

Quick Plan Week 8 [Add to favorites](#)

Practice 8 – Quick Plan (45 minutes)

View the [FULL PRACTICE PLAN](#) for detailed instructions for every activity within each lesson

6:00 – 6:03 Introduction

- Welcome players
- Discuss the goals of the day, what they will learn and the PCA tip of the week

6:03 – 6:10 Follow the Leader

- Players line up and follow the coach doing various movements, or Simon says (copycat) style, players can become the leader
- (See full practice plan for complete instructions)

6:10 – 6:30 Stations

- Station 1: throwing with a partner and throwing for distance
- Station 2: dry swings, and hitting a volleyball off of a tee for follow through
- (See full practice plan for complete instructions)

Break

6:30 – 6:40 Beach Volleyball Circle

- Players make a circle within their group with a coach and try to keep the volleyball in the air
- (See full practice plan for complete instructions)

6:40 – 6:45 Conclusion

- Review things learned at practice/PCA tip of the week
- Remind of next event (practice, game)



Week 8 - Mastery - Competing with Yourself

- Too often we compare ourselves to other people on the team. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that you can say, "I am better now than I was a few weeks ago."
- When you compare yourself now to how you used to be, you'll be encouraged. If you have worked hard and tried your best, then you have probably improved!

