Lesson 1

Serving Cues
1) Ball at waist
2) Eyes on ball
3) Release ball
4) Swing through
5) Eyes up
6) Rotate
7) Ready position

Activities 2/5/18
1) Warm-up
2) Serve and catch
3) Serve and aim
4) Serve and rally
5) Practice

Lesson 2

Review
Serving Cues
1
2
3
4
5
6
7

Today 2/7/18
1) Serving Test-out
2) Lob Practice
3) Dink/Drop Practice
4) East slip

Lob Cues
1) Step back
2) Swing towards back of court
3) Ready position

Dink/Drop Cues
1) Step forward
2) Lightly push upwards towards net
3) Ready position
Lesson 3

Coaching Notes:

Serving:
1. Ball at waist
2. Eyes on ball
3. Release
4. Swing through
5. Eyes up
6. Release
7. Ready position

Lab:
1. Step back
2. Swing up, towards back of court
3. Ready position

Drop/Drop:
1. Step forward
2. Lightly push upwards (from step)
3. Ready position

Activities Today:

1. Warm-up
2. Lab test-out
3. Dink/Drop test-out
4. Top court
5. Questions
6. Post-test