

House League 2022 - Weekly Breakdown

<u>Week 1</u> IDP (Independent Defensive Positioning) and Serve Receive	<ul style="list-style-type: none"> - The purpose of IDP is to allow athletes a firm understanding of where they need to be on the court and where they need to cover in games. - Athletes will learn to receive a serve in a specific formation, "W." Players will also learn how to transition from Serve Receive to IDP at game speed.
<u>Week 2</u> Passing and Defensive Positioning	<ul style="list-style-type: none"> - Athletes will learn the basics of passing. They will begin with footwork, ball control and platform control (forearm/hands).
<u>Week 3</u> Serving	<ul style="list-style-type: none"> - Athletes will go through the mechanics of underhand serving to achieve accuracy and controlled repetitions.
<u>Week 4</u> Setting and Overhand Passing	<ul style="list-style-type: none"> - Athletes will go through a setting workshop. It will cover setting footwork and techniques for setting all three positions (outside, middle and right side/back setting). - Athletes will also practice overhand passing freeballs in a game scenario
<u>Week 5</u> Attacking	<ul style="list-style-type: none"> - Athletes will learn hitting 101; starting with their hitting approach, then jumping technique and arm swing. - Athletes are then taken through hitting drills where they will work on roll shots, tipping and spiking.
<u>Week 6</u> Diving/Digging	<ul style="list-style-type: none"> - Athletes will learn how to dive, roll and slide while playing volleyball. - Athletes will also learn how to dig hard-driven balls from different angles.
<u>Week 7</u> Blocking	<ul style="list-style-type: none"> - Athletes will continue their defensive lessons with blocking, footwork, hand positioning and net coverage.
<u>Week 8</u> Out of System	<ul style="list-style-type: none"> - Athletes will learn how to effectively recover from a pass that is hard for the setter to reach or does not go to the setter.
<u>Week 9</u> Serve Receive and IDP	<ul style="list-style-type: none"> - Athletes will review their serve receive positions and work on establishing "seams." Athletes will also review defensive game plans and strategies for IDP.
<u>Week 10</u> Game Play Scenarios	<ul style="list-style-type: none"> - Athletes will focus on the game as a whole and look to implement strategies they have learned throughout the season. - Athletes will try playing different positions and can think about what position they would like to play as they transition to the club teams.