

Serve Receive Footwork + Reaction (25–30 minutes)

Goal: Train your body to move, get in position, and pass with control—even without a partner.

1. Ready Position Mirror Drill (5 min)

- Stand in front of a mirror. Practice going from standing → ready position: knees bent, arms out, shoulders forward.
- Check your stance, balance, and posture.

Do: 3 sets of 10 reps

2. Quick Reaction Step Drill (5–8 min)

- Set up 4 cones (or markers).
- Toss a ball lightly in the air, call out a direction (left, right, short, deep) and shuffle to the correct cone, get in ready position.

Focus on: Fast feet, staying low, platform up

3. Wall Passing with Platform Control (10 min)

- Stand 5–6 feet from a wall.
- Toss the ball and pass it off your platform back to the wall using clean form.

Key: Don't swing! Freeze your finish.

Add challenge: Try alternating platform angles to hit left/right zones

Do: 3 rounds of 10–15 reps

4. Pass + Call Drill (5–7 min)

- Practice calling “MINE!” before each pass.
- Toss the ball, step behind it, call loud and early, then pass to target (towel on the floor).

Focus on: Getting behind the ball, clear communication—even if solo!



Wrap-Up Focus Points

- Stay in ready position: low, balanced, arms out
- Move your feet to get behind the ball
- Call the ball even when practicing alone
- Practice tossing and serving every day for consistency
- Keep your platform flat and strong – don't swing!

