

# SAMPLE PRACTICE PLAN

STARTING TIME — ENDING TIME \_\_\_\_\_ DATE \_\_\_\_\_

THEME OF PRACTICE \_\_\_\_\_

**Warm up: Dynamic stretches**

**Time: 10%**

All- High skips down, long skips back. Walking side hip stretch down, carioca back. Big arm circles down, little arm circles back. Dynamic stretches should be led by team captains.

**Review previously learned skills:**

Using the controls to create an opening

A

**New skill development:**

**Time: 10%**

S-i DL Ping Pong from NML (i) DL Ping Pong from Baseline.

D-36-foot warm up (B) 2 up 2 back warm up.

**Serve and serve return:**

**Time: 20%**

S-Serve index with 5 serves, returner looks to get the ball back in play XC

D-Servers focusing on wide serves and “T” serves, returners with XC return off wide serve and down the line return off “T” serve. Make sure players get to serve and return.

**Drills to reinforce skill development (them of the day):**

**Time: 20%**

All- (H) One Ball Live volley to volley.

(A) One Ball Live from BL.

Rotate based on numbers.

**Games and/or match play:**

**Time: 20%**

S- (A) XC groundstrokes from BL, player must hit ball that lands in alley before they can win a point.

(A) XC groundstrokes from BL clean winner from groundstroke worth 2 points. Rotate based on numbers.

D- (E&F) Doubles Match play focusing on returner ball cross court to start point, hitting ball in-between partners. Rotate based on numbers.

**Large group games:**

**Time: 10%**

All- Wipeout

**Wrap-up, static stretches, cool down, announcements, and take-home activities:**

**Time: 10%**

All- Cool-down, review takeaways from practice. Have players share their persistence assignment.

Have players rate their effort on the day. Homework is for players to think of what “resilience” means to them.

## KEY

A Time expressed as percentage of practice rather than minutes

B “S-” and “D-” referring to separate activities done by “Singles” and “Doubles” players

C “All” indicating this activity is done by all players

D “(A)” indicate which court templates are applied to each activity

E “XC” Groundstrokes indicate which direction point is conducted and from where the point begins

F “Rotate based on numbers” reminding you that your number of players on court dictate the rotation