PlexStrem Ideas

**SERVING**

Toss practice:

Place a piece of tape on the ground or draw a line with chalk in your driveway. Stand with your dominant food ON the line and work on your step and toss. The ball should land ON the line right in front of your dominant foot. Make sure your toss is just a bit higher than your highest reach.

Arm Swing Practice:

Against an exterior wall work on your toss and swing by reaching high and ‘serving’ the ball against the wall. Try to get solid contact with a big hand, focusing on hitting the ball with your palm.

**HITTING**

Target practice:

Place a hula hoop, jump rope, cones or anything you can make a target out of on the ground. Use a high toss and work on hitting the target with a roll shot, tip, push or purposeful attack. If you have a net, even better. If not, you can use a stake in the backyard that is at least 7’ tall to practice hitting ‘over’ the net.

Hitting progression:

The video shows it with a partner, but you can use an external wall, sibling or parent.

<https://www.theartofcoachingvolleyball.com/youth-self-toss-hitting-progression/>

**SETTING**

While walking up and down the sidewalk, work on maintaining ball control while setting overhead. You can keep the ball close to your fingers or alternate a higher push and a low push.

If you have a basketball hoop, you can practice setting to a target, use the hoop as a guide and see how many ‘baskets’ you can make. Same works with a garbage can or other large container.

**BALL CONTROL**

Start by remaining stationary, pass – set – pass to yourself. Once you’ve mastered that, you can try walking side to side or moving forward and backward in a line.

**STRENGTH TRAINING**

Squats (quads and glutes): <https://www.youtube.com/watch?v=aclHkVaku9U>

Pushups (chest): <https://www.youtube.com/watch?v=wmNoe3JYe4c>

Lunges (quads and hamstrings): <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

Jump squats (cardio): <https://www.youtube.com/watch?v=Azl5tkCzDcc>

Quarterback Squats (hamstrings): <https://www.youtube.com/watch?v=gtS5wbrE1M0>

Russian twists (obliques): <https://www.youtube.com/watch?v=JyUqwkVpsi8>

Plank (core, whole body): <https://www.youtube.com/watch?v=ASdvN_XEl_c>

**BASIC TRAINING**

Reaction time: if you have a buddy and some tennis balls, have your buddy toss tennis balls at you while you try to bat them away. The goal is to get a hand on all of them. You can start slow and progress to quicker/more reps. The idea is to work on your reaction time and knowing what’s going on at all times. Forget about the ball you just touched and move on to the next.

Cognitive Process: <https://www.acefitness.org/education-and-resources/professional/expert-articles/5677/6-reaction-drills-to-enhance-cognitive-processing/>

Reflex Drills <https://www.stack.com/a/reflex-drills>

**MOTIVATION/BRAIN TRAINING**

How to build self-esteem and confidence by controlling the factors you can: <https://www.theartofcoachingvolleyball.com/how-to-build-self-esteem-and-confidence-by-controlling-the-factors-you-can/>

How to properly prepare physically and mentally for a game:

<https://www.theartofcoachingvolleyball.com/how-to-properly-prepare-physically-and-mentally-for-a-game/>

Reading: a part of every skill: <https://www.theartofcoachingvolleyball.com/reading-a-part-of-every-skill/>