

FIRST DAY

VOLLEYBALL PRACTICE PLAN

70 minutes

5 drills

Youth / beginners / first practice

0:00–1:10

A complete first-day volleyball practice plan for new teams: learn names, build a platform, introduce the serve, and finish with a short-court game. No rotations or systems.

PRACTICE TIMELINE



10:00–0:1010 min● Warm-up

Name Circle Toss and Catch

Players stand in a circle, toss underhand to someone across the circle, and say that player's name before the catch. Builds roster familiarity and light movement before any skill teaching.

0:10–0:188 min● Warm-up

Throw and Catch Partners

Partners throw and catch at increasing distance to wake up hands and feet before forearm passing. Keeps day one low-pressure while every player moves.

0:18–0:3618 min● Pass

Coach-Fed Platform Passing

Coach feeds easy tosses so every first-day contact is a clean platform rep. Isolates footwork to the ball and a chest-high target without live serves.

0:36–0:5014 min● Serve

Wall Serve Intro

Players learn a simple underhand or standing float toss-and-contact against a wall before anyone serves over a net. Builds toss consistency without scoring pressure.

0:50–1:1020 min● Scrimmage

Short-Court Triples

Three-player teams play on a shortened court with mandatory three contacts. Ends the first day with a competitive game that still rewards ball control over systems.

FIRST DAY

VOLLEYBALL PRACTICE PLAN

SETUP AND STEPS

1Name Circle Toss and Catch

0:00–0:10 · 10 min · Warmup/Cool Down

Players stand in a circle, toss underhand to someone across the circle, and say that player's name before the catch. Builds roster familiarity and light movement before any skill teaching.

STEPS

1.

Form one large circle (or two circles if the roster is over 14). Every player has a ball nearby; start with one ball in play.
2.

Player A says Player B's name, then tosses underhand across the circle. Player B catches, says a new name, and tosses.
3.

After two full rounds with one ball, add a second ball so two tosses are live at once.
4.

Close with a 60-second speed round: catch, say a name you have not used yet, toss.
5.

If names are still shaky, do one more slow round before moving on. Do not skip this block on day one.

2Throw and Catch Partners

0:10–0:18 · 8 min · Warmup/Cool Down

Partners throw and catch at increasing distance to wake up hands and feet before forearm passing. Keeps day one low-pressure while every player moves.

STEPS

1.

Pair players across the gym, about 8 feet apart, one ball per pair.
2.

Underhand tosses only for 2 minutes. Catch with soft hands at the chest.
3.

Step back to 12 feet. Add a catch-and-self-toss before the return throw.
4.

Finish with 90 seconds of continuous toss-catch while shuffling left and right in place.
5.

Rotate partners once so every athlete meets someone new.

3Coach-Fed Platform Passing

0:18–0:36 · 18 min · Passing

Coach feeds easy tosses so every first-day contact is a clean platform rep. Isolates footwork to the ball and a chest-high target without live serves.

STEPS

1.

Form a single passing line at left-back. Place a cone or teammate as the setter target near the net.
2.

Coach tosses underhand from mid-court. First passer moves, platforms, and passes to the target.
3.

Passer shags and goes to the end of the line. Next passer is already in ready position.
4.

After 8 minutes, switch the feed angle to right-back so both seams get reps.
5.

Rate passes out loud as “target” or “fixable.” Pause only to freeze a wrong platform shape.

4Wall Serve Intro

0:36–0:50 · 14 min · Serving

Players learn a simple underhand or standing float toss-and-contact against a wall before anyone serves over a net. Builds toss consistency without scoring pressure.

STEPS

1.

Each player stands 8–10 feet from a wall with one ball.
2.

Practice the toss only for 2 minutes: same height, same spot, catch the toss without swinging.
3.

Add contact: toss, contact with a firm open hand or underhand fist, catch the rebound.
4.

Progress to consecutive wall serves. Count clean contacts in a row; reset on a wild toss.
5.

If space allows, finish with 3 underhand serves over the net from mid-court, no score.

5Short-Court Triples

0:50–1:10 · 20 min · Scrimmage/Game Play

Three-player teams play on a shortened court with mandatory three contacts. Ends the first day with a competitive game that still rewards ball control over systems.

STEPS

1.

Mark a court from the net to halfway between the attack line and the baseline on both sides.
2.

3v3. Initiate with a coach free ball. Require three contacts every rally.
3.

Attacks that land past the short-court line are out. Keep score to 11, then rotate partners.
4.

If a team cannot complete three contacts, pause, reset, and restart that rally.
5.

Close with a 60-second team recap: one thing that went well and one focus for practice two.