



AVB
ARMOUR
VOLLEYBALL
PRACTICE GUIDELINES

- All drills should be geared toward creating successful reps
- Positive reinforcement – use words like super, nice, great, and yes
- Cursing is forbidden
- Use key words to correct technique
- Corner up to begin a practice or drill – describe expectations
- Be prepared for practice – write out your practice plan
- All players participate in drills – no standing
- Walking is not allowed
- All drills should have a goal, be timed, or scored – try to create a win / lose situation whenever possible
- Error Correct is a great way to teach and build confidence
- Be a good example on and off the court, your players will emulate your character when they play
- Learn to have fun in everything. If the season becomes not fun for you or your players call Clarence immediately!!!
- **SUCCESS BUILDS CONFIDENCE!!!**

GENERAL YEAR-LONG PLAN

- Nov – Dec:
 - Ball-handling – general ball control, passing, setting
 - Individual skills – serving, footwork, attacking, blocking, serve receive, individual defense
- Late Dec – Feb:
 - Team Defense – serve receive formations, rotations, defensive formations, responsibilities
 - Team Offense – plays, in system offense, out of system offense
- Late Feb – May:
 - High repetition, game situations