

VOLLEYBALL skills, drills & more!

volleyball coaches' clinic

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fundamental skills checklist

servicing

- ▼ *lift* - palm flat and facing up, "lift" the ball not higher than a ball width (or two) above head
- ▼ *step* – small, natural step with opposite foot (right-handers: step with left) taken at same time as ball is "lifted"
- ▼ *hand contact on ball* - contact with palm, hand stiff
- ▼ *arm motion* - swift, contact ball above head with hand slightly in front of tossing shoulder - like throwing a ball
- ▼ *weight transfer* - transfer weight from back foot to front foot, through the ball as you make contact
- ▼ *follow through* - should be high, then arm will naturally come back down
- ▼ *cues* - "present, step/toss, serve"

forearm passing

- ▼ *thumbs aligned* - positioned side-by-side
- ▼ *hand-clasp* - whatever feels natural, so long as thumbs are aligned (hand wrapped around fist, hand layed into other hand, fingers entwined, etc.)
- ▼ *where to contact ball (platform)* - ball should be contacted on forearms, above the wrists and below the elbows
- ▼ *foot position (base)* - feet at least shoulder width or a bit wider. bend at knees, not at waist to keep body and platform beneath the ball
- ▼ *shuffle to ball* - in moving to where the ball is, shuffle your feet, keeping knees bent and hips/head in a straight, vertical line (not a line that bobs up and down)
- ▼ *step to target* - once in position, step with whatever foot feels most comfortable (*best* to step from the right side of the court with right foot and from the left side with left foot), step in direction of target
- ▼ *arm motion* - arms should not move higher than shoulders, do not swing arms. use very little arm motion - DIRECT the ball to your target
- ▼ *general body position* - relaxed shoulders, knees bent, stay down and do not stand up as you pass
- ▼ *relax* - this is not a fast skill, should be done in a relaxed, controlled fashion... don't "stab" at ball, kind of "shovel" it to target

overhand passing

- ▼ *hand position* - fingers spread and firm, hands in front of face.
- ▼ *where to make contact* - contact with ball should be made in front of face
- ▼ *foot position* - feet and body must be behind the ball, feet (base) should be comfortable and solid.
- ▼ *making contact* - hands & fingers should remain firm and strong on contact, NOT soft like when you set a hitter.
- ▼ *follow through* - as contact is made, push the ball to your target by extending your arms out from your face.
- ▼ *be aggressive* - this is an aggressive skill, you have to go to the ball with strong hands and push the ball away from you - you will not be successful with this if you just allow the ball to come to you and you play it passively.

setting

- ▼ *hand position on ball* - form a triangle on ball with thumbs and index fingers, then spread apart so that hands wrap around sides of ball
- ▼ *where to contact ball* - hands should be up at forehead when contacting ball (if player takes hands away, ball should hit her in the forehead)... ALWAYS set from near the forehead, if the pass is low then get forehead low and set from there rather than just dropping hands and setting from chest or midsection
- ▼ *shoulders square with target* – shoulders/hips should always face the *left-front* target (front or backsets)
- ▼ *foot position* - you should set off of your right foot and follow thru onto your left foot
- ▼ *net position* (for setters) - sprint to the setting zone on the net (the position between the middle front and right front hitters), get as close to the net as you can without touching it and as you reach this position, "hop" so that you are facing the players on your own court to see the pass coming in
- ▼ *body extension/follow through* - extend out from feet all the way through hands (like a coil) when setting, you should hold your hands/arms out extended for just a brief moment after completing your set... like "superman" flying thru the air!

fundamental skills checklist (continued)

hitting

- ▼ *flamingo* - these are the last two steps of your approach to hit and they should always be the same: a step-close, almost like a hop (very fast) - these steps should also "open" your hips up to the setter (as you actually hit the ball, you will "close" your hips to the net or your opponent's court)
- ▼ *heel/toe step & jump* - "flamingo" steps should be heel to toe so that momentum is transferred upward
- ▼ *3 or 4-step approach* - most hitters add a third (and sometimes fourth) step prior to finishing with their "flamingo" steps. these initial steps are generally larger steps designed to get the hitter TO where the ball is along the net
- ▼ *explosive* - hitting is an explosive skill, not relaxed like passing
- ▼ *arm swing* - both arms should come back pretty far on the back swing and then both go upward to the ball, cocking your hitting hand up and back, alongside but above your ear, keeping your elbow high
- ▼ *contact ball* - reach high, contact the ball out in front of hitting shoulder (hitter should be able to see hand on ball, or she is probably too far in front of the ball)
- ▼ *hand on ball* - open hand, fingers spread and make hand stiff ("like a board") contacting first with palm
- ▼ *wrist snap* - snap wrist after initial hand contact on ball so that fingers come over the top to create topspin
- ▼ *follow through* - follow all the way through ball so hitting hand finishes down at same hip (right hand, right hip)

floor defense and skills

- ▼ *base* - the "base" position in defense is where players start out while the opponent begins their offense. in "base" players are simply protecting the court from "unexpected" occurrences (a errant pass coming over on the first hit, a setter's "dump", etc.)
- ▼ *read* - as soon as you know the other team is going to set the ball (not send it over on a first or second hit), transition from "base" to a "read" position and try to "read" what the opponent is going to do: who they are setting and what that hitter might be able to do with the ball (tip it, hit it down the line, hit it cross-court, etc.). the higher the level of play, the more factors are taken into consideration in the read position
- ▼ *defense* - the final phase of playing defense is just that, playing the ball. when the hitter makes contact, STOP your movement and get low (even if you're not in the right place) - if you're still moving it will be harder to play it
- ▼ *low position* - once you get to your "read" position, touch the floor as the set goes to the hitter (or in drills as coach tosses ball up to hit)
- ▼ *feet to the ball* - take as many steps as necessary to get to the ball - run if you have to, but get TO the ball!
- ▼ *play ball* - this should be done BEFORE using any floor skill (don't use floor skill to play ball)
- ▼ *use floor skill to recover* - AFTER playing ball, use sprawl or barrel roll to get up from playing a low ball and quickly return to ready position to play next ball

blocking

- ▼ *hands* - palms facing net, about shoulder height (middle-blockers: keep their hands a little higher, ready for a quick set); thumbs should be parallel to one another, pointing to the ceiling and fingers should be spread
- ▼ *footwork* - stay close to the net while moving position to position along net, use the "push, drive, slant" method to get from one position to another ("push" away from your starting position with your inside foot; "drive" (or run) one or two quick steps toward the hitter's location on the net; "slant" both of your feet like a "hockey stop" into the position you want to block from - make sure you are slanting both feet at the same time)
- ▼ *jumping* - when moving to block, or blocking from a stationary position, "load" your weight into a slight squat and jump from BOTH feet (especially when moving to the right/left) and jump straight up (not to the side, not into net)
- ▼ *body position* - blocker's hips/shoulders should be facing to the middle-back of the opponent's court
- ▼ *arm movement* - reach arms up and "press" from shoulders with a shrug-like motion
- ▼ *hands on ball* - hands should be almost as far apart as the width of the ball and they should be firm. outside blockers should turn their outside hand in towards the middle of the court (to prevent deflection of the ball out of bounds). shorter players can use a "soft block": instead of the palms of their hands facing the net, their palms should face upward (the ball will be deflected upward off their palms and can be played by a defensive teammate)
- ▼ *follow through* - when ball hits your hands, push it back across net (if possible, penetrate over net)... do not bend your elbows back and forward to penetrate the net, just "squeeze" your hands over

footwork drills (GREAT for WARM-UPS)

Jump Rope

One of the BEST footwork drills... Have players do a combination of regular, two-footed jumps; 1-footed jumps; "running" jumps (where they are actually running in place "thru" the jump rope - be careful that they are not skipping rope here, but actually running in place). You can also have them jump rope from one place to another (endline to net) or have them jump rope front and back or side to side over a line.

"Clocks"

Players create an imaginary "clock" on the floor and place themselves, facing 12, in the center of the clock where the hour & second hands intersect. Using only the numbers: 12, 3, 6 and 9, players will move to and from those called locations on the clock with the transition footwork they would use in a game. Each time the player reaches the 12, 3, 6 or 9 spot she goes into a ready position and simulates passing the ball, then does her footwork back to the center of the clock and repeats playing the ball. For variety, add other activities to certain numbers (rather than just passing). We use the following: 1) after moving back to the 6 position and playing the ball, the player does an approach jump to return to the center of the clock, 2) when moving out to the 3 position, the player does a blocking jump and then returns to the center to pass the ball (we also do the same to the 9 position), 3) when moving up to the 12 position, the player uses a defensive floor technique like a sprawl to reach 12, gets up and returns to the center to pass the ball.

"Line Jumps"

Players need to find a line on the floor. Have them do a sequence of 25 jumps side-to-side over the line on two feet, then 25 jumps side-to-side on their right, then 25 jumps side-to-side on their left. These jumps should be quick, touch and go. This can be done for time with the sequence being repeated until the time is up or can be used in a station or circuit drill.

"+" Jumps"

Players need to find a place on the floor where two lines or seams intersect to form a "+". Players start in one quadrant of the "+" (perhaps the lower, left one) and jump clockwise into each quadrant of the "+". Have them do a sequence of 25 touches to the floor with two feet, 25 touches on their right, 25 touches on their left and then reverse the direction and jump around the "+" counterclockwise. These jumps should be quick, touch and go. This can be done for time with the sequence being repeated until the time is up or can be used in a station or circuit drill.

"Dot Jumps"

Using tape or water-based paint, create "dots" or "x's" on the floor in the pattern of a five on a domino (the dots should be approximately 12-18 inches apart from one another). Create sequences where players have to jump to each dot on the domino (two-footed, rt. foot & left foot). These jumps should be quick, touch and go. This can be done for time with the sequence being repeated until the time is up or can be used in a station or circuit drill.

Defensive "base" to "play" Shuffles

Have players start on court in "base" defensive position and shuffle front, sideways or backwards from "base" to "play" as you yell the positions out - you can throw in a "base" to "free" as well.

