

NCA Volleyball Clinic

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Welcome/Introduction

- Lifelong Learner

A Look Into Our Practices

- Purposeful & Prepared
- Fundamentals
- Logistics

Monday		
Time:	Drill:	Focus:
	Active Warm Up	
15 minutes	Ball Handling Basic Progressions (Passing, Defense, Control) 4 Person Pepper OOS Attacking (cooperative then competitive)	Staying in control Better any ball Consistency Discipline
30 minutes	Position Work By Position (Y Passing & Tennis Ball Blocking) Team Position Work (Hitter vs. 6)	Individualized Feedback Connections Shots Accuracy
30 minutes	Serve Receive Tug of War (6 perfects in a row before 3 aces) Around the World	Relationships Angles Side Out
15 minutes	As Needed: Dig/Set OOS (Free ball plays, off block, defensive relationships)	
30 minutes	Team Time: 5 ball 6 on 6 Serve Receive Points	
	Conditioning: Box Relays Rotations	

Q & A