

Welcome to the HVP Monday Night Season Court!

Hi everyone! We're all looking forward to getting started with the season court next week. The sessions will run Monday evenings from 6:00-8:30pm starting 10/12 and running for 30 weeks until 5/10. The overall goal for the sessions is simple: **everyone gets better, and we all have fun improving together**. If you've played plenty of games but haven't done much organized practice or structured drilling, you're in good company and we'll provide plenty of support. This sheet provides a high-level introduction to some of the resources, terminology, and ideas that we'll use consistently through the season.

Main Objectives

Every week we'll explore a sequence of drills to work on specific skills, building up a library of workouts that you can continue beyond our court sessions. One thing we'll focus on consistently is getting better at noticing why a shot or pattern works by distinguishing between **mechanics**, or how you make a shot, **strategy**, which is your overall plan, and **tactics**, which are the choices you make to carry out the plan. For example, softening your hands on a reset is about **mechanics**, working your way to the kitchen with your partner is a **strategy**, and playing a wide dink ball softly to the middle to buy time is a **tactic**.

Most sessions will have a similar structure, moving from a quick explanation and demo to repeated shots, cooperative patterns, scored challenges, and games where we put it all to use, finishing with a short review. Before each session we'll provide some text resources and schematics of the drills so that you'll know what to expect during the session.

Drilling Terminology and Purposes

- 🍷 **Cooperative vs. Competitive?** In cooperative drills, help each other succeed at the shot or tactic. In competitive situations, try to win within the drill's rules. Sometimes the two sides have different jobs, such as attacking and resetting. Keep to your assigned role until it's time to switch.
- 🍷 **Good Feeding Practices** Wait until everyone is ready, then gently hit controlled feed to the location the drill calls for. These feeds should be predictable and you should never be trying to 'win the point' off the feed. Instead, redo an unhelpful feeds that don't setup the drill well. This is something you'll improve at over time.
- 🍷 **Different Score Formats** Some of the drills we'll do use different scoring formats like awarding bonus points or rally scoring in order to reinforce particular concepts. The drill sheets will sometimes specify custom scoring formats, so follow the sheet for who starts, when the ball becomes live, and what points count.
- 🍷 **Repetitions and Variations** Some drills will have you keeping the feed or target consistent to help you feel what changed in your shot and builds confidence in your skills over repetitions. In other drills, we'll vary things like the target, pace, or options in order to make you read the ball and make a decision. If a drill says the ball is live, then any shot or tactic is allowed.
- 🍷 **Stopping Time** Some drills will ask you to stop after 3, 4, or 5 shots in order to get more repetitions on the part we're practicing and a moment to check what happened. I promise you'll get plenty of chance to try things out in real games too.

Program Resources

Every week we'll send you a **cheat sheet** to look over before we meet. The longer documents will have some additional context and explain the reasoning and extensions for the drills and sometimes we'll also have video examples and GIFs as examples. The **session sheet** will have a schedule for the session with the actual setup and rules. Between sessions, I recommend that you find some time to pick one of the drills and spend some time on it with a partner, and feel free to send me any questions.

Looking forward to seeing everyone on court!

~ Daryl