2024-2025 Ohio State Men's Volleyball
Weekly Practice Plan (October 28 - November 3)

	10/27 MONDAY (SEE PRACTICE PLAN)	10/28 TUESDAY (Lift 7:00-8:00am, Practice 8:00-9:30am, BTL Practice 9:40-10:40am)	10/29 WEDNESDAY (Plyometrics - 7:00-8:00am, Practice 8:00-10:30am)	10/30 THURSDAY (Lift 7:00-8:00am, Practice 8:00-10:30am)	10/31 FRIDAY (Plyometrics - 7:00-8:00am, Practice 8:00-10:00am)	11/2 SATURDAY (Team Meeting in FR - 11:00am, Ct 1 - OSU vs BSU - 12:00-1:05pm, Ct 1 - OSU vs LEW - 1:30-2:40pm, Ct 1 - OSU vs LUC - 3:00-4:30pm, Team Arrives @ FB Recruit Room for MIVA HoF Banquet - 6:00-8:30pm)	11/3 SUNDAY
	Out: Limited: 9, 16, 19, 22	Out: Limited: 9, 16, 19, 22	Out: Limited: 9, 16, 19, 22	Out: Limited: 9, 16, 19, 22	Out: Limited: 9, 16, 19, 22	Out: Limited: 9, 16, 19, 22	OFF DAY
Setters: 5, 16, 22		**Daily Objective**: Early Angles/ Eye Level, I.S. Attacking (Q/BIC Pass 2 Attack + Pin PP Routes), ISO Blocking	**Daily Objective**: Defensive System, BR Def, Serve Decision Making & Runs,	**Daily Objective**: Transition Offense, Serve Decision Making/ Runs	**Daily Objective**: OoS & MP Attacking and Defending/ Blocking, Focused Aggressive Decision Making	Round 1 Lineup vs BSU:	
		Warm Up: USA Volleyball Warm Up (Arms, pepper, defense/ setting, compete)	**Warm Up**: USA Volleyball Warm Up (Arms, pepper, defense/ setting, compete)	**Warm Up**: USA Volleyball Warm Up (Arms, pepper, defense/ setting, compete)	**Warm Up**: USA Volleyball Warm Up (Arms, pepper, defense/ setting, compete)		
Opposites: 6, 11, 17		**Compete** - Speed Ball - BR kill to Score (D & BIC only), 5 & 16 all time setters	**Compete/ OTNP** - HB Choice	**Compete/ OTNP** - ML Choice	**Compete/ OTNP** - LM Choice		
		Passers Practice (After 6vs6) - Early Angles and/ or Eye Level	**Study Table (Defense Only)** - Defensive System & Back Ro Defense (Everyone)	**Study Table (Offensive Transition Thursday)** - Offense Only: Transition	**Passers Practice** - SS & Push		
Outside Hitters: 3, 7, 9, 12, 14, 19		**Study Table** - Offense: Pass to Attack Quick/ BIC &/or Pin PP Routes (3, 16, 11, 12, 19, 15, 13) Defense - 1vs1 & ISO Blocking (5, 6, 17, 7, 9, 14, 21, 8, 18) Liberos - OoS Setting			**Study Table** - Offense: Line Attacking in MP & OoS (16, 6, 11, 7, 12, 14, 15, 13) Defense - 3MAN Blocking (5, 3, 17, 19, 9, 21, 8, 18) Liberos - OoS Setting	Round 2 Lineup vs LEWIS:	
Middle Blockers: 8, 13, 15, 18, 21		**6vs6 #1: Rotations Games** - A-Side needs 3 checks in 4 Ro's and 2 checks in 2 Ro's (HB pick). First to Complete checks in all 6 Ro's = wins	**3 Ball Wash** - A Receives Serve A Receives Coach Float (LM) A Receives MP/OoS B then receives same 3 Receiving Team - 3/3 = 3 Big pts, 2/3 = 1 Big Defensive Team - 2/3 = 2 Bigs, 3/3 = Jackpot	**6vs6 #1: 4 Ball Wash** - Ball 1: A-Rec Serve Ball 2: A rec Coach Roll Shot (HB tell player where to hit it) Ball 3: B-Rec Serve Ball 4: B-Rec Coach Roll Shot Win 4/4 = 3 Bigs, 3/4 = 1 Big, 2/4 = Wash	**6vs6 #1: Blind Earned Not Given** - Earn 17 before giving 8 (Use Starting Lineups for each of the 3 rounds) Play 3 games - See which starting lineup can do the best. Wager for 1st, 2nd, 3rd		
				6vs6 #2: Five Ball Fury - Team A starts at 22, Team B at 17 Ball 1: A-Rec Serve Ball 2: A-Rec FB Ball 3: A-Rec HB If FBSO Kill on Ball 1 or 2, Team B loses a pt Ball 4: B-Rec FB Ball 5: B-Rec Serve Jackpot: A-win all 5 B-win 2 straight reals B-Tennis Serve			
Liberos: 1, 4		**6vs6 #1: Side Games** - 1 or 2 games to 25 depending on time. Side Game = Blocks & Digs, Wager on game to 15/25 & side game	**6vs6 #1: Marathon** - 3 straight service points = 1 big point. Side A start at 21, Side B start at 22, first team to 25 wins. Every 2 blocks or 5 digs = Big point.				
		BTL Team Practice #1 - Notebooks & pens in my office. PA #1: Write Version 1.0 of "I Believes"	**Microdosing** - Liberos with ML for both, Everyone else w/ LM for Blocking Reps (5-7 minutes) + Route Reps w/ HB (5-7 minutes)	**6vs6 #3: Rally Score to 15** - Rally Score Games to 15	**Servers School** - 3 & 5 Serving 2.0 (Decision Making Component Added)	Round 3 Lineup vs LUC:	
			Servers School - Target Practice	**Servers School** - 3 & 5 Serving 2.0 (Decision Making Component Added)	**Microdosing** - Liberos with ML, Blocking for 5 minutes, Overpass School for 5 minutes		
				Microdosing - Liberos with ML, Everyone else w/ LM for Blocking Reps (5-7 minutes)			
Ideal AVG Player Load:	**Ideal AVG Player Load:**	**Ideal AVG Player Load:**	**Ideal AVG Player Load:**	**Ideal AVG Player Load:**	**Ideal AVG Player Load:**	**Ideal AVG Player Load:**	
450-500	**350-400**	**500-600**	**500-550**	**350-400**	**400-500**		