

T4E Level II
Week 1- Day 1 June 3rd, 2019
Skill Objective: Passing

6:30-6:35- Overview/ Objective of Practice

Skill- Passing

6:35-6:40- Dynamic Warmup

6:40-6:50- Passing Skill Teach and Refine- Key 1

6:50-7:05- Intermediate Passing Drill

Coach toss from straight across, pass back to coach

Focus- Key 1

7:05-7:15- Passing Skill Teach and Refine- Key 2

7:15-7:30- Intermediate Passing Drill

Players in right/ left back, coach down ball from hitter position down line and cross

Focus- Key 1, 2

7:30-7:40- Brain break- Hitting Drill

Sharp cross and line- points for each

7:40-7:50- Passing Skill Teach and Refine- Key 3

7:50-8:05- Intermediate Passing Drill

W-drill- chase, tip, chase, dig

Focus- Key 1, 2, 3

8:05-8:15- Brain break- Serving

Serving short and deep, 5 of each- 10ft line and shorter, 5ft to end of court

8:15-8:30- Intermediate Passing Drill

Shuffle 3 each direction- short, deep, left, right