

## Volleyball 101

**Week 1 – Introductions, learn bumping**

**Week 2 – review bumping, learn ready position, setting**

**Week 3 – review bumping/setting, learn serving**

**Week 4 – review serving, learn blocking, game play**

**Week 5 – practice combining skills, spiking game play**

**Week 6 – round robin play**

**Week 7 – round robin play**

**Week 8, 9, 10 – tournament play**