

Volleyball practice plan

One session on one sheet: focus, blocks with minutes, drills and equipment.

Team _____ Date _____ Time _____

Gym _____ Coaches _____ Players _____

Training focus _____

Goal what should be better by the end of the session? _____

Time	Min	Block and drill	Setup and coaching points	Equipment	Done
					☐
					☐
					☐
					☐
					☐
					☐
					☐
Total		Done: X = done · ½ = partly done · blank = not done. Add up the minutes: the total has to fit your gym time.			

Equipment

- ☐ Balls
 ☐ Bibs or pinnies
 ☐ Whistle
 ☐ First aid kit
- ☐ Cones or markers
 ☐ Net and antennas
 ☐ Scoreboard
 ☐ _____

Notes

After the session

What went well, what was left?

Focus for the next session

In the Koach app you add the same blocks with minutes to your session: the total adds up by itself, and Save as template lets you reuse the plan.

Volleyball practice plan

This is what a 90-minute session can look like. The minutes add up to your gym time.

Team

Youth, ages 14 to 16

Date

Tuesday, week 6

Time

7:00 to 8:30 pm

Gym

Sports hall, court 2

Coaches

Sam and Alex

Players

12

Training focus

Passing under serve pressure

Goal

The pass goes high and to the setter's spot, even against a tough serve.

Time	Min	Block and drill	Setup and coaching points	Equipment	Done
7:00	10	Warm-up: passing in pairs	Loosen up, then overhead and forearm passes back and forth. Slowly increase the distance.	1 ball per 2 players	☒
7:10	15	Passing in threes	Tosser, passer and a target player at the setter's spot. Switch after 10 balls. Cue: arms ready early, feet first.	Balls, 3 cones	☒
7:25	20	Serve and pass	Servers on one side, three passers and a setter on the other. Passers score a point for a pass into the target zone.	Balls, cones for the target zone	☒
7:45	15	Pass, set, attack	Serve, pass, set to position 4, attack. Move one spot along after each attack.	Balls	☐ ½
8:00	25	6 v 6 game	Scrimmage with one extra rule: score after a good pass of your own and you get a bonus point.	Bibs, scoreboard	☒
8:25	5	Cool-down	Easy jog, stretching and a short debrief: what got better?		☒
					☐
Total	90	Done: X = done · ½ = partly done · blank = not done. Add up the minutes: the total has to fit your gym time.			

Equipment

- ☒ Balls
- ☒ Bibs or pinnies
- ☐ Whistle
- ☒ First aid kit
- ☒ Cones or markers
- ☒ Net and antennas
- ☒ Scoreboard
- ☐

Notes

Two players excused.

After the session

What went well, what was left?

Passing in threes went well. Pass, set, attack only half done:
serve and pass ran long.

Focus for the next session

Pass, set, attack again, this time the full 15 minutes.

Tip: add up the minutes before you walk into the gym. If the total is more than your gym time, cut a block now, not halfway through the session.