

Westy Futures

6th-8th Grade Volleyball

Welcome to the Westy Futures Volleyball Program!

We extend our heartfelt gratitude for joining our Westy Futures program as a coach. Your commitment to investing your time and knowledge in nurturing young talent is truly commendable. As we embark on this exciting journey together, we are thrilled to share with you our vision and mission.

At Westy Futures, the primary goal of our D league is to develop the skills of our students, honing their abilities and preparing them for high school athletics. We firmly believe in cultivating not only their volleyball talents but also instilling values like teamwork, discipline, and perseverance that will serve them well in all aspects of life.

In our D league, we place a strong emphasis on the development of players. We want to ensure that each student-athlete receives the guidance and support necessary to propel them to the next level of their volleyball journey. Whether their aspirations lie in making the high school team, or securing college scholarships, we are dedicated to helping them lay the foundation for success.

To aid you in your coaching journey, we have prepared a sample practice plan below. This plan can serve as a starting point for your sessions, providing structure and direction. However, we also encourage you to bring your creativity and ideas into the mix, tailoring practices to the unique needs and talents of our young athletes.

Thank you once again for being an integral part of our Westy Futures Volleyball Program. Let's make this season one filled with growth, camaraderie, and memorable achievements.

Practice Plan

Week 1: Fundamentals and Basics:

- **Stretch and Warm-up (10 minutes):** Begin with light jogging, dynamic stretches, and basic mobility exercises.
- **Bumping (Passing) Drills (10 minutes):** Focus on teaching proper forearm passing technique. Players can pair up and pass the ball back and forth to each other.
- **Setting Drills (10 minutes):** Teach basic setting form and have players practice setting against a wall or to a partner.
- **Spiking Drills (10 minutes):** Introduce basic spiking technique with a focus on arm swing and timing. Players can practice hitting against a wall or a high net.
- **Serving Drills (10 minutes):** Teach overhand serving technique. Players can practice serving to specific targets on the court.
- **Defensive Drills (10 minutes):** Introduce basic defensive movements and positioning. Players can work on shuffling, digging, and receiving serves.

Week 2: Building Skills:

- **Stretch and Warm-up (10 minutes):** Begin with light jogging, dynamic stretches, and basic mobility exercises.

- **Bumping Drills (12 minutes):** Focus on accuracy and control in passing. Players can pass to specific zones on the court.
- **Setting Drills (12 minutes):** Work on setting with more accuracy and higher sets. Players can practice setting to specific targets.
- **Spiking Drills (12 minutes):** Emphasize footwork and approach technique. Players can practice hitting from different angles.
- **Serving Drills (10 minutes):** Continue to refine serving technique. Introduce different types of serves, such as float serves.
- **Defensive Drills (4 minutes):** Increase the complexity of defensive drills. Players can work on diving and rolling for balls.

Week 3: Developing Consistency:

- **Stretch and Warm-up (10 minutes):** Begin with light jogging, dynamic stretches, and basic mobility exercises.
- **Bumping Drills (12 minutes):** Add movement to passing. Players can pass while shuffling or moving around the court.
- **Setting Drills (12 minutes):** Focus on setting under pressure. Players can practice setting while a coach or teammate blocks.
- **Spiking Drills (12 minutes):** Incorporate blocking into spiking drills. Players can practice hitting against a blocker.
- **Serving Drills (10 minutes):** Increase serving difficulty by targeting specific zones and practicing jump serves.
- **Defensive Drills (4 minutes):** Continue working on diving and rolling, and introduce back-row defense.

Week 4: Refining Techniques:

- **Stretch and Warm-up (10 minutes):** Begin with light jogging, dynamic stretches, and basic mobility exercises.
- **Bumping Drills (12 minutes):** Focus on fast-paced passing. Players can pass quickly to simulate game situations.
- **Setting Drills (12 minutes):** Work on setting in various game-like scenarios, incorporating movement and decision-making.
- **Spiking Drills (12 minutes):** Emphasize spiking with power and accuracy. Players can practice hitting to different areas of the court.
- **Serving Drills (10 minutes):** Introduce serving under pressure. Players can serve with a time limit or while fatigued.
- **Defensive Drills (4 minutes):** Focus on quick reactions and lateral movements in defensive drills.

Week 5: Game Situations:

- **Stretch and Warm-up (10 minutes):** Begin with light jogging, dynamic stretches, and basic mobility exercises.
- **Game-like Drills (15 minutes):** Set up small-sided games (3v3 or 4v4) to simulate real match situations. Players practice bumping, setting, spiking, and serving.

- **Position-Specific Drills (15 minutes):** Divide players into positions (setter, hitter, libero, etc.) and have them practice specific skills for their positions.
- **Serving and Passing under Pressure (15 minutes):** Players take turns serving while the rest work on passing. Increase the pressure by keeping score or introducing consequences for errors.

Week 6: Putting It All Together:

- **Stretch and Warm-up (10 minutes):** Begin with light jogging, dynamic stretches, and basic mobility exercises.
- **Scrimmage (20 minutes):** Divide the team and have a full scrimmage. Encourage players to apply all the skills they've learned.
- **Positional Play (15 minutes):** Players practice their positions in a controlled setting, focusing on teamwork and communication.
- **Serve and Receive Game (15 minutes):** Set up a game where players rotate through serving and receiving roles. Keep score and emphasize consistent play.

Remember to always emphasize proper technique and provide positive feedback to encourage improvement. As the weeks progress, gradually increase the complexity and intensity of the drills to challenge the players and help them develop their skills. Make sure to adapt the plan based on your team's progress and needs.