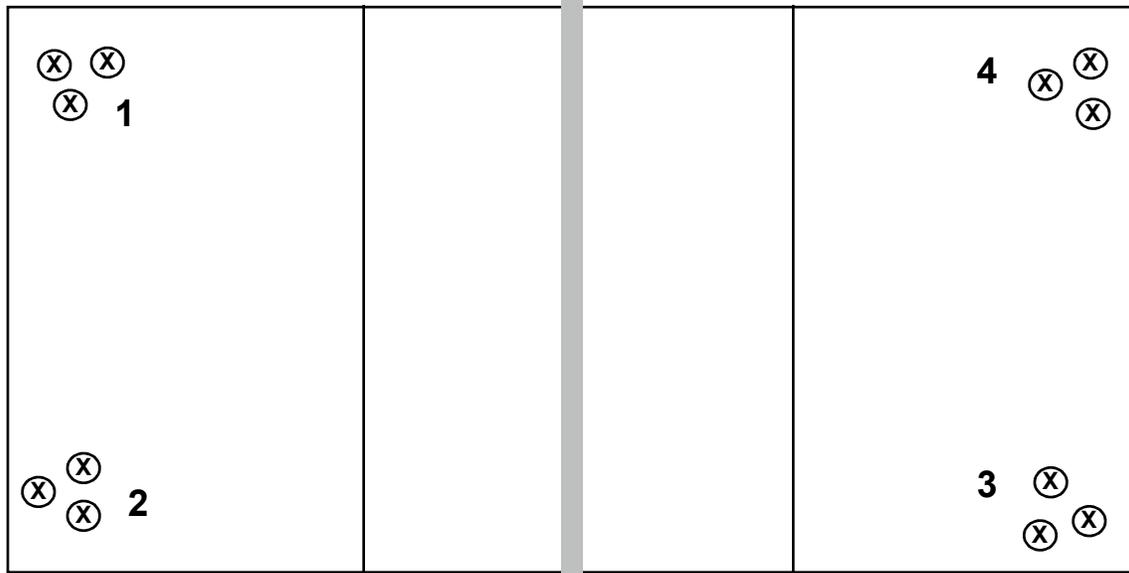
Whistle Sprints

Players line up on basketball endline. On your command they begin to "jog" then on your whistle, they sprint, whistle again and they return to jog (your whistles need to be kept close together since it's just the length of the basketball court). Use about 10 different activities in between the sprints: jog, side shuffles, karaoke/grapevine, high skips, etc. and make sure you have them side shuffle and grapevine both to their left and to their right!

Block, Transition, Hit

You can do this with about three or four players on each side of the net (just be watchful of players who jump "into" the net - you may want to just do one side). Players start at the net in a blocking position, they jump to block and then quickly (as quick as they can) transition back to the 10-foot line and do a hitting approach where they jump and swing as if hitting a ball. You can split your players up into groups and have one group do this 5x in a row: block/transition/hit, block/transition/hit,... 5x - then switch groups. Make sure they are doing this correctly and not just fast!

conditioning/warm-up drills

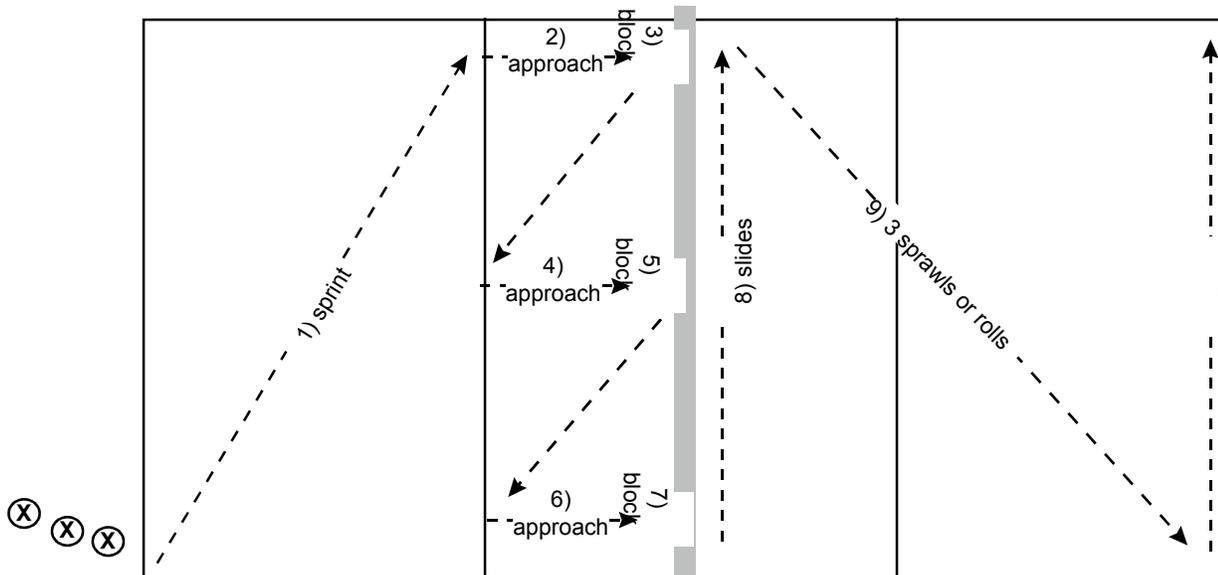


“Stations”

Split your team into four groups (1, 2, 3 & 4). NOTE: You can add a fifth group in the center of the court if you have more players. At each station, the players will perform a different task. For example, at station #1 they will do jump rope, at station #2 they will do crunches (sit-ups), at station #3 they will do tuck jumps and at station #4 they will do wall sits. You can make these stations anything you want (sit-ups, line jumps, blocking jumps, push-ups, mountain climbers, etc.) On your signal, players do the activity designated for their station. Time the stations (30-45 seconds), when time is up the players jog a lap around the volleyball court until they reach the next station (1 goes to 2, 2 goes to 3 and so on)

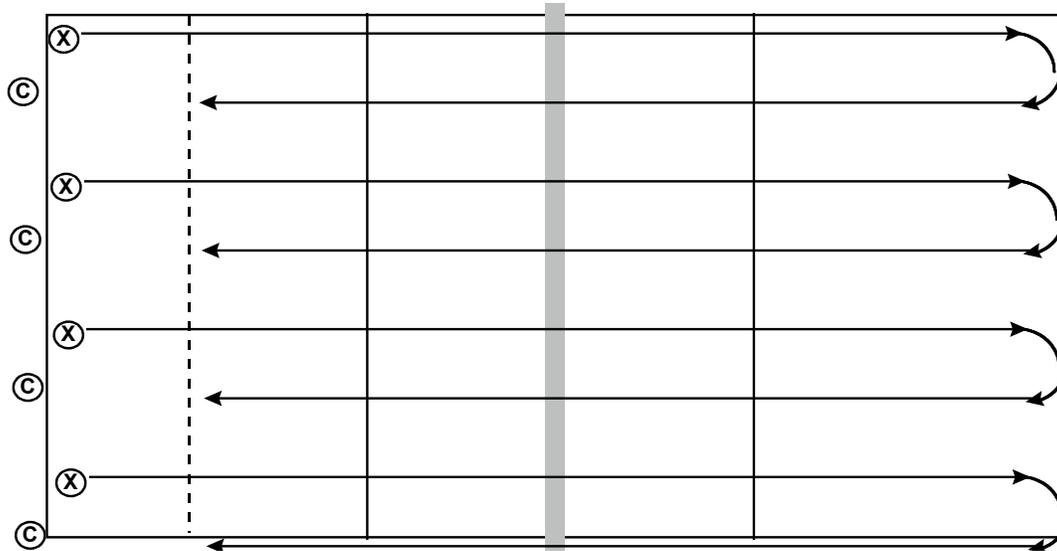
“Work the Court”

Modify this as needed, according to your players’ abilities. The objective is to move around the entire court (quickly) and to incorporate some



volleyball skills and some conditioning elements. Players start in right back (X’s), they sprint to 10-foot line (#1) and do an approach (#2), while at the net they do a blocking jump (#3) then transition to 10-ft. line in middle front and do an approach (#4) and another blocking jump (#5), transition to 10-ft. line in right front and do a 3rd approach (#6) and blocking jump (#7), then duck under the net and slide across the court facing the net (#8), turn and do three sprawls or rolls back to left back corner (#9) and then sprint along endline (#10)* to right back corner.

conditioning/warm-up drills



“Run and Play the Ball”

Players need to get a partner and a ball and line up on the volleyball endline (one side of the net only). One of the partners will be the “control player” (C) and the other will be the “active player” (X). X begins at the endline and runs (or sprints, depending on how difficult you want this to be) under the net to the opposite endline and then returns to a point approximately 10 feet from the starting endline (shown by the dotted line), player C (standing a few feet behind the endline) then tosses a ball to X who passes it back to C and then runs again to the endline and back for another pass. X should get a total of 5 tosses in a row from C and then players switch roles. Repeat this again using overhand passes. For more experienced players, you can even have them do it a 3rd time with the control player hitting/tipping a ball at X so that she has to dig it back. A great way to get them running without it seeming like their running!

“10-foot-line Sets”

Split your team into two teams, one on each side of the net ALL players are between the 10-foot-line and the net. The boundaries for this game are the usual sidelines, but the 10-foot-line is now the endline. Players can pass or overhand the 1st ball; pass or set the 2nd ball; and set or tip the 3rd ball over the net to the opposing team. Start play by just tossing a ball in to one team. Here's the conditioning part: after a player contacts the ball she/he runs and touches the wall at the back of her court and then comes back into the court to continue play - so EACH time someone contacts a ball, she/he should then be running. You can play this a couple of ways: 1) just for time, say 5 or 7 minutes; or 2) you can keep score and play to "5" - it is rally scoring so if someone sets/tips the ball out of bounds or into the net, the other team gets a point. If you play games to "5", you'll want to play a few games in order to get enough of a sweat going. A TWIST: you can make this game ALL sets or ALL passes if you want to emphasize a skill, or you can make the 3rd hit ONLY a tip or ONLY a rollshot - be creative!

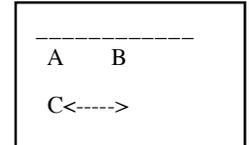
ballhandling drills NOTE: virtually any forearm passing drill can also be done overhand

“30-Second Ballhandling” ALSO A GREAT WARM-UP DRILL!

Each player needs a partner and a ball. One partner is with her back to the net, facing the other partner who is on the same side of the net just inside the 10-foot line (approx. 5 ft apart). On coach's cue, partners will begin forearm passing back and forth from a low position so that the ball is moving straight across between them, just three feet above the floor. Time for 30 seconds. Repeat the drill and have each pair them COUNT their total number of passes (ask each for a count). In the same positions, have the players stand more upright and repeat drill using OVERHAND PASSING. Go 2x 30 seconds, counting the 2nd time through. Have players repeat the preceding sequence one or two more times, each time moving further away from each other - we go 5 ft, 10 ft and 20 ft) - forearm 2x, overhand 2x; counting on each 2nd set.

“30-Second Three's”

Have your team split into groups of three, each group needs two balls. Two players (A and B) will have a ball and are standing side by side (about six feet apart) at the net, facing the third player (player C) who is about 5-7 feet away, facing the net. Player C starts out directly across from Player A. For a time of 30 seconds, Player C will receive a toss from Player A, forearm pass it back and shuffle over across from Player B where she will receive a toss from Player B and will forearm pass it back, continuing until the end of the 30 seconds. Players then rotate around their triangle and repeat forearm passing for each player. On the 2nd time around, repeat with OVERHAND passing. On the third time around, have Player C move back to 10 feet away from players A and B and repeat the entire previous sequence. The shuffling between the two players should be very quick and the passer should be in a low position with her knees bent.



"Shuffle Pass" - ballhandling/footwork

Players should get in partners and will need one ball between them. Each partner is on an opposite 10-ft. line, facing one another across the net, one partner has the ball. The player without the ball will forward shuffle UNDER the net just to the other side of the net, the partner with the ball will toss the ball to the "shuffling" partner, who forearm passes it back and then back shuffles back to the starting 10-ft. line. The passing partner passes 25 balls and then partners switch tasks. You can do a variation on this and have the passing partner FOREARM PASS as she/he shuffles forward and under the net and then when she/he shuffles back to the 10-ft. line, she/he receives a toss over the net that she/he OVERHAND PASSES back to the tosser. On this variation the passer passes 25 forearm and 25 overhand.

