

T4E Level II  
Week 1- Day 2      June 4<sup>th</sup>, 2019  
Skill Objective: Passing and Game Play

5:30-5:35- Overview/ Objective of Practice

Skill- Passing

5:35-6:00- Dynamic Warmup and Exercises

Exercises specifically geared towards increasing speed, agility, and vertical

6:00-6:05- Review Passing Keys worked on during last session

6:05- 6:15- Partner Passing Drill

Partner serve across net then other partner pass to self and catch

6:15-6:30- Advanced Passing Drill

Serve Receive from coaches with partner

6:30-7:30- Game Play

Timed doubles matches of progressively more difficult court sizes and net heights