# KEVIN HAMBLY'S
# 14/16U PRACTICE PLAN

*STANFORD WOMEN'S VOLLEYBALL HEAD COACH*

sports imports

***FOCUS:*** *DEVELOP COMPLETE PLAYERS THROUGH DECISION MAKING, GAME-LIKE TRAINING, AND PURPOSEFUL SPECIALIZATION*

## 15 MINS | WARM-UP + BALL CONTACT ACTIVATION

**Purpose: Prepare bodies + reinforce complete volleyball skills**

- Dynamic movement with the ball
- Ball-handling integrated into movement
- Partner pepper with intentional skill variations
- Encourage communication and reading the ball early

**Coaching emphasis:**

- Prepare athletes to move efficiently
- Reinforce quality movement patterns
- Continue developing every volleyball skill—not just position-specific skills

## 45 MINS | GAME-LIKE SKILL DEVELOPMENT

**Purpose: Develop volleyball IQ through competitive, decision-based training**

- Position-specific skill work integrated with general skills
- Small-group drills requiring athletes to read and react
- Serve/pass, transition, and out-of-system situations
- Constraint-based drills that reward decision making

**Coaching emphasis:**

- Create game-like situations
- Encourage athletes to solve problems
- Use mistakes as teaching opportunities
- Continue reinforcing complete player development

## 30 MINS | TEAM SYSTEMS + COMPETITIVE PLAY

**Purpose: Apply skills in realistic match situations**

**Examples:**

- 6v6 with scoring objectives
- Wash drills
- Transition games
- Out-of-system play
- Sideout competitions

**Coaching emphasis:**

- Build volleyball IQ
- Develop communication and leadership
- Allow players to make decisions before providing corrections
- Prepare athletes for match situations

**Game constraints:**

- Bonus for quality first contacts
- Bonus for winning long rallies
- Reward smart decisions over risky plays
- Score based on execution, not just points

## NOTES