“Around the Court Warm-Ups”

Each player needs a ball. Players start in right back. Their pattern is the following: follow the right sideline up to the 10-ft line (forward shuffles), follow the 10-ft line to the left (side shuffles), follow the left sideline under the net to the opposite 10-ft line (forward shuffles), follow the 10-ft line to the right (side shuffles), follow the right sideline from the 10-ft line to the endline (forward shuffles), follow the endline from left back to right back (backward shuffles), at right back corner move OUTSIDE net and continue along the sideline to opposite side's left back corner (forward shuffles). Players will shuffle around the "pattern" 5 times, doing the following sequence: 1) pass to self, 2) set to self, 3) alternate pass to self/set to self, 4) 1-hand pass to self, 5) 1-hand set to self - while shuffling through the pattern. Players should pass/set the ball at least as high as the net or antenna and should work for control, not speed.

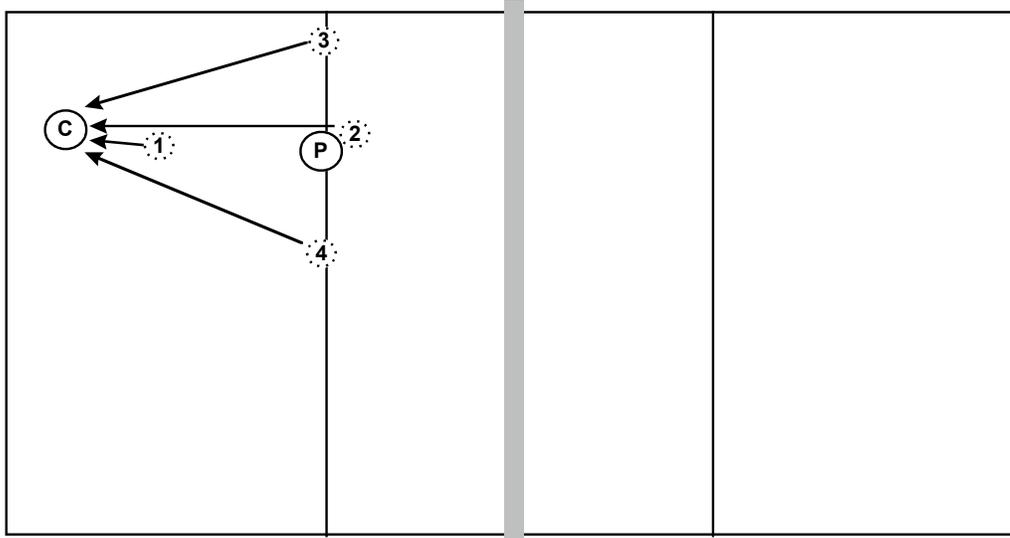
“Basic Relay Warm-Ups”

Split your team into relay teams, 2-4 players per team. Have them line up in single-file lines on the volleyball endline, facing the net. Each team has one ball. Complete the following sequence in a relay fashion: 1) set to yourself while walking/shuffling forward to net, at net duck under and continue while walking/shuffling BACKWARDS to opposite endline, at endline catch ball and sprint back (HANDING ball to next player in line); repeat the "relay" with the remaining skills: 2) pass to self, 3) alternate pass to self/set to self, 4) withOUT ball, 2 side shuffle steps and blocking jump into air (switch direction you are facing after you get to net), 5) withOUT ball, approach jumps (continue all the way to endline, no switch at net). REMIND players that the only part of the relay that is a RACE is the sprint back to line, they should be otherwise working on CONTROL.

"3-Contact Pepper”

A variation of regular "pepper". Each player has a partner and a ball. Players are facing one another, about 12 feet apart. Start with a toss, player then passes to self, sets to self and tips/rolls/hits to partner. Partner receives with a pass to self, set to self and tip/roll/hit back. For inexperienced players, "tipping" is a great way to play pepper and still maintain control, for more advanced players you can use "hits" in this or "roll shots" - the 3-contact variety is a great way for players to work on getting their bodies in the right position before hitting the ball to their partner.

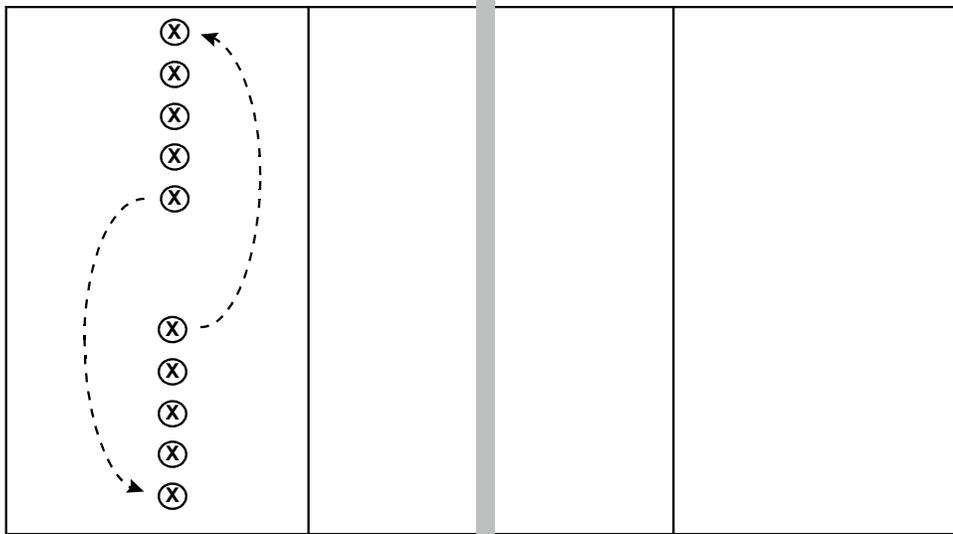
ballhandling drills



“Up & Back, Side-to-Side”

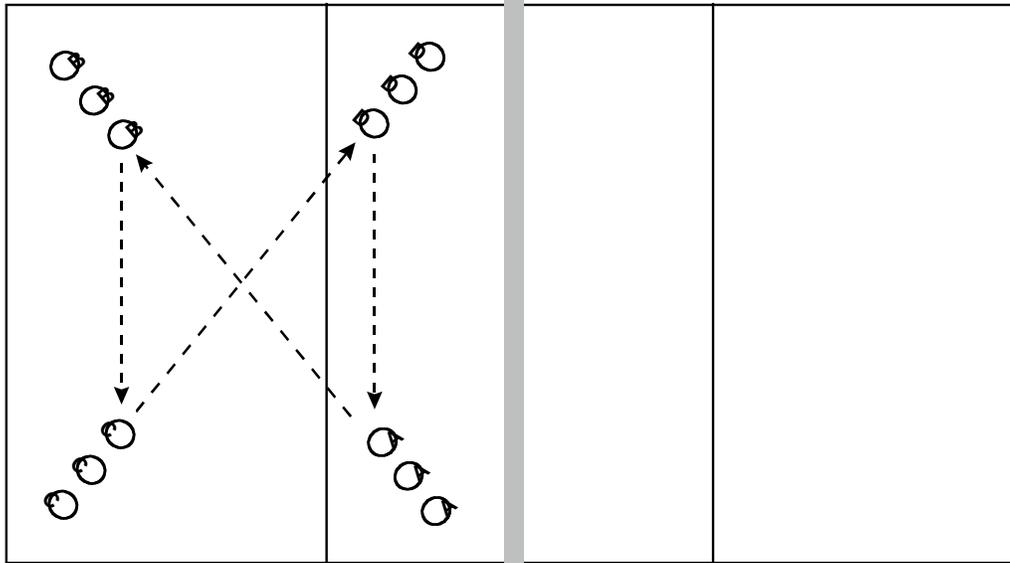
Players should partner up. One is the “control” player (C) and the other is the “active” player (P). The control player (C) tosses or passes a short ball to area “1” and P runs up and passes the ball back to C, C then tosses/passes a “long” ball back to area “2” where P has shuffled back to, she then passes the ball back to C. P continues up & back for 10 contacts, then P and C switch roles. The next time thru, C will toss/pass the ball to areas “3” and “4” so that P has to shuffle side-to-side and play the ball back to C. Again, after 10 contacts, players switch roles. Repeat the entire drill using sets in place of passes. For players with decent control, have the control player (C) pass or set the ball rather than tossing.

“Figure-8 Passing/Overhand”



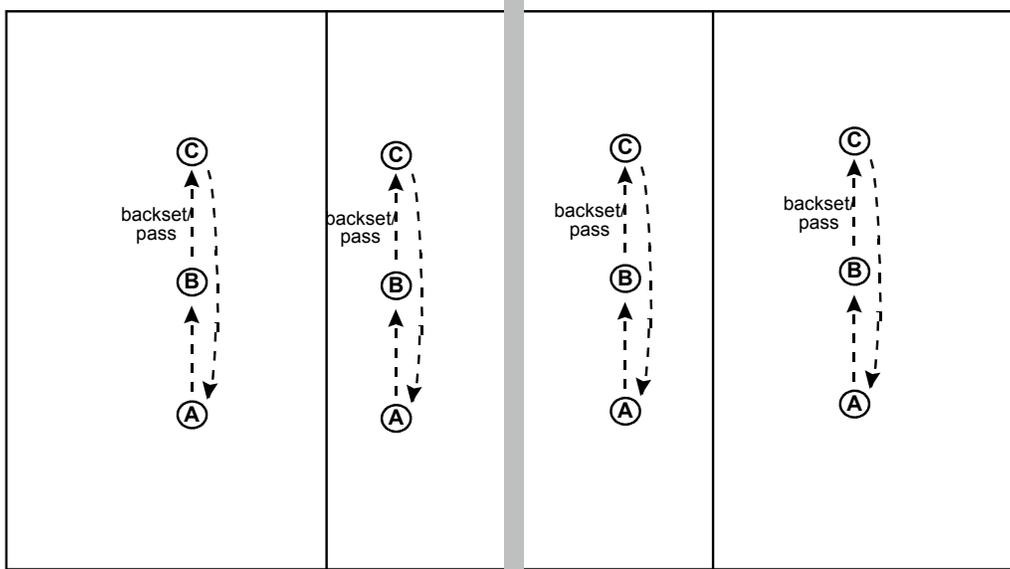
Divide your team into two single-file lines facing one another. Start with forearm passing and have the first player in one line pass to the first player in the other line. After passing the ball, the player runs to the RIGHT and to the end of the line they just passed to. Set a goal of 10 consecutive passes without a miss, if they miss, they start over counting. When they have reached 10 consecutive passes, have them repeat the drill this time with overhand passes. Once your team is able to do this successfully, have them progress to passes/overhands over the net with the lines on each side of the net - and as they continue to improve, increase the number of consecutive contacts they should get!

ballhandling drills



“Crosscourt Passing/Setting”

