

Training Plan 1

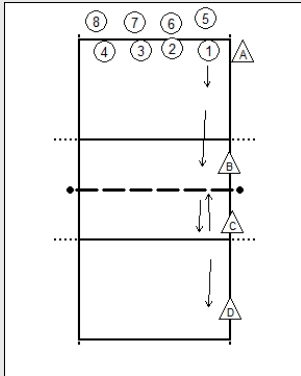
Team: Women 2

Target: Serve and passing Defence

Date: 05.08.2018

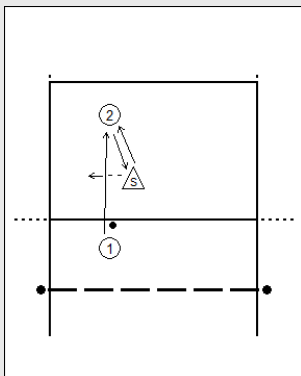
Note: All drills about 10 minutes

Exercises



Fitness and Power

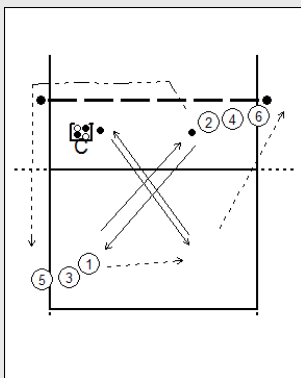
- 4 or 5 players on the baseline
- at A: push-ups 10x
- at B: block 10x fast hops
- at C: sideways between the attack line 10x
- at D: sit-ups 10x



Pepper with a fixed setter

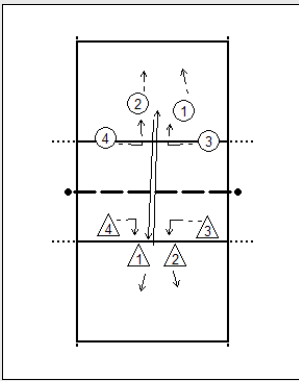
teams of three

- 1 attacks on 2
- 2 defends to the setter (S)
- setter sets to 2
- 2 attacks to 1 , 1 defends to the setter
- etc



2 rows with players , passing and digging

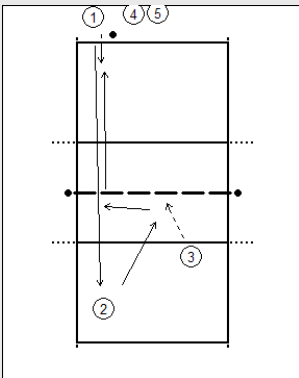
- 1 Pass for yourself and overhead pass back to 2
- when 1 passes, 1 move to position 1 and dig a ball form C
- when 2 passes: 1x block and switch to the other row
- and so on



Pass and warming-up

- 1 and 2 move backwards from the attack line
- 1 pass to 2, 2 attacks quietly to the other side
- 3 and 4 comes in, and pass and attacks

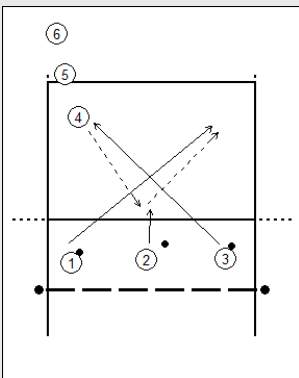
And so on



Serve - pass: attack and defense

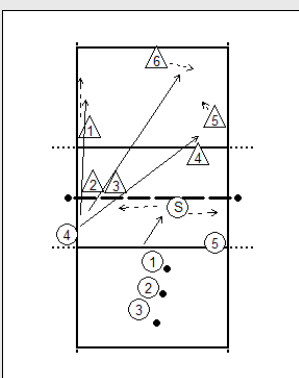
- 1 serves to 2
- 2 pass to 3 who comes from the back-right
- 3 sets for 2
- 1 seeks a position in the back field and 2 attacks at 1
- 1 defends for themselves

Switch after 10 times



Long - short - long defense

- 3 attacks on 4 at position 1
- 4 defends back to 3
- 3 passes a short ball to the attack line, 4 comes in and defends
- 4 moves to position 5
- 1 attacks on 4, 4 defends back to 1
- 5 is next defender
- and so on



Defense against a attack from left or right

- 1 passes to 5
- 5 sets for 4 or 5 to the right or the left
- 4 or 5 attacks and 1 gives attack support
- hitter retrieves the ball, 1 becomes hitter

Variation: 1 block, midplayer defends short ball