

COMPUTER SCIENCE PROJECT

Goal: To create online database and tool for creating practice plans.

Drill Matrix: (currently available in google sheets).

Take our Drill Matrix Spreadsheet and create a searchable database of drills. The database has multiple categories of different types of drills.

Name of Drill	Level	#Plyr	Time	Focus	Description	Scoring	Behaviors
6 v 6							
X One Serve Game	7+	12+	12-20 m	Work on learning rotations	Two teams compete, serving team only gets one serve (even if they win)	Points	Know your neighbor
X +1/-2	JV	12+	8-12 m	Relationship between kills and hitting errors	Compete and keep track of kills and errors. Team that wins point gets next ball. Go for time (5 - 8 - 10 m)	+1 for a kill, -2 for a hitting error	Good set/bad set decision, swing to score, coverage saves errors
X 1 or 1/3	JV	12+	12-15 m	Side out offense 1st ball kill	Rotate on whole points. First team to rotate all the way around wins. Play reverse side out (if you win point you receive)	1 point for 1st ball kill, 1/3 a point for side out	
X 1st Ball Setting Skills	V	12+	8-12 m	Work on varying offense in game situations	Two teams competing with teams getting 2 points if they can use the first contact as a set to a hitter for the second contact.	1 point for regular points, 2 points for scoring off 1st contact set and attack	Call offense early, identify situations and opportunities
X 2 v 2	V	12+	8-12 m	Defending and attacking situations with the setter in each	Teams compete with 1st ball being initiated into 1 of 2 predetermined zones.	Points	
X 1st of 5 Rotation Game	JV	12+	10-15 m	Competing within individual rotations.	Two teams compete in one rotation to 3 points. Team that wins rotation gets a big point.	Game to 3 in each rotation.	
X 3-2-1 Points Per Contact	V	12+	8-12 m	Competing to generate creativity	Two teams compete. Scoring is based on # of	3, 2, 1 points	Find space, think outside box.

Hand Set / Bump Set Wash JV 12+ 5-10

Key words: Bump Setting
Positions: Outside Hitters, Middle Hitters, Right Sides Hitters, Setters, Libero/OS
Description: Teams must win two balls in a row. In one ball the setter must bump set, in the other they can hand set.
Development: Work on different techniques of setting in a competition setting.
Behaviors: Feel to ball, lift with legs, hold hands
Scoring: Wash scoring, must win both to score a big point.

Diagram

Step by Step

- One side receives two balls in a row.
- Play out each point.
- In one ball the setter can use their hands to set. In the other ball the setter must bump set.
- Team receiving balls must win both in order to score a big point.
- After two balls switch who receives the balls.
- Repeat for a goal of points or for time.

Variations / Notes

- Coach can designate which ball is for hand setting and which is for bump setting.
- Bump setting can be limited to receiving side, or both teams.
- Bump setting is limited to just the first possession or the entire point.

Drill Sheets: (currently have several hundred completed)

Drill sheets are currently PDFs. The drill sheets will need to be viewable so that you can see what each drill involves. They are expanded descriptions. They include a diagram, step by step instructions, notes, and variations for each drill.

Would like to be searchable by type of drill, and key words.

Drills are the activities that people use to organize or populate their practice plans.

Practice plans turn into Practice Lines. People select drills that they want to use in practice and those turn into Practice Lines.

Practice Lines: (some done but more needed)

Practice lines are the step by step parts of the overall practice plans. They are drills with information about how long, descriptions, scoring and behaviors.

Generate base practice lines with the ability to be edited to suit the need.

Time	Duration	Activity	Scoring	Behaviors
1:00	8 m	Free Ball Competition Switch FR/BR every 2 minutes Winner gets Free Ball	Points	Setter call free Get past 10' line

Practice Plans: (This is the end product)

People select drills, which will create practice lines, which can be placed and organized in the practice plans. Be able to move lines around to suit needs.

Variables for practice plans could be: length of practice, # of courts available (1, 2 or 3). # of players available (which could limit drills people could select.

The lines should populate and be able to be edited so adjustments can be made. People should be able to click on the drill and be taken to the drill sheet. Maybe a final product that has the plan and all of the drill sheets for the plan attached as a PDF.

Practice # 24 Sept 21st
Goals: Compete, Intro SIUe Prep

Time	Dur	Activity Description and Information	Scoring	Behaviors
3:00	5 m	Visualization		
3:05	5 m	Dynamic Warm Up		
3:10	5 m	Arm Warm Up		
3:15	8 m	Spikeball 3 v 3 Two Courts	Points	Spikeball 3 v 3 Two Courts
3:25	15 m	Serve and Pass Dig 5's		Blocking on Low Net Blocking Hands / Set Awareness and Adjustment
3:40	4 m	Serving Competitions Deep / Short	Contacts	Visualize Path of the Ball Hold finish
3:50	8 m	Rotation Game	Points	Talk about who is setting / talk about
4:00	10 m	Digging 5's from a Box Attack		Ready position early hold base Dig high
4:10	10 m	5 v 5 Box Drill Rotate when you win points	Points	Dig high 5 x 5 Swing Deep Cross
4:20	25 m	6 v 6 25 Point Game	Points	Serve to space Double middles Force middles