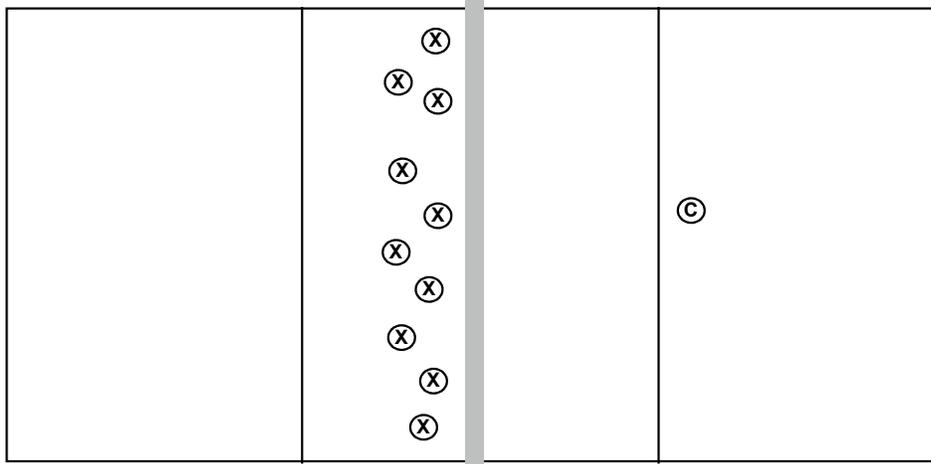
Divide your team into four groups and have them line up on one side of the net as shown in the diagram. Start the ball with group A, the first player will set the ball diagonally across the court to group B and will follow her set to the end of line with group B. The first player in B sets the ball to her right to group C and follows her set to the end of that line. The first player in C sets the ball diagonally across the court to group D and follows her set to the end of that line. And the first player in group D sets the ball to her left to group A (completing the rotation) and she follows her set to the end of that line. Each player needs to rotate around so that they set from the A-line 5 times before the drill is over, or just rotate through this drill for a certain period of time. This can also be done with forearm passes.



“3 Person Passing/Setting”

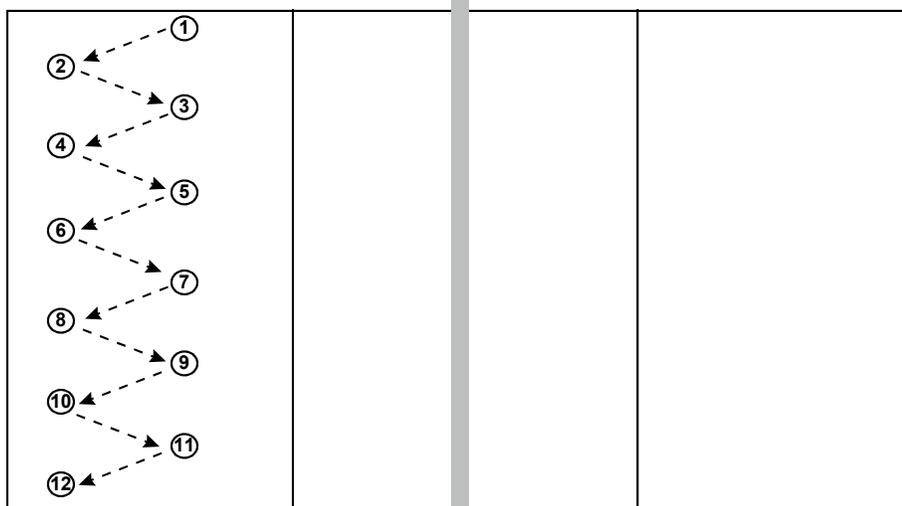
Divide your team into groups of three and have them line up in a single file line about 10-feet apart from one another with player A facing player B, player B with her back to player C and player C facing player A. Start the ball with A, she sets/passes to B who backsets/passes to C. Player C then sets/passes over B’s head back to player A. Have the “B” player contact 10 balls and then have the players switch and repeat until all three players have taken a turn in the middle.

ballhandling drills



“At the Net” GREAT DRILL TO END PRACTICE WITH!

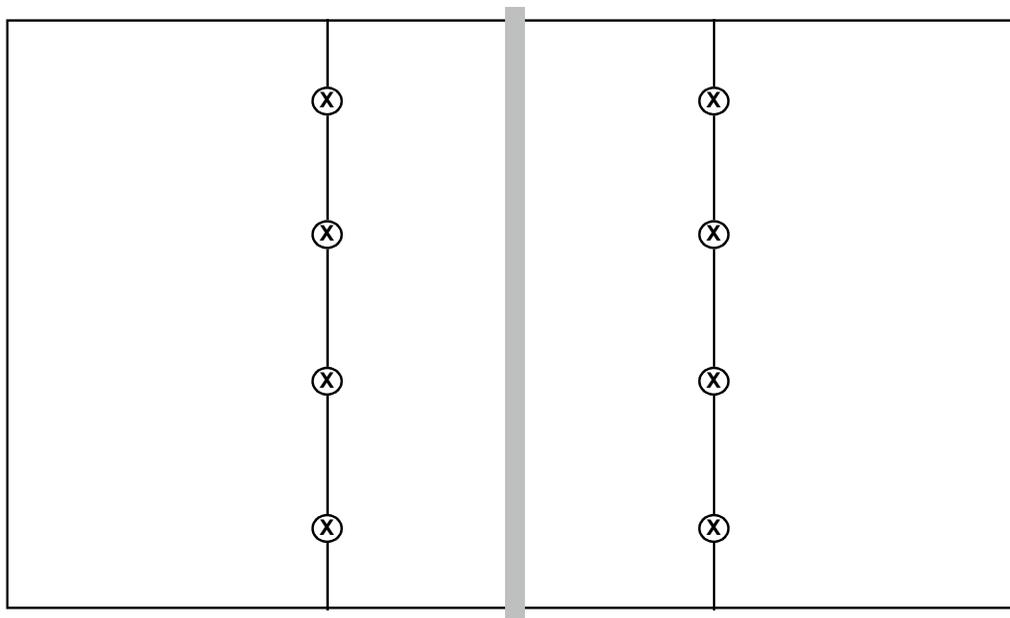
Have all your players spread out along the net facing the net. When you slap the ball, the players all back off the net and into random locations on the court. You toss (or serve) the ball over and they play it out according to the instructions below. The constant rule is that once a player plays the ball, then she has to move off the court and is finished with her part in the drill. The object is for all players to play the ball according to the instructions. We usually use the following progression: 1st time - all players must pass the ball and the last player must pass it over the net. 2nd time - 1st player passes, all other players set, last player downballs over net. 3rd time - 1st player passes, 2nd player sets, 3rd player passes, 4th player sets, and so on with the last player downballing over net. If your team is pretty sharp, you may want to really mix it up and do some combination like: 1st two players pass; 2nd two players pass to self then set to a teammate; 3rd two players set to self then pass to teammate; 4th two players set; last player hits over net (whatever the instructions are on this one you'll have to make sure that the number coincides with the number of players you have). In this drill, the players will find that it really helps if they “talk” and shout out what the next skill should be.



“Zig Zag Passing/Setting” GREAT COMMUNICATION DRILL!

Have your players line up facing one another approximately 10-feet apart in kind of a “zig zag” formation as shown in the diagram. Players will pass the ball back and forth through the “zig zag” with player #1 passing to #2, #2 to #3 and so on. When the ball reaches player #12, she will reverse the direction and pass the ball BACK to player #11 and the ball will then travel back up the “zig zag”. Players must call out the name of the player they are passing TO before they pass the ball. This can be done using just passing or just setting or a combination of both. If your team becomes really controlled at this, add a second ball (I usually throw one in when the first ball is about 2/3 down the “zig zag”. This is a GREAT communication drill, especially with more than one ball.

serving drills



“Basic Practice”

Players begin on 10-ft. line, across the net from a partner. Start with a step-throw ball over net to partner. Each player throws 5 over net. Progress to an actual serve over net to partner. Once a player has successfully served 5 balls over net to partner, then she takes two giant steps backwards and repeats the drill from the new position (you can have them repeat the “step-throw” each time or not). Players should continue to progress backwards until they are serving from behind the endline.

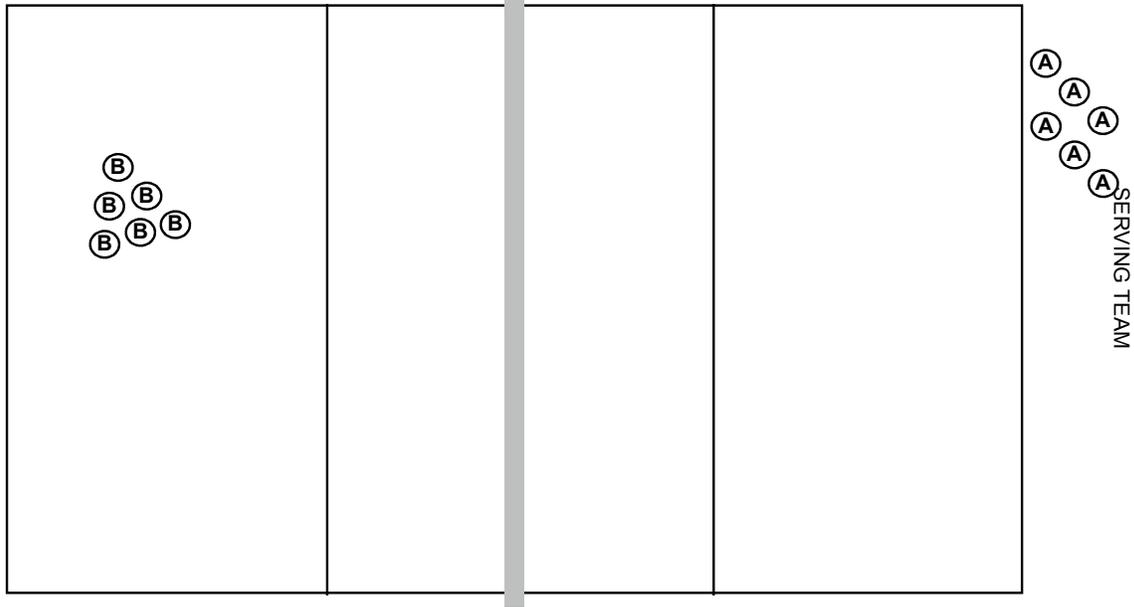
“Around the World”

Whether your players are tough servers who can hit zones or if they are just starting out, this is a "game" you can play to practice serving and zone serving. Split your team into two teams, one team on each endline - one player from each team will go across the net to the other side and SIT (cross-legged) in zone #1 (right back). Players who are on the endline will now try to serve to their teammate who is across the net in zone #1, if the player in zone #1 can touch a legally served ball (on the fly, just by reaching - not moving her/his body from that position), then she/he shags the ball and joins her team on the endline to continue serving. The player who *served* the ball that was touched, now runs over to the other side of the net and sits down in zone #2 (right front). This drill continues until the team serving on the endline has hit a player in each of the six zones.

