Training Session

Practice Plan

Practice schedule

25 minutes total

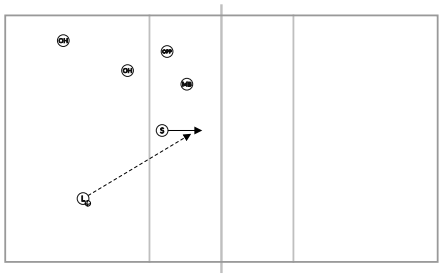
Advance, Give-and-Go, Switch	10 minutes
Circle Passing	15 minutes

Symbols used

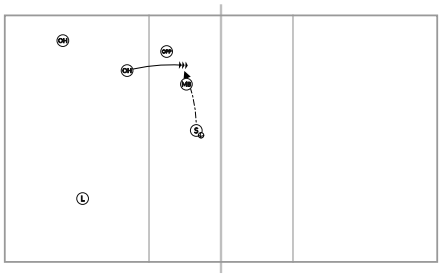
move approach pass set attack cone

Player positions

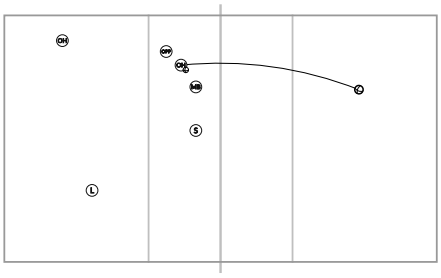
S Setter OH Outside Hitter MB Middle Blocker OPP Opposite L Libero



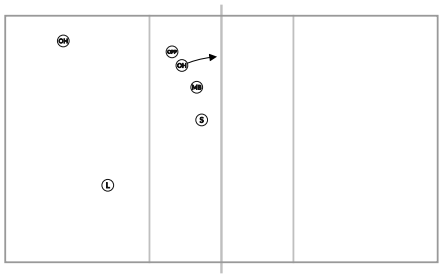
1 - Advance, Give-and-Go, Switch



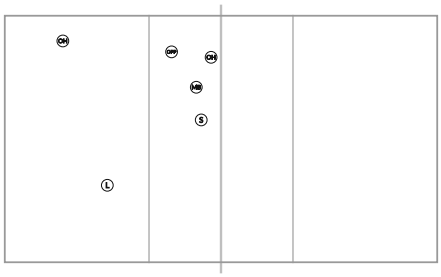
2 - Advance, Give-and-Go, Switch



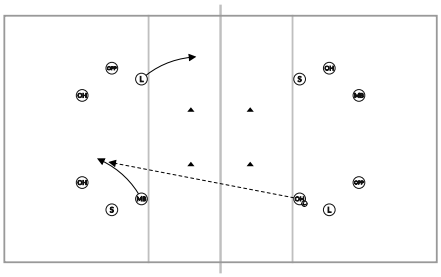
3 - Advance, Give-and-Go, Switch



4 - Advance, Give-and-Go, Switch

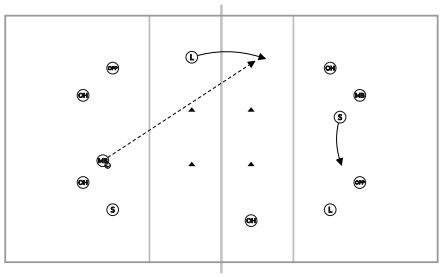


5 - Advance, Give-and-Go, Switch

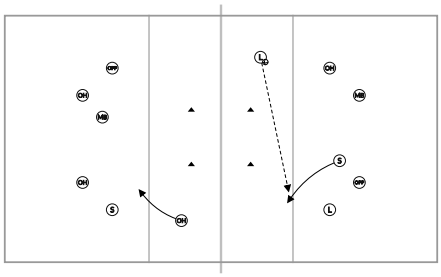


1 - Circle Passing

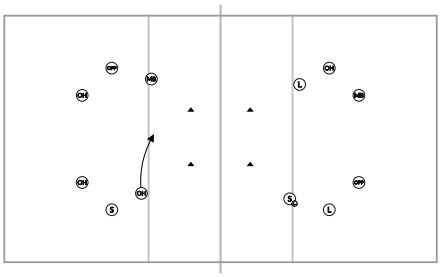
Advance, Give-and-Go, Switch - Conditioning: Advance the ball, execute a give-and-go, then switch the point of attack.



2 - Circle Passing



3 - Circle Passing



4 - Circle Passing

Circle Passing - Passing: Four-player passing progression with continuous movement around the circle.