMBERS



KEY NUMBERS

- Total Attack - Efficiency 36%-45% Kill 50-55% Back Row 34-42%
- Side Out - Efficiency 43-49% Kill 53-58% SO 72-75%
- Counter - Efficiency 29-39% Kill 45-51% BP 30-32 %
- Block per set 2.07-2.68
- Serve Ace Total 5-6% 1 Per Set
- Error Per Set 6-7 (Total for team)
- Pass Total 63-66% Jump 57-61% Float 71-71%

Each Set to win: Kill 15
Block 3
Ace 1
Opp Err 6

DAY PLAN:

DATE: _____ **GENERAL PLAN:** _____ **NOTES:** _____

NOTES

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Caribes Men's Volleyball 8.28.2015

WARM UP	JR - #1	JC - #11	JF - #5	FW - #12	VC - #3
PEPPER	PK - #2	PS - #17	PL - #4	YG - #7	ED - #10
CROSS DEFENSE	NA - #9	PKD - #14			
SPW	AC - #6				
	NO - #16	SM - #15			

SUPER - O - PIPE WAVE
 SYSTEM WORK
 #'S 9.6.16.4.7.10.14

1. WIN RALLYS >>> TRANSITION ATTACKING
2. KILL OUR 1ST ATTACK
3. NO PIPE...GP + MORE QUICK

SCORE 17-19

NOTES:

CROSS DEFENSE 15 GOOD DIGS 3 17

NOTES:

SYSTEM WORK

SD+ DEFEND

NOTES:

PUT IT UP WHERE PLAYERS CAN YOU CAN SEE IT IN PRACTICE.

IF YOU HAVE WHITE BOARD CAN WRITE IT UP

IF NO WHITE BOARD USE "BIG COURTS" IN CLEAR FILE

BEFORE PRACTICE:

- ARRIVE EARLY AND CONFIRM
 - IS THE NET READY?
 - IS THE COURT CLEAN?
 - ARE THE BALLS READY?
 - BOXES, CONES, SCOREBOARD, WHISTLES...ARE THEY READY??
- MAKE PLAYERS ARRIVE EARLY - ON TIME = LATE START.
- CHECK WITH PLAYERS / MEDICAL PHYSIO PLAYER CONDITION.
- HAVE A SHORT MEETING WITH STAFF ABOUT WHAT THEY NEED TO DO.

IN PRACTICE

- NEW IDEAS OR CONCEPT AT START OF PRACTICE?
- KEEP POINTS OR STATS
- FEEDBACK IS SHORT AND CLEAR

END OF PRACTICE

- SHORT EVALUATION OF PRACTICE
- ANNOUNCEMENTS AND REMINDERS
- LEAVE THE COURT BETTER THAN YOU FOUND IT
- STAFF FEEDBACK