VARIATIONS:

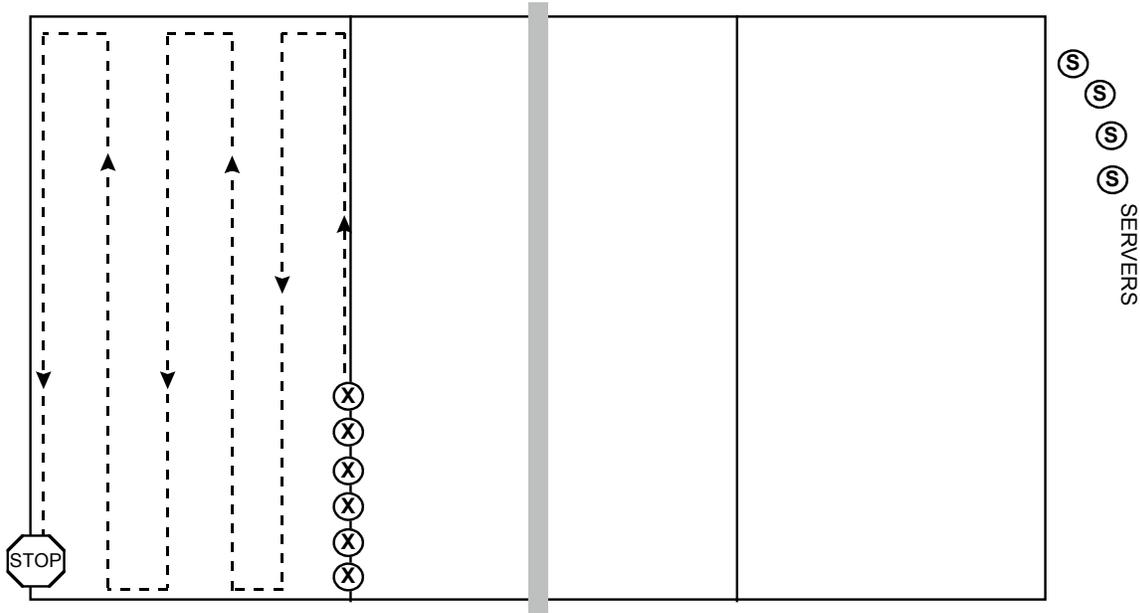
- 1) Have teams go "around the world" 2x to end the drill
- 2) Require that players have to CATCH the ball in order to move to the next zone
- 3) For new servers, have your servers move in from the endline (so that they have more success) and have them just go across the front court three zones: 2, 3, 4 (repeat a 2nd time to make it a full 6 zones) - we did this at our BEGINNER camp and it worked great!
- 4) For a really strong serving team, add a penalty that the seated player has to BACK-UP one zone if a serve is MISSED!

serving drills



“Target Practice”

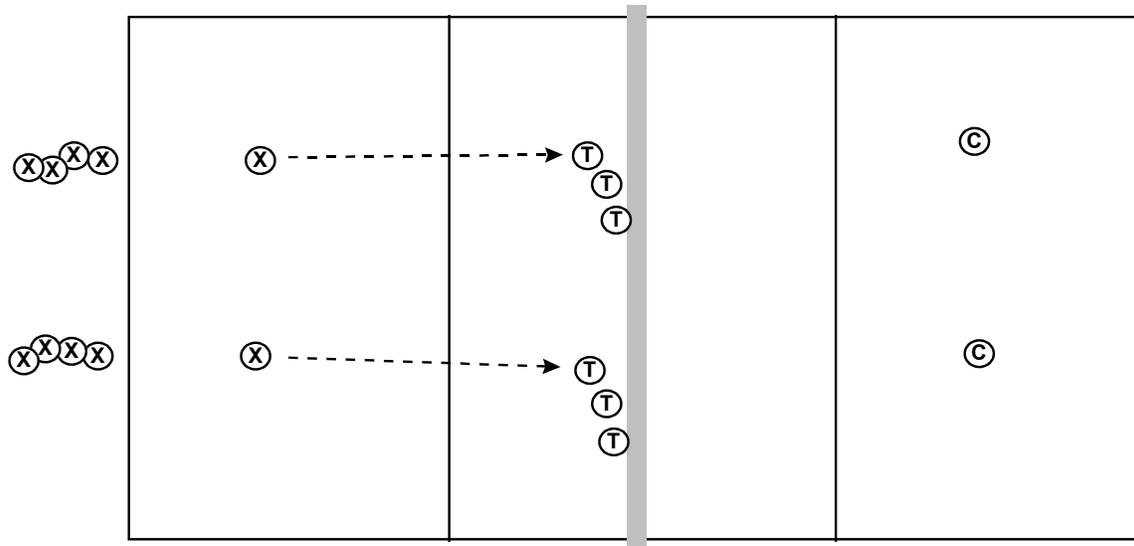
Split your team into two groups (A and B). One team serves to the other team who is sitting in a group at any spot on the court. Points are scored as follows: 1 point for ANY good serve (serve that is in the court), 5 points for “hitting” a player from the opposing team (players may not move to avoid being hit). Designate how many service attempts each team will have before switching the serving team. For more advanced teams, subtract a point for any missed serves.



“PacMan”

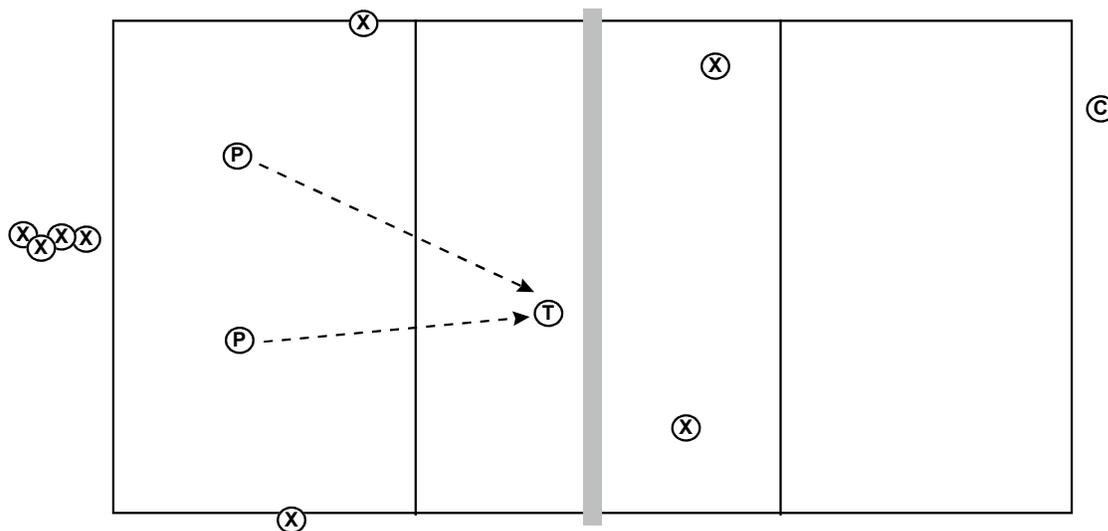
Several players (3-4) take turns serving. Their goal is to “hit” the six players on the other side of the net (X’s). The “X” players are standing shoulder to shoulder with their backs to the net and they are moving slowly along the path of the dotted lines. If an “X” player is hit by a server, she is out and the other “X’s” move closer together to fill the gap. The servers want to be able to eliminate all six of the “X’s” before they reach the stop sign, if they don’t you can add a “motivation” such as running a lap or a suicide.

serve receive drills



“Pass, Target, Shag”

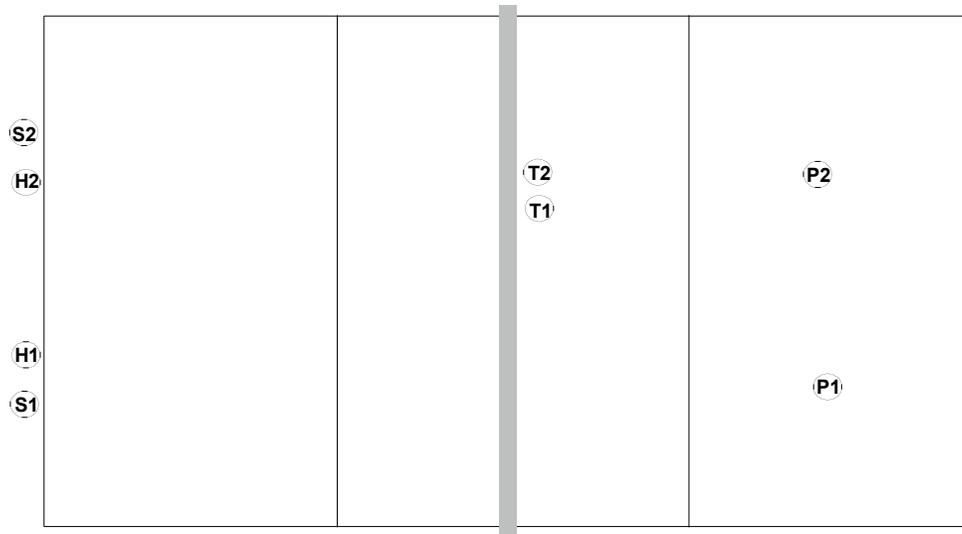
Players are in passing lines coming out of right and left back (Xs) and there should also be several players in the setting target position at the net (Ts), one target for each passing line. Coaches (C) serve/baseball throw to their respective passing line and those passers attempt to pass to their respective target. Players rotate thru after each attempt to play the ball. Passers become targets, targets shag the ball and give to coach and then fill in the end of the passing line, next player in the passing line becomes the new passer (rotating thru should be done quickly). Go thru a few times without counting and then see which line can get 10 good passes first.



“Leader of the Pack”

Two players begin as passers (P) in right and left back (if you use a three-man serve receive, do this drill with three passers) and one is at the setting target (T), the remaining players are waiting to begin the drill (Xs) and are also shagging balls. Coach (or you can use your own players) serves the ball to the serve receive side and passers attempt to pass to target. Passers get a point for every target pass (balls that the target can catch with one giant step). If the passer makes a TOTALLY unplayable pass (one that would result in an immediate point for the serving team), she/he is out of the drill and a new player rotates into that passing spot. If she/he makes a playable pass, but it is NOT to target, she/he stays in the drill, but does not receive a point. Players keep a “running total” of their points even though they may rotate out of the drill due to an errant pass. The first player to tally five points (or whatever goal you set), becomes the “leader of the pack”. NOTE: for younger players, you may want to award points for ANY playable pass, not just target passes, but still have players rotate out of the drill if they make an unplayable pass.

serve receive drills

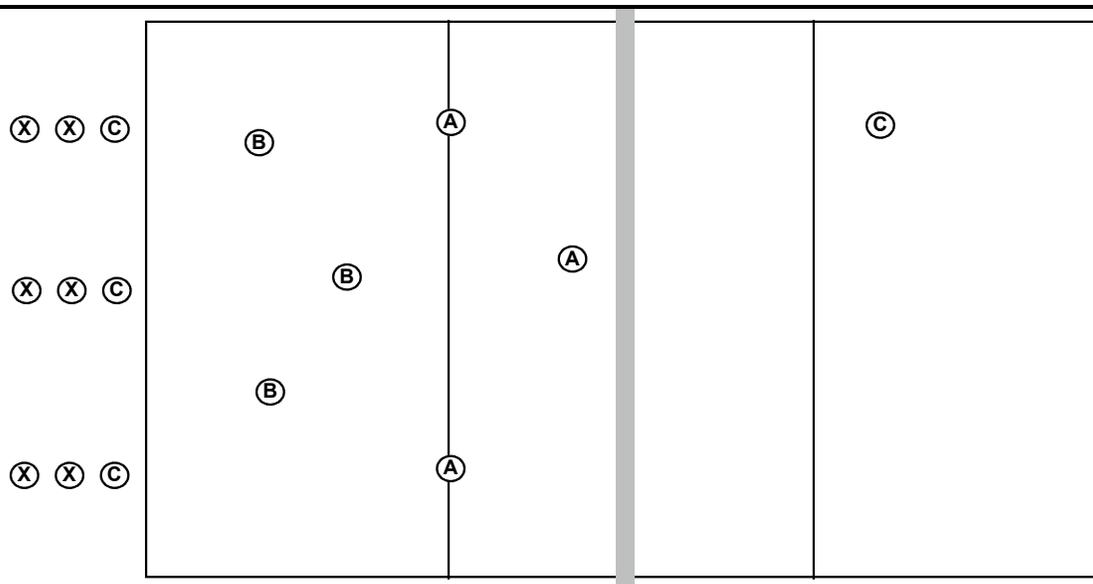


“2-Minute Drill”

Split your team in two groups. Each group will have a server (S1 & S2) and a hander (H1 & H2) - servers will be serving to their own passers (P1 & P2). So, S1 will serve to P1 and S2 will serve to P2. Passers pass to the targets (T1 & T2) - targets should be where your setter would be. Servers serve to their passers for two minutes straight - targets shag the passes and roll the balls to the handers, who make sure their server always has a ball. When time is up, have players rotate in their group: server to passer, passer to target, target to hander and hander becomes the new server (they follow the ball in the drill!). Repeat the drill until each player has had a chance to serve.

