

Rotation Chart

Opponent: _____

Date: _____

Rotation 1

		Them	Us
	1		
	2		
	3		
	4		
	5		

Rotation 2

		Them	Us
	1		
	2		
	3		
	4		
	5		

Rotation 3

		Them	Us
	1		
	2		
	3		
	4		
	5		

Rotation 4

		Them	Us
	1		
	2		
	3		
	4		
	5		

Rotation 5

		Them	Us
	1		
	2		
	3		
	4		
	5		

Rotation 6

		Them	Us
	1		
	2		
	3		
	4		
	5		

Setter	
Opp	
MH	
OH	
Libero	

Offense	
Deffense	

	Us	Them
1		
2		
3		
4		
5		

Starting Rotation			
Net			

Serving Chart

Opponent: _____

Date: _____

Rotation 1

Rotation 2

Rotation 3

Rotation 4

Rotation 5

Rotation 6

Date: _____ Site: _____

Score: _____

Team: _____

Team: _____



Serving

Serve Receive

1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34

Serving

Serve Receive

1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34

Totals

Aces: _____
 Kills: _____
 Blocks: _____
 Opp Errors: _____

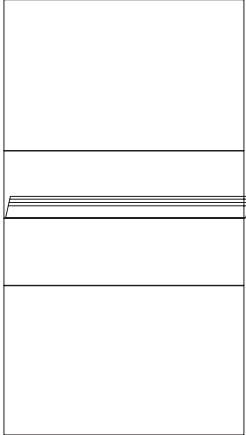
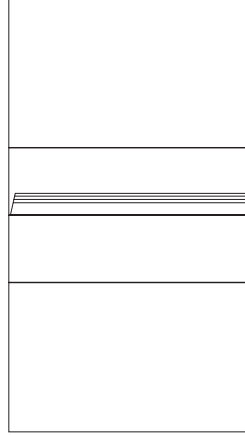
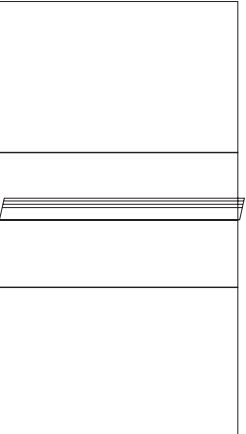
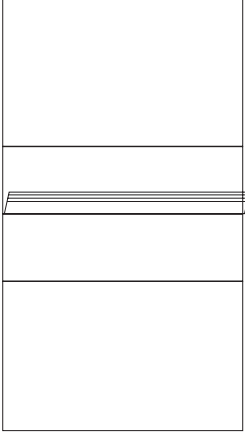
Totals

Aces: _____
 Kills: _____
 Blocks: _____
 Opp Errors: _____

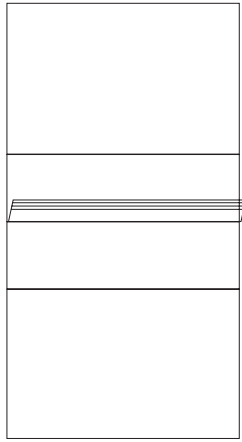
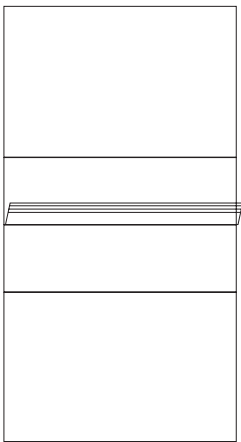
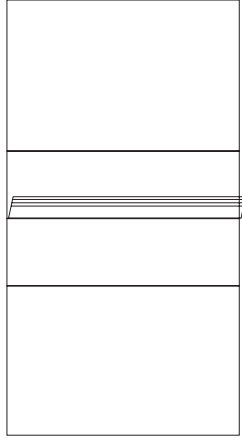
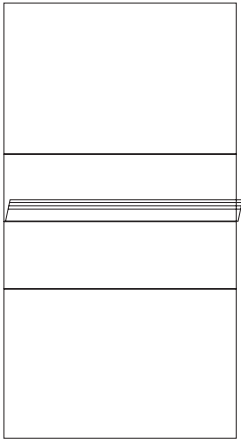
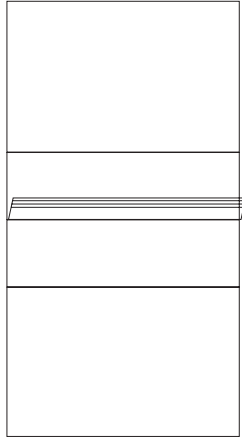
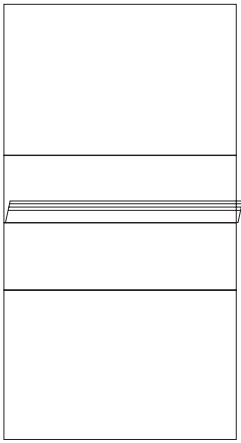
Practice Plan

Date:	Start Time:
Announcements	
Practice Goals	
Warm Up	

- Warm Ups
- Ball Handling
- Pursuit
- Deep court
- Tip Drill
- Serve
- Technical Passing
- Technical Attack
- Blocking
- Setter Transition
- Individual Defense
- Base / Release
- Release Defense
- Situational Defense
- Opponent Prep
- Sideout Offense
- Transition Offense
- Wash Drills
- Rally Score
- Conditioning

Drill Name, Description		
		
		

Drill and comments



Cool Down

Closing Comments