Jasper High School

Athletics/Volleyball Syllabus

Skills/Strength and Conditioning

Week One:	Defensive Footwork—Front and Back Row
Week Two:	Blocking—Front Row—Digging—Back Row
Week Three:	Serving—Standing and Jump Floater
Week Four:	Passing—Forearm and Overhead(Setting)
Week Five:	Team Play—Emphasis on Communication
Week Six:	Attacking—Spiking and Down Ball
Week Seven:	Scouting Reports and Details
Week Eight:	Reteach Week One and Two
Week Nine:	Reteach Week Three and Four
Week Ten:	Reteach Five and Six
Week Eleven:	Film Study—Super Regional Tournament
Week Twelve:	Film Study—State Tournament
Week Thirteen:	Strength and Conditioning
Week Fourteen:	Strength and Conditioning
Week Fifteen:	Strength and Conditioning
Week Sixteen:	Strength and Conditioning
Week Seventeen:	Strength and Conditioning
Week Eighteen:	Final Exams