# C:\Users\svriezelaar\Documents\Oregon Rec 2018\New rec logo small.jpg

|  |  |
| --- | --- |
| Title | **Volleyball Grades 5-6** |
| Subject | Practice Plan Two |
| 5 min. | Warm up routine |
| 10 min | Passing & Setting drills  |
| 10 min.  | Passing & Serving drills  |
| 10 min.  | Competitive drills |
| 20 min.  | Team drills  |
| 5 min. | Stretch and cooldown (Question & answer time on today’s practice.) |
| Activities and procedures | See video library on [www.oregonrec.recdesk.com](http://www.oregonrec.recdesk.com) for coaching tips, skill building games & drills |
| Conclusions | Let the team know when the next practice will be scheduled and end in a team huddle.  |
|  |  |