

## HOUSE LEAGUE PROGRAMING

Week # and Focus	Practice Day	Game Day
1. <u>Passing and Defensive Positioning</u>	<ul style="list-style-type: none"> <li>● Building Athletes Ready and Defensive Posture</li> <li>● Focus Passing</li> <li>● T Drill Defense</li> </ul>	<ul style="list-style-type: none"> <li>● Pre-Season Game #1</li> </ul>
2. <u>Serving/Serve Receive</u>	<ul style="list-style-type: none"> <li>● Step-by-Step breakdown of the Under/Overhand serve</li> <li>● University Passing</li> <li>● Serving to Seams</li> </ul>	<ul style="list-style-type: none"> <li>● Pre-Season Game #2</li> </ul>
3. <u>Hitting</u>	<ul style="list-style-type: none"> <li>● Hitting Approach</li> <li>● Self-Toss hitting</li> <li>● Positional hitting</li> </ul>	<ul style="list-style-type: none"> <li>● Regular Season Game #1</li> </ul>
4. <u>Overhand Passing/ Setting</u>	<ul style="list-style-type: none"> <li>● Freeball passing/transitioning</li> <li>● Highball setting</li> <li>● Setting lines with hitter</li> </ul>	<ul style="list-style-type: none"> <li>● Regular Season Game #2</li> </ul>
5. <u>Digging Dynamics</u>	<ul style="list-style-type: none"> <li>● Digging fast paced balls</li> <li>● Diving techniques</li> <li>● Tip coverage</li> </ul>	<ul style="list-style-type: none"> <li>● Regular Season Game #3</li> </ul>
6. <u>Blocking and Serving</u>	<ul style="list-style-type: none"> <li>● Blocking footwork and net penetration</li> <li>● Hitter vs Blocker</li> <li>● Review Under/ Overhand Serve</li> </ul>	<ul style="list-style-type: none"> <li>● Regular Season Game #4</li> </ul>
7. <u>Serve Receive and Defense</u>	<ul style="list-style-type: none"> <li>● 5-1 Serve Receive</li> <li>● 6 back defensive drills</li> <li>● Baseball</li> </ul>	<ul style="list-style-type: none"> <li>● Regular Season Game #5</li> </ul>
8. <u>Hitting Strategies and Setting</u>	<ul style="list-style-type: none"> <li>● Out of system setting</li> <li>● Tipping and Tooling the blocker</li> <li>● Quicks</li> </ul>	<ul style="list-style-type: none"> <li>● Regular Season Game #6</li> </ul>
9. <u>Digging Dynamics 2</u>	<ul style="list-style-type: none"> <li>● Digging Fast and Off Speed shots</li> <li>● Rolling techniques</li> <li>● Emergency one arm digs</li> </ul>	<ul style="list-style-type: none"> <li>● Playoff Game #1 (Quarter-Finals)</li> </ul>
10. <u>Review of all Skills</u>	<ul style="list-style-type: none"> <li>● Hitting Lines</li> <li>● Serving</li> <li>● Butterflies</li> <li>● Short court tournament</li> </ul>	<ul style="list-style-type: none"> <li>● Playoff Games #2 (Semis and Finals)</li> <li>● Awards and Medals ceremonies</li> </ul>