VARIATIONS:

- 1) have multiple passers rotating in a line in RB and LB; when time is up just have a new player rotate over to serve
- 2) have targets COUNT the number of target passes and see which group can get the highest
- 3) for inexperienced SERVERS, have them move up into the court so that they can get the ball back to the passer(s)



“Wave Through Drill”

Have your players line up in three lines (if you normally have a three-player backrow on serve receive and a front row setter as shown in the diagram) or in two lines (if you use the “w” formation where there are two players in the back on serve receive and the setter is from the backrow). Coach serves/throws to the players in serve receive who will attempt to play the ball out with three hits. Coach serves to this “rotation” three times and then the players will “wave through” with the A line coming off the court, shagging balls and then getting in the end of the lines. The B line will become the front row (or A line) and the C’s will now come onto the court in the backrow (B’s). Set a goal of x-number of good plays from serve receive back over the net to end the drill.

setting drills

“Solo Setter Warm-Ups”

Have your setters (or all players) follow this progression to warm up setting: 1) set 25 to the floor (bent at waist, setting down to the floor), 2) set 25 to the wall (stand close to wall, set “little” sets), 3) on knees, set 25 “little” sets to wall, 4) seated, set 25 “little” sets to wall, 5) laying on back, set 25 “little” sets to self

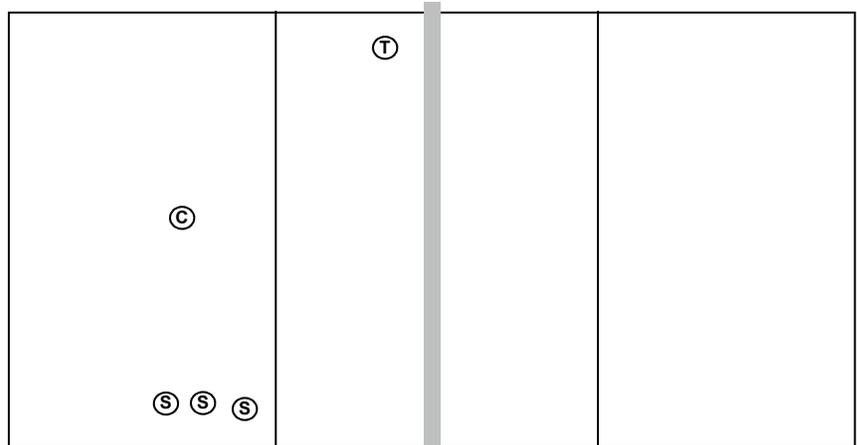
“Partner Setter Warm-Ups”

Have your setters (or all players if they are fairly new to the sport) follow this progression to warm up setting with a partner: 1) set 15 back & forth, standing 5 feet apart from partner; 2) set 15 back & forth, standing 10 feet apart from partner; 3) set 15 back & forth, standing 20 feet apart from partner; 4) from 10-ft to (same side) endline, set to self while walking to endline, turn and set ball all the way back to partner at 10 ft line (partner repeats) - do 4x each; 5) from 10-ft to (same side) endline, set to self while walking to endline, at endline BACKSET ball all the way back to partner at 10 ft line (partner repeats) - do 4x each

“Set to Target from Bounce”

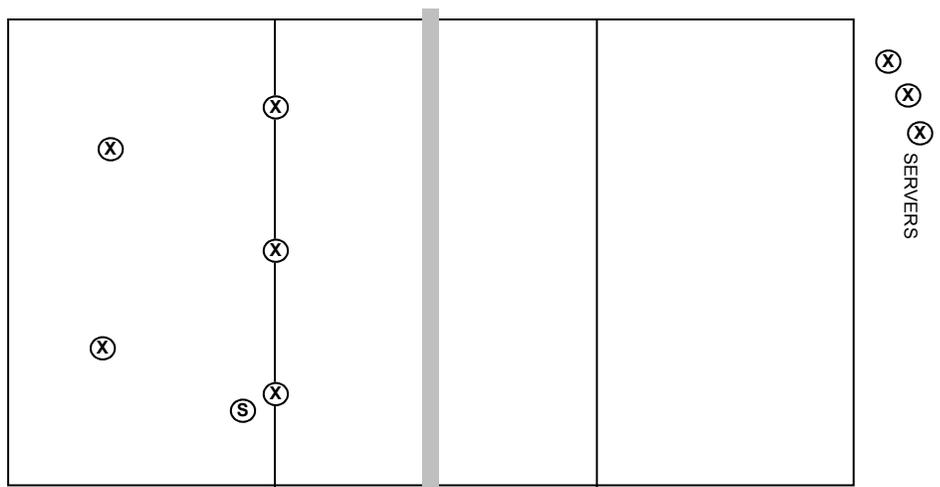
Have two to three setters in a line at their starting position (for a 6-2 offense, this would be right back and for a 4-2 offense this would be middle front).

When the coach slaps the ball the first setter in line runs to front row setting position. The coach bounces the ball and the setter sets out to target and then returns to the end of the line while the other setters perform the task. Target bounces/tosses ball back to coach. Have players go through x-number of times or set a goal of x-number of good sets. Then repeat the drill with the target in middle front and then right front for 6-2 offenses or just repeat with target in right front for 4-2 offenses, but have the setter backset to this target. Make the tosses as easy or difficult as necessary depending on players' skill level.



“From Serve Receive”

Position your team in their regular serve receive pattern (the “w” formation for a 6-2 offense is shown above). Players should be attempting to pass to the setting target area and the setter should set the ball to hitters as if in a match. Instead of tallying the number of good passes (as you would in a serve receive drill), tally the number of good sets and continue through the drill until the setter(s) have reached the goal you established. Rotate every five good serves with a new player rotating into left front as the left back player rotates out to serve.



hitting drills

“Hitting to Partner or Wall”

Players need a partner and ball. Facing each other on the 10-ft. line and the endline, partners will take turns tossing (with 2 hands, underhand) a HIGH toss to self and hitting the ball (with hitting armswing) to the floor and to partner - partner shags and repeats. The armswing on these hits should be large and "sweeping" - power should be added as control is gained.

VARIATIONS:

- 1) Have one partner be the "hitter" (hitting as described above) and the other the "digger." Hitter will hit the ball to the digger who attempts to dig it. When doing hit/digs, have players take a certain number of swings *OR* have diggers get a certain number of digs before the partners switch tasks.
- 2) Using the hit/dig variation, have the hitting partner hit 5 straight away, 5 with the digger shuffling to the right and 5 with the digger shuffling to the left.
- 3) Give each player a ball and have them do the high toss and hit to the WALL - the ball should hit the floor approximately 10 feet from the wall, bounce into the wall and then back to the player.

“Tennis Ball Hits”

Each player has a tennis ball. Line your players up in three hitting lines on one side of the net and have them work on their footwork and approach to the net and then throw the tennis ball over the net and down to the floor on the opposite side. This helps to teach hitters to extend their arm when hitting the ball. Make sure your players are careful that tennis balls do NOT roll back under the feet of the hitters.

“Flamingo Hitting Warm-Up”

Coach tosses “sets” to hitters in a hitting line. Place two or three hitting lines w/coaches on one side of the net (coach doesn't need to toss from the actual "setting zone"). Players should start IN FRONT of the 10-foot line for this warm-up. Have player start in a "flamingo" stance (standing on one foot with the other foot off the ground and arms back - as if ready to do a 1-footed broadjump). Coach tosses ball about five feet higher than the net so that the hitter can "flamingo" jump and hit. As players get the "hang" of the "flamingo" have them move back to the 10-foot line and use their full (3 or 4-step) approach - coaches will have to toss a higher "set" for these.

“Hit, Transition, Hit”

Coach tosses “sets” from the "setting zone" to one player at a time. Player starts at 10-foot line, does an approach and hits the toss, then transitions QUICKLY back to the 10-foot line and repeats. Coach tosses 5 balls in pretty rapid succession. When player is on 4th hit, coach yells, “next up” so that the next player is ready to go. Players can go from any one of the three front row positions to do this drill (if you are specialized and have a middle hitter, have her/him do this from the middle).

“Hitting Lines”

Hitters are in single file lines on the 10-foot line at each front row hitting position (on one side of the net) with a setter in the setting position at the net. (If you use a front-row setter, then have just two hitting lines). Coach tosses to setter, setter sets to hitter in one of the lines. Hitters hit, shag, hand and return to hitting line. If you have two or three setters, have them set a certain number and then switch or have them set for time & switch.

