

### Spikes 2022 - Weekly Breakdown

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| <u>Week 1</u><br>Basics of bumping            | - Athletes will learn the basics of passing. They will begin with footwork, ball control and platform control (forearm/hands).   |
| <u>Week 2</u><br>Basics of volleys            | - Athletes will learn the basics of volleys, the setting footwork, and the hand positioning.   |
| <u>Week 3</u><br>Basics of serving            | - Athletes will go through the mechanics of underhand serving to achieve accuracy and controlled repetitions.  |
| <u>Week 4</u><br>Basics of hitting            | - Athletes will learn hitting 101; starting with their hitting approach, then jumping technique and arm swing.   |
| <u>Week 5</u><br>Basics of diving             | - Athletes will learn how to dive, roll and slide while playing volleyball.  |
| <u>Week 6</u><br>Serve receive and IDP        | - 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.<br>- 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 7</u><br>Out of system                | - 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 8</u><br>Review of bumps and volleys  | - Athletes will go over the basics of passing. They will review the footwork, ball control and platform control (forearm/hands).<br>- Athletes will re-examine volleys, the setting footwork, and the hand positioning.  |
| <u>Week 9</u><br>Serve receive and IDP review | - 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><br>Game Play Scenarios         | - Athletes will focus on the game as a whole and look to implement strategies they have learned throughout the season.   |