

60-MINUTE BEGINNER

VOLLEYBALL PRACTICE PLAN

60 minutes

4 drills

Youth / 12U / rec

0:00–1:00

A complete 60-minute beginner session built around platform passing, first-contact confidence, and a short-court competitive finish.

PRACTICE TIMELINE



1 0:00–0:08 8 min ● Warm-up

20-Second Pairs Pepper then Rotate

Pairs pepper for 20 seconds, then rotate to a new partner immediately. High-energy warm-up that introduces every player to every other player in a short window.

2 0:08–0:25 17 min ● Pass

Coach-Fed Platform Passing

Coach initiates balls to a passing line so every contact is a clean platform rep. Isolates angle, footwork, and a chest-high target without the chaos of a live serve.

3 0:25–0:42 17 min ● Scrimmage

Short Court Game

Teams compete on a shortened court (front half), emphasizing net play, tips, roll shots, and sharp angles. Removes back-row defense and isolates front-court skills in a game format.

4 0:42–1:00 18 min ● Scrimmage

Short-Court Triples

Three-player teams play on a shortened court emphasizing ball control, quick transitions, and three-contact discipline. Ideal for developing touch and system play in a compact format.

60-MINUTE BEGINNER

VOLLEYBALL PRACTICE PLAN

SETUP AND STEPS

1 20-Second Pairs Pepper then Rotate

0:00-0:08 · 8 min · Warmup/Cool Down

Pairs pepper for 20 seconds, then rotate to a new partner immediately. High-energy warm-up that introduces every player to every other player in a short window.

STEPS

1. All players pair up spread across the gym. Each pair starts with a ball.
2. On "go," pairs begin pepper: dig → set → attack, controlled.
3. After exactly 20 seconds, coach calls "rotate", all players drop their ball and move clockwise to the next partner.
4. New pair picks up the nearest ball and resumes pepper immediately.
5. Continue rotating every 20 seconds for the full 8 minutes.

2 Coach-Fed Platform Passing

0:08-0:25 · 17 min · Passing

Coach initiates balls to a passing line so every contact is a clean platform rep. Isolates angle, footwork, and a chest-high target without the chaos of a live serve.

STEPS

1. Form a passing line at left-back. Place a setter or cone target at the net in the setting zone.
2. Coach tosses or down-balls from mid-court. The first passer moves, platforms, and passes to the target.
3. Passer shags their ball and goes to the end of the line. Next passer is already in ready position.
4. Rate each pass 0–3 out loud. Pause only when the platform shape is wrong, then freeze and fix it.
5. After 8 minutes, switch the feed to the right-back seam so passers learn both angles.

3 Short Court Game

0:25-0:42 · 17 min · Scrimmage/Game Play

Teams compete on a shortened court (front half), emphasizing net play, tips, roll shots, and sharp angles. Removes back-row defense and isolates front-court skills in a game format.

STEPS

1. Use only the front half of the court, from the net to the attack line on each side.
2. 2v2 or 3v3. All plays must land between the net and the attack line.
3. Attacks that land past the attack line are out. Ball must go over the net on every contact.
4. Start this block with a tossed free ball, then progress to a short underhand serve.
5. Rally scoring to 11, then rotate partners so every player faces a new matchup.

4 Short-Court Triples

0:42-1:00 · 18 min · Scrimmage/Game Play

Three-player teams play on a shortened court emphasizing ball control, quick transitions, and three-contact discipline. Ideal for developing touch and system play in a compact format.

STEPS

1. Mark a court from the net to halfway between the attack line and the baseline.
2. 3v3 teams compete. All three contacts are mandatory, no two-contact plays allowed.
3. Initiate with a free ball or a short serve. Track one KPI: three contacts completed.
4. Rally scoring to 11. Rotate server after each side-out.
5. Close with a 60-second recap: one thing the team did well and one focus for next practice.