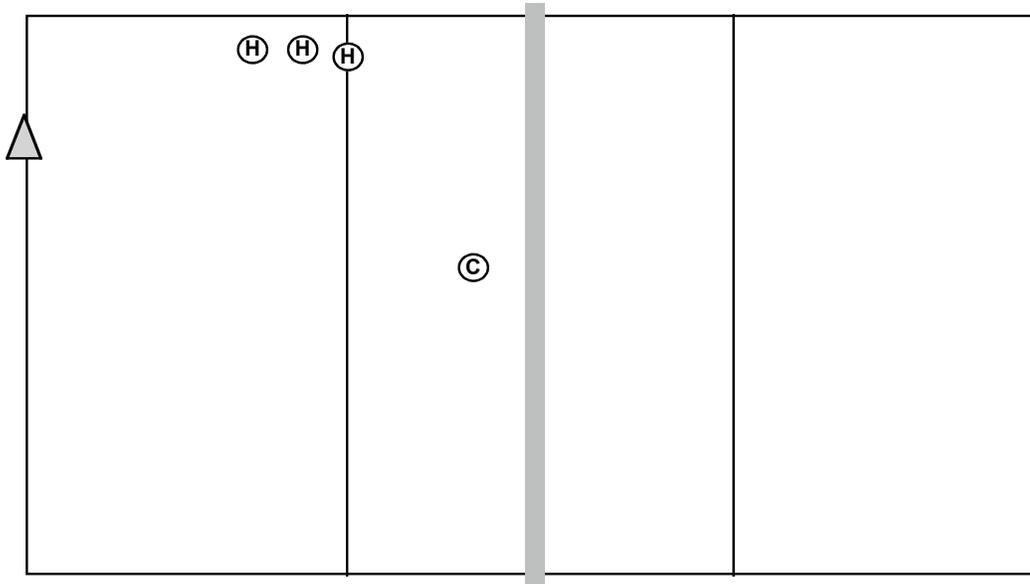
VARIATIONS:

- 1) Add BLOCKERS on the other side of the net if you have a lot of players on your court and you want to keep everyone active - have the blockers jump 10 times then switch with one of the hitters.
- 2) Divide your team into three groups: hitters, blockers, shaggers - have the hitting group hit 5x as many balls as the number of hitters in their group, i.e. a group of three hitters will hit 15 balls (or have each group hit for time, say 2 minutes); and then have hitters become blockers, blockers become shaggers and shaggers become hitters. Make sure to change setters.

“Fatigue Shots”

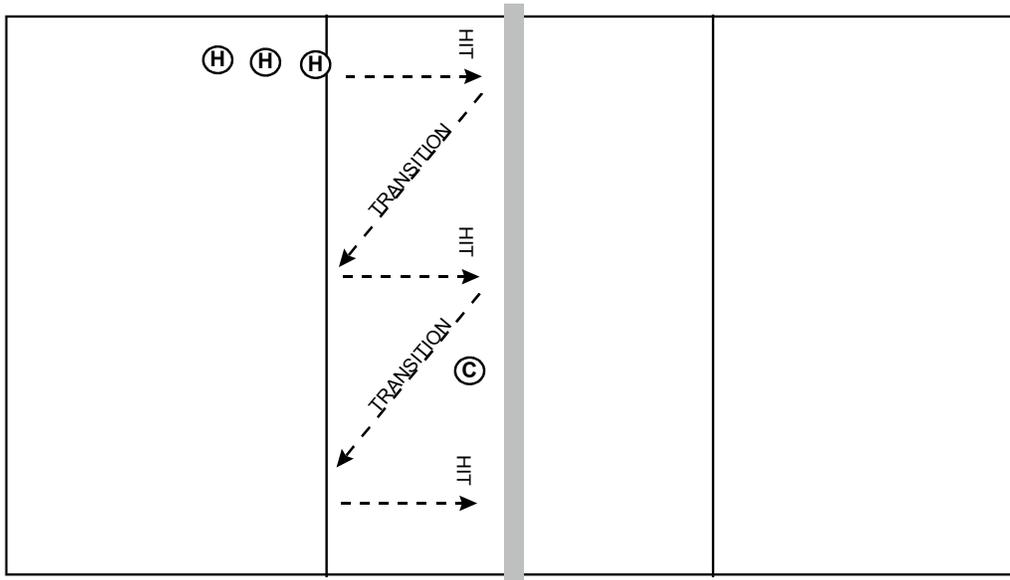
One player starts in left front and receives a high, outside set (or toss) and attempts to successfully hit into the opponent court. Hitter transitions to the 10-foot, ready for the next “set”. If 1st hit attempt is good, the next hit attempt should be a "tip" into opponent's court. If the "tip" is good, she goes back to the hit and so on. If a hit or "tip" is not successful, the player continues with that TYPE of shot until it's good before moving to the other type. Player needs three good hits and three good tips to retire from the drill (or whatever goal is appropriate for your level. OPTION: player hits a good line shot, a good deep corner shot, a middle off-speed, a sharp crosscourt, and a line tip (player cannot move to next type until successfully hitting first shot).

hitting drills



“Around the Cone”

Place three hitters (H’s) in a single-file line on the 10-foot line. Coach tosses a “set” to the hitters in line who approach and hit the ball and then sprint back around the cone placed on the endline behind the hitters. The group of hitters must complete 10 good hits to get out of the drill.



“Hitting Machine”

Place 3-5 hitters on the 10-ft. line in left front. The first player in line will receive a tossed “set” in the left front position from the coach. The hitter will approach and hit the ball and then transition to middle front for another “set” from the coach. The hitter will approach and hit the ball and then transition to right front for a third “set” from the coach which the hitter will approach and hit. Then the next player in line repeats the drill. Have each player in this group go through the drill a total of 3 times. You can also do this drill with only one player and have the player consecutively go through the drill two or three times for conditioning as well as hitting.

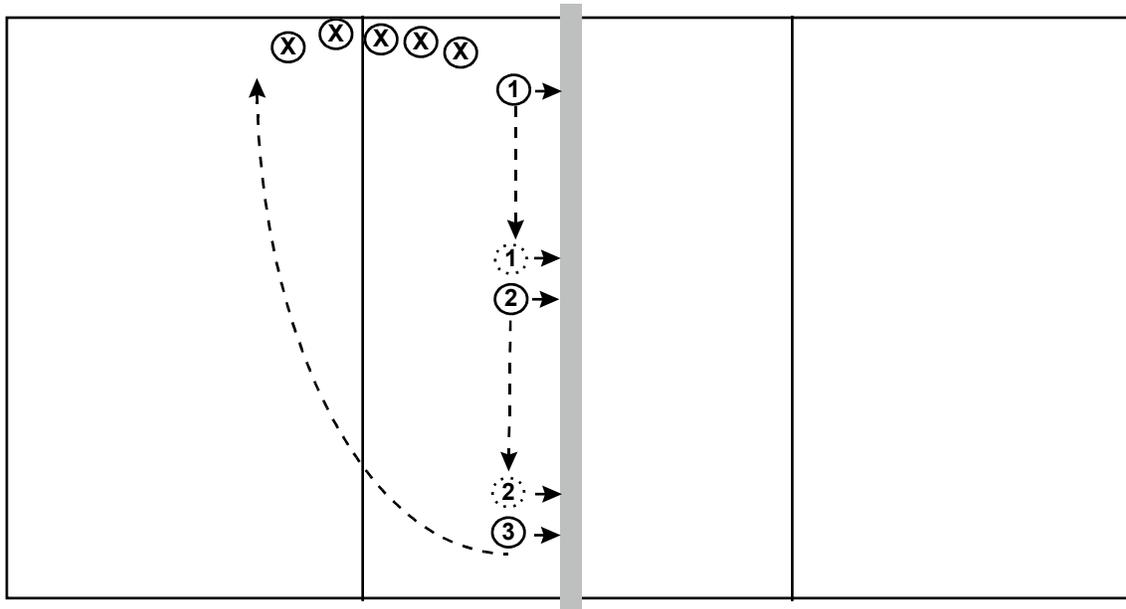
blocking drills

“Blocking Footwork”

Players start in a single-file line in left front. The first player in line moves up to a blocking position on the net and jumps to block. She then uses her blocking footwork to move to middle front and does another blocking jump there. She then uses her blocking footwork to move to right front and does a third blocking jump there and then falls in at the end of the line. Once the first player reaches the middle front position, the next player in line may begin her turn. Make sure you have players do this going from left front across to right front and then also from right front going across to left front (you may even want to have them go left, center, right on the one side and then duck under the net and go right, center, left along the other side of the net before returning to the end of the line).

VARIATIONS:

1) When doing this on only one side of the net, you can have coaches (or other players) stand on chairs opposite each blocking position and hold a ball up near the top of the net. Have blockers try to touch or push the ball back against the “holders”.



“Doubleblocking the Middle”

Kind of a build on the “Blocking Footwork” drill, but this includes footwork and partner blocking. Have a player start in each of the three hitting/blocking positions along the net (1, 2 & 3 in diagram above). Player 1 jumps to block in the left front position and then uses blocking footwork to move to middle front where she will double block with Player 2. Player 2 then uses blocking footwork to move to right front where she'll double block with Player 3. Player 3 then “peels off” and gets in at the end of the line (Xs). The next player in line (after Player 1) should start the process again and jump for the block in left front when Player 1 and Player 2 are double-blocking in the middle.

“Coast to Coast Blocking”

This blocking drill is done against hitting lines (see the “Hitting Lines” drill previously listed). Place one blocker in middle front across the net from the hitting lines. This blocker will block against ALL three hitting positions, always returning to the middle front position before transitioning to go up against whichever hitter is set. Have the blocker count a total of 10 jumps and then have a new blocker come in. All players are involved in this drill: one is blocking, one is setting, the rest are in hitting lines (have a manager or coach toss balls to the setter). Hitters should shag their ball and return it to the tosser. When blockers have finished their turn, they should fill in the hitting lines.

defense drills

“10 Touch Drill”

One player starts out in middle back position and coach is positioned in middle front. Coach is going to randomly toss or hit balls and player needs to touch 10 of them to get out of the drill. This should be a VERY fast-paced drill and is designed to teach the player to move quickly and to GET THE BALL (using floor techniques to recover if necessary). In this drill, court boundaries should not be observed, players should play everything. Touches do not have to be playable, the ball just has to be touched. Really challenge your players on this one.

“Circle Pit Drill”

All players form a circle on one side of the court. Each player on the perimeter of the circle has a ball. One player is the digger, in the center of the circle (make the circle large enough that the digger is 10 feet from the players on the perimeter). Each player with a ball will hit the ball to the digger who will attempt to dig the ball back to that player. After each hit, the digger turns slightly to face the next player on the perimeter who will be the next one to hit the ball. This continues until the digger has taken a hit from each player around the circle. You may want to have them go around twice before the next player takes a turn in the middle. NOTE: coach your players to hit the ball TO the player in the middle, not to see how hard they can hit it. It should be a fairly hard, but controlled hit.

“Two-Touch Drill”

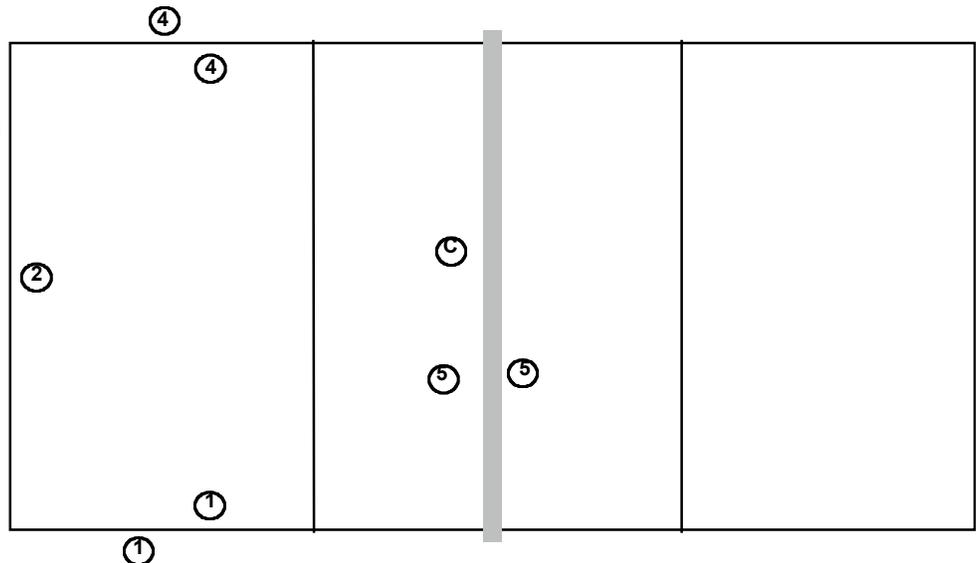
Have two players positioned in the backcourt, splitting the court in two. Coach is at the net with a cart of balls and a hander. The coach hits (or tosses) to one of the players in the backcourt. That player plays the ball to her partner and the partner plays the ball back to the coach. If the play back to the coach is good, it is counted as “1” and the coach simply plays the ball back to one of the two players. Set a goal of five or 10 balls that are successfully played back to the coach after a “touch” by each of the two players in the backcourt. This can be as easy or as difficult as necessary (you may even want to modify it depending on the skills of the different players on your team).

