

Date	10/28/24
Site	4 courts
Time	8:00-10:00AM
Team	OSU

Setters	
Henwood	5
McElveen	16
Kutsch	22

Opposites	
Wetzel	6
Hutchinson	11
Tharpe	17

Outsides	
Pickering	3
Chacinski	7
Hurley	9
Nolte	12
Teune	14
O'Riordan	19

Middles	
Sutphen	8
Leahey	13
Harris	15
Young	18
Grimm	21

Liberos	
Strong	1
Hudson	4

DROMS + USA Warm Up

4's Setting - 15 mins to get 15 (Speed Ball - 16 & 5 Setting all time, BR kill 2 score D/BIC)

Study Table - Quick/ BIC + MP/ OoS Attacking & MP/OoS Blocking 23 mins

3 Ball Wash (Rec Serve, Rec 2-4-8, Rec OoS) - 35 mins

Blind Earned Not Given - 35 mins

Servers School 12 mins

Microdosing Blocking - 7 minutes

ANNOUNCEMENT

**Daily Emphasis: MP/ OoS Attacking and Blocking**

**Study Table**

**Offense**

Quick/ BIC omn Court 2  
3, 16, 7, 8, 9, 11, 13, 21

1 & 4 with Megan on Ct 1

**Defense**

Blocking Footwork then Blocking Vision  
5, 6, 12, 14, 15, 17, 18, 19

23 minutes

Offense - Ct 1

11			
9	7	3	
		8	
		13	21
16			

5		12
17	18	14
6	15	19

**Servers School (End of Pract**

Everyone

Default - 4 minutes of Driving Range + 8 minutes 3&5 Deci

12 minutes

**Microdosing - Blocking (After f**

Blocking Reps

Offensive reps or Overpass School if wanted

7-15 minutes

**FOCUS:**

**3 Ball Wash**

A Receives Serve  
A Receives 2-4-8  
A Receives OoS

B Receives Serve  
B Receives 2-4-8  
B Receives OoS

**Scoring**

Receiving Team - 3/3=3 Big pts, 2/3=1 Big pt

Defensive Team - Win 2/3 = 2 Big pts,

3/3 = Jackpot

Start 15-15

**Game 1**

5	18	9	1
7	15	17	
OFF 12 (go for 3 if 16 out)			
4	6	21	14
	3	13	16
			8

**Game 2**

5	13	12	4
9	15	6	
OFF 12 (go for 3 if 16 out)			
1	17	21	7
	14	18	16/3