

# Practice Season Planner



Practice Phases	Pre-Season	First Match to Mid-Season	Mid-Season thru Playoffs
<b>Warm-Up</b> Coach's Instruction	5-7 minutes	5-7 minutes	5-7 minutes
<b>Individual Skills</b> Footwork Serving Passing Setting Attack Blocking Transition Fookwork Combination Contacts	45%	30%	20%
<b>Positional Skills</b> Setter Outside Hitter Middle Hitter/Opposite Defense/Libro	35%	40%	30%
<b>Team Skills</b> Serve Receive Offensive Systems Defensive Systems Transition – Putting it all together Wash Drills Scrimmage	20%	30%	50%
<b>Cool Down</b> Coach's Comments	3-5 minutes	3-5 minutes	3-5 minutes