GMS

VOLLEYBALL PRACTICE PLAN

Date:

SIMPLE > COMPLEX

JOIN GMS+ FOR FREE:

GMS+ DRILLS:

FREE DRILLS:

INSTRUCTIONS:

Gold Medal SQUARED

www.goldmedalsquared.com

Time: **Pre-Practice Activities**

Time: **Warmup Activities with a Ball**

Time: **Small Group Games**

Time: **Skill Training & Position Tutoring**

Time: **Serving & Passing**

Time: **6 vs 6, Drill 1**

Time: **6 vs 6 Drill 2**

Time: **Sering & Passing, End**