WEDNESDAY, APRIL 7 · 3:30 PM · MAIN GYM

Practice 2 — Game plan:

Game plan · Ball control · Serving · Wash games · 150 minutes

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3:30 PM — 30 min

Team lift — Warm-up

Weight room, 3:30–4:00.

LEAD: ALL

4:00 PM — 10 min

1. Warm-up — Warm-up

Dynamic mobility, shoulder prep, footwork activation.

ALL

Sequence

5 MIN	Dynamic lines
3 MIN	Arm care & band circuit
2 MIN	3-step approach shadow swings

LEAD: ALL

4:10 PM — 15 min

Dig-to-Target from Box — Skill

Coach on box hitting line and cross. Libero shades zone 5.

Drill: Dig-to-Target from Box

LEAD: ALL

4:25 PM — 20 min

3. Position work — Skill

Position-specific technical refinement. Four stations run at the same time.

HEAD COACH

Setters

10 MIN	Quick set timing with middles
10 MIN	Setter dumps

COACH 1

Middles

10 MIN	Swing block footwork
10 MIN	Slide approach

COACH 2

Pin attackers

10 MIN	Seam & line shots
10 MIN	Single, double, triple

COACH 3

Liberos / DS

10 MIN	Dig-to-target from box
10 MIN	Spinning ball setting (libero hands)

LEAD: ALL COACHES

4:45 PM — 25 min

4. Team play: Game plan: [redacted] (Down ball chase ball scoop) — Team

Coach's call for today's team flaws / system needs: replace this with the top item from the last "items to correct" list. Planned: Coach down ball, then a chase ball off the net, then a scoop off the floor. Every ball has to be played to target. Coaches feed balls to the spots from the [redacted] scouting report; call out their tendencies between reps.

Drill: Down Ball Chase Ball Scoop

LEAD: HEAD COACH

5:10 PM — 15 min

5. Serving: Serve the scouting targets — Serving

Target accuracy, pressure, zone execution. Serve the zones from the [redacted] scouting report. Track makes out of 10.

Drill: Serving to Targets

LEAD: ALL

5:25 PM — 25 min

6. Game-like: Free/down ball wash — Team

Wash games and full-court scoring scenarios. 6 v 6 continuous transition off coach-entered free balls and down balls.

Drill: Free/Down Ball Wash

LEAD: HEAD COACH

5:50 PM — 7 min

7. Conditioning: Shuttle block jump ladders — Skill

High-intensity, volleyball-specific movement. Shuttle to each line and back with a block jump at every turn. Match tomorrow: cut it to 4–5 minutes at full speed.

Drill: Shuttle Block Jump Ladders

LEAD: ASST. COACH

5:57 PM — 3 min

8. Cool down & talk — Cool-down

Hamstring and hip flexor stretching, key takeaways, and program announcements.

Drill: Static Stretch & Debrief

LEAD: HEAD COACH

Practice takeaways & positives

Items to correct for next practice

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0 of 9 blocks done

Coach notes

3:30–4:00 team lift, then the daily 2-hour structure from 4:00 to 6:00. Fold the top fixes from the [redacted] match into today's game plan. Day before vs. [redacted] sharp, game-speed reps and a lighter finish.

Equipment

- Resistance bands
- Ball carts
- Nets & antennas
- Coach box
- Target mats & cones
- Pinnies

Next match

- vs. [redacted] Thursday, Apr 8, 6:00 PM
- FHS Main Gym

This week

- Mon, Apr 5: pictures 3:45–4:15, practice to 6:00
- Tue, Apr 6: at [redacted] 7:00 PM
- Wed, Apr 7: 3:30 lift, 4:00–6:00 practice
- Thu, Apr 8: vs. [redacted] 6:00 PM
- Fri, Apr 9: 3:30 lift, 4:00–6:00 practice