

VOLLEYBALL TEAM PRACTICE SCHEDULE

TEAM: _____ SEASON: _____ WEEK OF:

DAY	TIME	FOCUS / DRILLS	COURT	LEAD
Monday	04:00 PM	Conditioning & Serve Receive	Main Gym	Coach Miller
Tuesday	04:00 PM	Offensive Systems / Setting	Main Gym	Coach Chen
Wednesday	06:00 AM	Early Bird Scrimmage	North Court	Coach Miller
Thursday	04:00 PM	Blocking & Defensive Transition	Main Gym	Coach Chen
Friday	03:30 PM	Game Strategy / Situational Play	Main Gym	Staff
Saturday	09:00 AM	Skills Clinic (Optional)	Aux Gym	Volunteers

EQUIPMENT & ANNOUNCEMENTS

- â€¢ Bring knee pads, water bottles, and extra jerseys to every session.
- â€¢ Goal for this week: 75% successful first-ball contact.
- â€¢ Team meeting 15 minutes prior to Tuesday's practice in Room 204.