3/4 Practice: 13 Teal

6:00- Warm Ups

* Warm up arms
* Passing progression
  + Make sure to focus on your platform, setting your feet, and getting the ball to the target.

6:15- Rotations

* Work on 6-2 Rotation that we will use all year.
  + Hand out “cheat sheets” for everyone to use and study.
  + Practice each rotation and play it out like a game.
* Work on Red and Purple Defenses
  + Work on positions, bases, and rotating to different defenses based on the hitter.
  + Practice each defense and play it out like a game.

Water Break

After Rotations: (depending on how long it takes to get them down)

* Passing game (team choice)
* Serving game (team choice)
* Scrimmage