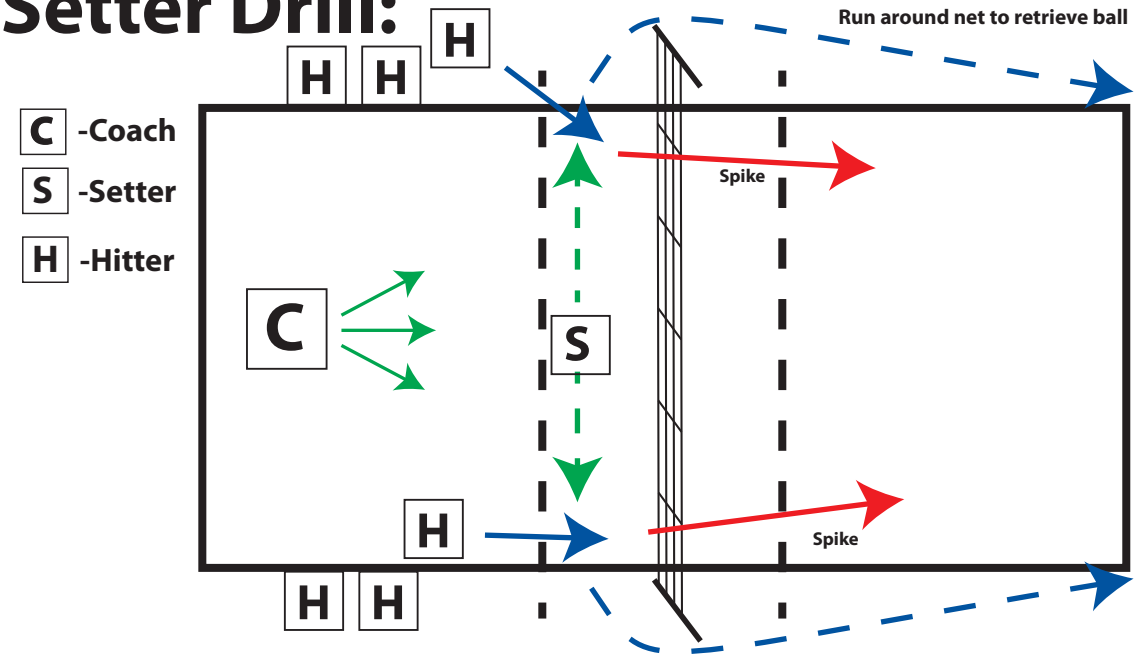
Day 9 Practice
Setting Drill & Blocking

UNITED STATES YOUTH VOLLEYBALL LEAGUE™

Age Group	Net Height	Park & Sun Pin#'s
7-8	6'	1C
9-10	6'4"	2A
11-12	6'8"	2B
13-15	7'4 1/8"	3A

Warm Up: *(Parent Coaches-Meet with Site Clinician)*
Volleyball Jog with Ball-Players run a few laps around the field with their ball while setting.
Team Defense: *See Day 3 & 4 Practice*

Setter Drill:

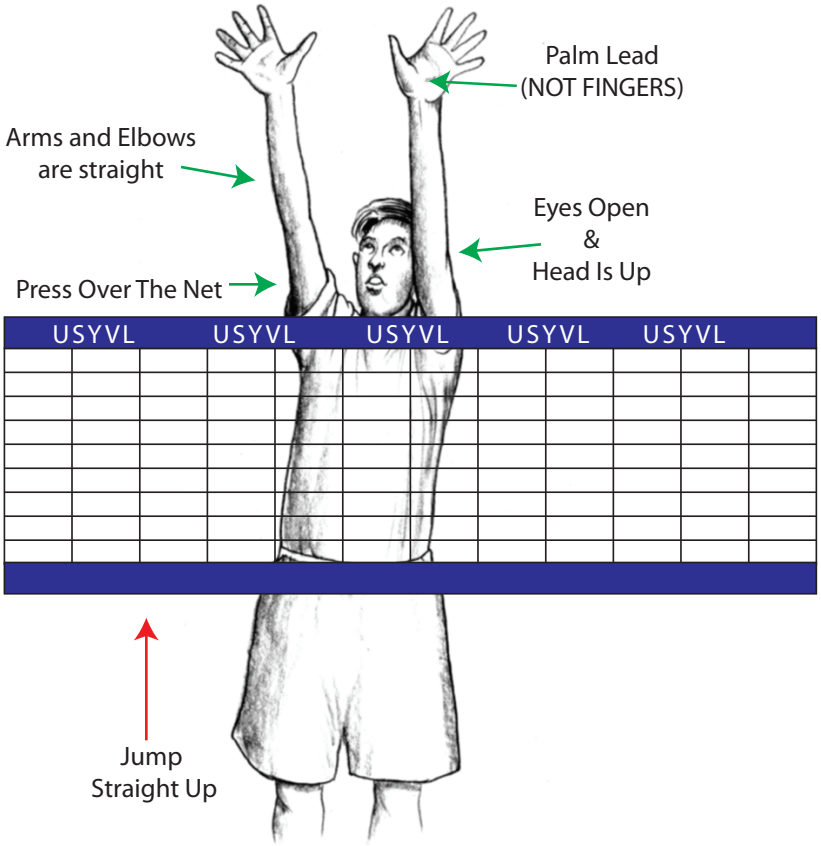


Coaches:
- Make sure you are giving feedback to each rep.
- Toss Ball high so the Setter can get their feet under the ball.
- We want the kids to set high.
- We want to hitters to try to jump and swing.

Remember:
If the distance it too great for setter to set the hitter. Move the players closer together.

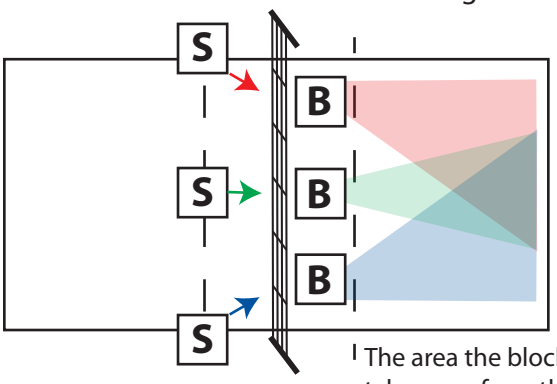
Game:
- Have each player set everyone on their team.
- After the setter has set everyone, switch setters and repeat the drill.
- Be sure to challenge (not over challenge) the setter with the toss.

Blocking: *Will be taught only to the 13-15 age group.*



Coaches:
- The primary technique to teach is a palm lead. *Never allow a player to lead with their fingers.*
- As the player jumps to block a hit, they will thrust their hands up and forward over the net.
- The players biceps will be close to their ears; their elbows and wrists will be locked.
- We want to blocker to jumb straight up and down.
- Have player keep their eyes open and head up.
- We want them to see the Hitter spike the ball.

Concept:
- We want them to take an area of the court away to make it easier for the defenders to play defense.
- Don't have them attack the ball coming over.



The area the block will take away from the spiker

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