

AM

20 Warm Up  
2 50 Touches  
2 50 touches -switch  
2 50 touches -switch  
2 Toe Touches  
2 Instep Touches  
2 Forward - Back  
2 Inside Outside  
5 Wedge  
5 Set  
5 Break 49  
0 Passing Lines  
0 Passing Lines with Layoff  
0 Tri-Angle Layoffs  
0 Short - Short - Long  
5 Set  
5 Break  
26 2v2 Rotate Teams about every 8 min 30x20  
5 Break  
20 Scrimmage  
10 Cool Down - Circle 120

20 Warm Up  
5 50 Touches  
5 Passing Lanes  
5 Passing Lanes with Layoff  
5 Tri-Angle Layoffs Move to space  
5 Tri-Angle Layoffs Add defender...monkee in the mi  
0 Forward - Back  
0 Inside Outside  
0 Wedge  
5 Set  
5 Break 55  
10 Pressure Cover 12x3 and 9x3 grid  
10 First to Ball  
0 Tri-Angle Layoffs  
0 Short - Short - Long  
0 Set  
0 Break  
0 2v2 Rotate Teams about every 8 min  
5 Break  
30 Scrimmage Full Field  
10 Cool Down - Circle 120

AM

20 Warm Up  
2 50 Touches  
3 Core - Sit-ups  
4 Core - Leg Lifts  
0 Toe Touches  
0 Instep Touches  
0 Forward - Back  
0 Inside Outside  
0 Wedge  
5 Set  
5 Break 39  
5 Passing Lines  
5 Passing Lines with Layoff  
5 Tri-Angle Lay Offs  
0 Short- Short Long  
5 Set  
5 Break  
21 4v4 Rotate Teams about every 7 min 40x30  
5 Break  
20 Scrimmage  
10 Cool Down - Circle 120

20 Warm Up  
5 50 Touches  
5 Passing Lanes  
5 Passing Lanes with Layoff  
5 Tri-Angle Layoffs Move to space  
5 Tri-Angle Layoffs Add defender...monkee in the middle  
0 Forward - Back  
0 Inside Outside  
0 Wedge  
5 Set  
5 Break 55  
0 Pressure Cover 12x3 and 9x3 grid  
10 First to Ball Have players rotate to serve  
0 Tri-Angle Layoffs  
10 Short - Short - Long  
0 Set  
0 Break  
0 2v2 Rotate Teams about every 8 min  
5 Break  
30 Scrimmage Full Field  
10 Cool Down - Circle 120