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

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| Title | **Volleyball Grades 3-4** |
| Subject | Practice Plan One |
| Introduction 10 min. | Introduce team warm ups, proper volleyball attire & game rules |
| 10 min | Introduce and practice the forearm pass |
| 10 min. | Introduce and practice setting |
| 10 min. | Introduce and practice serving |
| 10 min. | Introduce team positioning |
| 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. |
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