



PRACTICE PLAN MONDAY – AUGUST 10, 2015



Quote of the Day:

"Losing is not my enemy . . . fear of losing is my enemy." – **Rafael Nadal**

VARSETY

Timeline

2:30 Warm-up – run the fence line, do plyos for 15 minutes

2:45 Matches to put on:

Singles

- Sydney vs. Emma (Best of 3)
- Madi vs. Olivia (Pro-set)
- Tishelle vs. Abby G. (Pro-set)
- Olivia vs. Tishelle (Pro-set)
- Tishelle vs. Madi (Pro-set)
- Madi vs. Olivia (Pro-set)

Doubles

- Kate/Andrea vs. Coach/Woody
- Anna/McKenna vs. Sarah/Ellen (Pro-set)
- Makayla/Jessica vs. Grace/Emma (Pro-set)
- Cassidy/Juliana vs. Grace/Emma (Pro-set)

Drills

- Queen of the court
- Volley, Volley, Overhead
- Deep ball defense
- Short ball attack
- Spot serving
- Block 'em back

PRACTICE PLAYERS

3:30 Warm-up w/Meach

3:50 Breakout into groups (10 minutes each)

- Court 1: Serves with Jason
- Court 2: Groundstrokes with Meach
- Court 3: Net game with Amy Jo
- Court 4: Queen of the court

4:20 Challenge Matches

- Singles or Doubles

Group 1:

- Aubrey C.
- Lindsay W.
- Nohely G.
- Elizajane S.
- Emma A.

Group 2:

- Emma W.
- Anna Hafen
- Sarah Ostler
- McCall R.
- Tiffany P.

Group 3:

- Peyton G
- Brinley M.
- Sarah M.
- Emily H.
- Abby G.

Group 4:

- Sabrina C.
- Katy Cluff
- Morgan A.
- Gretchen W.