

2ND GRADE 2024 INSTRUCTIONAL VOLLEYBALL

Welcome to 2nd Grade Instructional Volleyball! We are excited because this is our first year of having 2nd grade volleyball. This league will be instructional- we will work on the fundamentals and athletic development of the players. We will hold practice/ instructional for the first 4 weeks. The last 2 weeks will also be instructional, but we will also incorporate a scrimmage game with the players. This league is strictly to introduce the players to the game. We will have a 6 week practice plan to help develop the players. Every practice will be 45 minutes long.

INSTRUCTIONAL INFORMATION:

- **DAYS:** TUESDAYS
- **DATES:**
 - MARCH: 5th, 12th & 19th
 - APRIL: 2nd, 9th & 16th
- **TIME:** 4:00pm-4:45pm
- **LOCATION:** Red Hills Middle School Gym 2