

Westy Futures

4th-5th 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: Basics and Fundamentals:

- **Warm-Up and Stretching (10 minutes):** Start with light jogging, dynamic stretches, and simple stretches.
- **Bumping (10 minutes):** Teach basic forearm passing technique using a balloon or beach ball.
- **Setting (10 minutes):** Introduce basic overhead setting technique with a focus on hand position.
- **Serving (10 minutes):** Teach underhand serving technique. Players serve to a specific target area on the court.
- **Spiking (10 minutes):** Teach simple approach and spiking technique using a foam ball or a balloon.
- **Defensive Drill (10 minutes):** Have players practice getting low and shuffling their feet while a coach rolls balls for them to pick up.

Week 2: Building Skills:

- **Warm-Up and Stretching (10 minutes):** Start with light jogging, dynamic stretches, and simple stretches.
- **Bumping (10 minutes):** Use a volleyball to practice forearm passing with partners.
- **Setting (10 minutes):** Continue working on overhead setting, adding movement and partner involvement.
- **Serving to Zones (10 minutes):** Set up target zones on the court. Players practice serving to specific zones.
- **Spiking (10 minutes):** Have players practice spiking with a partner serving.

- **Defensive Drill (10 minutes):** Incorporate diving and rolling techniques into the defensive drill.

Week 3: Skill Refinement:

- **Warm-Up and Stretching (10 minutes):** Start with light jogging, dynamic stretches, and simple stretches.
- **Bumping (10 minutes):** Increase the pace of forearm passing drills, with a focus on accurate control.
- **Setting (10 minutes):** Incorporate movement and coordination with partner sets.
- **Serving (10 minutes):** Teach overhand serving technique. Players practice serving with more power and spin.
- **Spiking (10 minutes):** Practice spiking against a blocking player or a wall.
- **Defensive Drill (10 minutes):** Simulate scenarios where players need to defend against different types of hits.

Week 4: Game Situations:

- **Warm-Up and Stretching (10 minutes):** Start with light jogging, dynamic stretches, and simple stretches.
- **Bumping (10 minutes):** Set up a bumping rally where players need to pass the ball back and forth over the net.
- **Setting (10 minutes):** Have players practice setting to specific spots on the court.
- **Advanced Serving Targets (10 minutes):** Set specific serving challenges, like serving to a certain corner or over the net.
- **Spiking (10 minutes):** Practice attacking from different positions on the court.
- **Defensive Drill (10 minutes):** Focus on quick reactions and getting into defensive positions.

Week 5: Team Play and Strategy:

- **Warm-Up and Stretching (10 minutes):** Start with light jogging, dynamic stretches, and simple stretches.
- **Bumping (10 minutes):** Incorporate more movement and communication into bumping drills.
- **Setting (10 minutes):** Practice different types of sets for various game situations.
- **Serving (10 minutes):** Allow players to choose the type of serve they feel most confident in (underhand, overhand, or jump) and focus on improving their consistency and accuracy.
- **Spiking (10 minutes):** Practice coordinated attacks with a setter and hitters.
- **Defensive Drill (10 minutes):** Simulate game scenarios with emphasis on reading opponents' hits.

Week 6: Game Preparation and Review:

- **Warm-Up and Stretching (10 minutes):** Start with light jogging, dynamic stretches, and simple stretches.
- **Bumping (10 minutes):** Review all bumping techniques and focus on consistency.
- **Setting (10 minutes):** Review different types of sets and decision-making for setters.
- **Serving under Pressure (10 minutes):** Perform pressure serving and passing drills to simulate game tension.
- **Spiking (10 minutes):** Fine-tune spiking techniques and strategies.
- **Defensive Drill (10 minutes):** Review defensive positioning and quick reactions.

Remember, safety and fun should always be a priority during practice. Modify the drills based on the skill level and progress of the students. Always provide positive reinforcement and encourage teamwork and sportsmanship.