“Hitters vs Diggers”

Split your team into two groups: hitters & diggers. Hitters each have a ball and are lined up along a volleyball sideline, shoulder-to-shoulder, about 7 feet apart from one another. Diggers are lined up, each across from a hitter, approximately 15-20 feet away from the hitter. Each hitter is going to toss to self and hit a ball to the digger across from her/him, the digger will dig and then shuffle to the right to face the next hitter (the last digger in line will need to jog around to the first hitter). Have diggers go thru the hitting line 4x and then switch hitters & diggers.

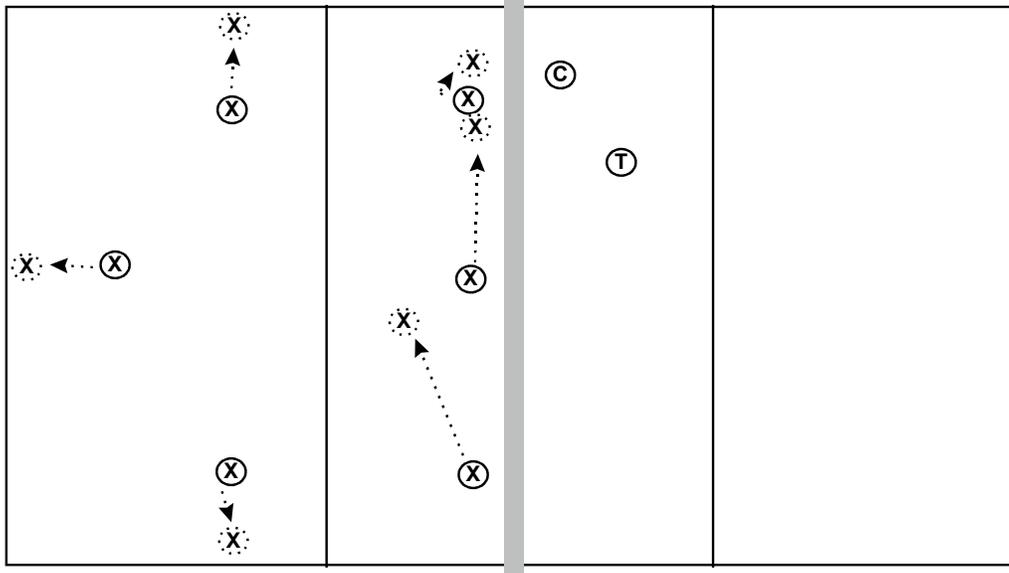
“Pinball”

Have your players get with partners in the following positions: right back (1s), middle back (2s), out (3s), left back (4s) and setter (5s). In each pair of partners, one player is ON the court and the other is off. Start the drill with a toss to the "on" setter who will set a ball to the coach (C). The coach will then hit/tip a ball to one of the three defenders on the court (1, 2 or 4). The defender needs to dig the ball to the setter so she/he can set back to the coach. Each successful hit, dig, set counts as "1". The group needs a total of "5" and then partners should "flip-flop" their on and off-court positions. The new players now need another total of "5" and then each set of partners rotates to the position to their left (1 follows 2, 2 follows 3, and so on). Repeat the drill until each pair has played each position. Make the number needed appropriate for your level of play. In this drill try to get your players to start in "base" as the setter gets the ball and then move out to "defense" before the coach hits.



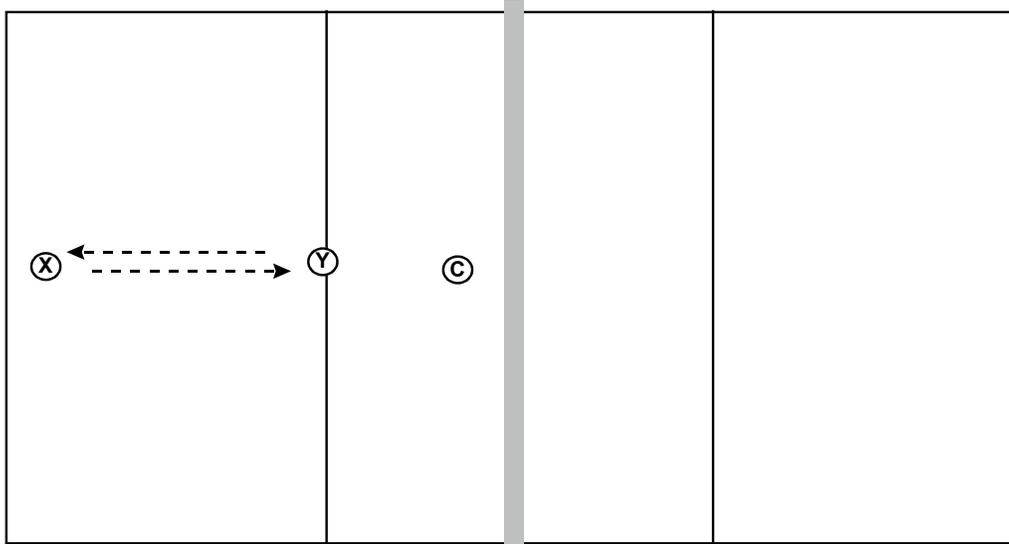
Repeat the drill until each pair has played each position. Make the number needed appropriate for your level of play. In this drill try to get your players to start in "base" as the setter gets the ball and then move out to "defense" before the coach hits.

defense drills



“Coach’s Hit”

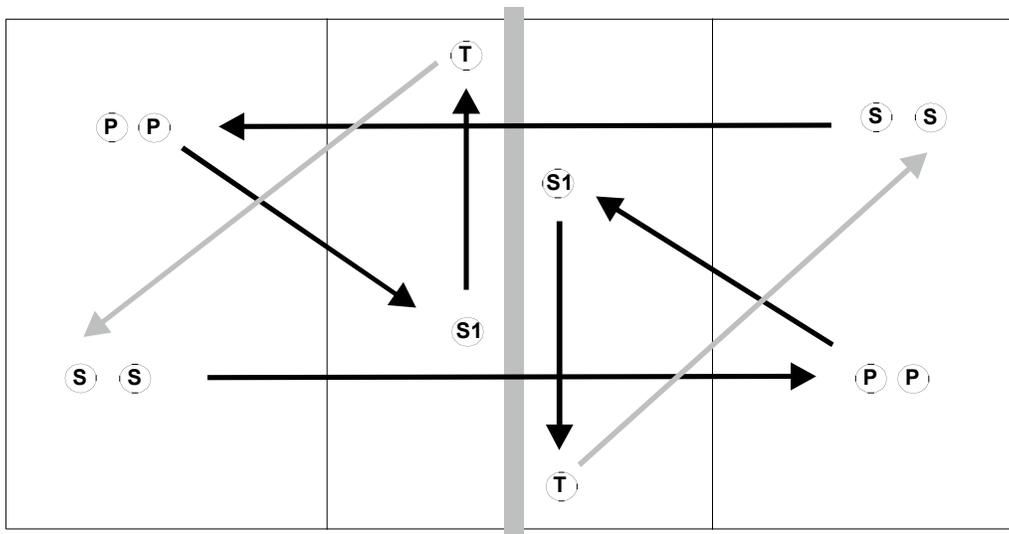
Set your team up in their base defensive alignment, indicated by solid circles (diagram shows alignment for “middle-back” defense). Coach (standing on a box or elevated platform) slaps the ball so that players can move from base to true defensive positions, indicated by “dotted” circles. Coach then hits/tips ball so that players can play out from defense. You can also have a player (T) occasionally yell, “free” and toss a ball over instead so that your defense transitions to their freeball positions. Have players play the ball all the way out. Hit five from each front row position (right front, middle front, left front) then have the defense rotate and repeat the drill.



“Hit-Tip Drill”

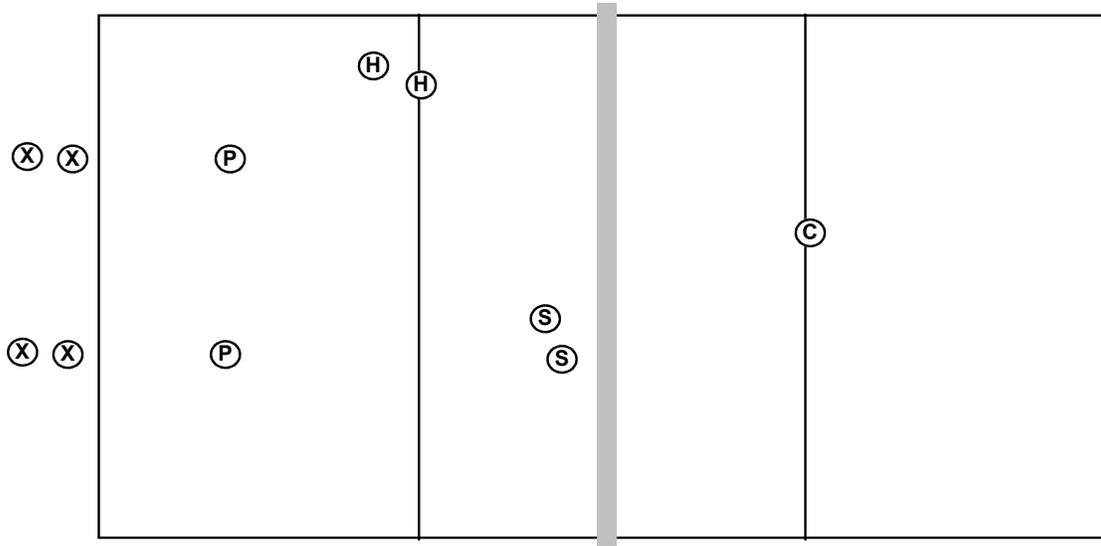
Player starts in position “X” and receives a hit from the coach. Player attempts to dig the ball back to the coach and then shuffles up to position “Y” and receives a tip from the coach. Player attempts to pass ball back to coach. Have player stay in the drill for 10 “hit-tips”. For beginner players, the coach can use tosses instead of hits to teach the player quick footwork to ball. If you have a box or elevated platform, the coach can stand on that on the opposite side of the net to hit and you can have a player or other coach “tip” from the floor. Instead of a total number, you could also do this for time - a minute or 30 seconds - and then get a new player on.

combination drills



"Butterfly Drill"

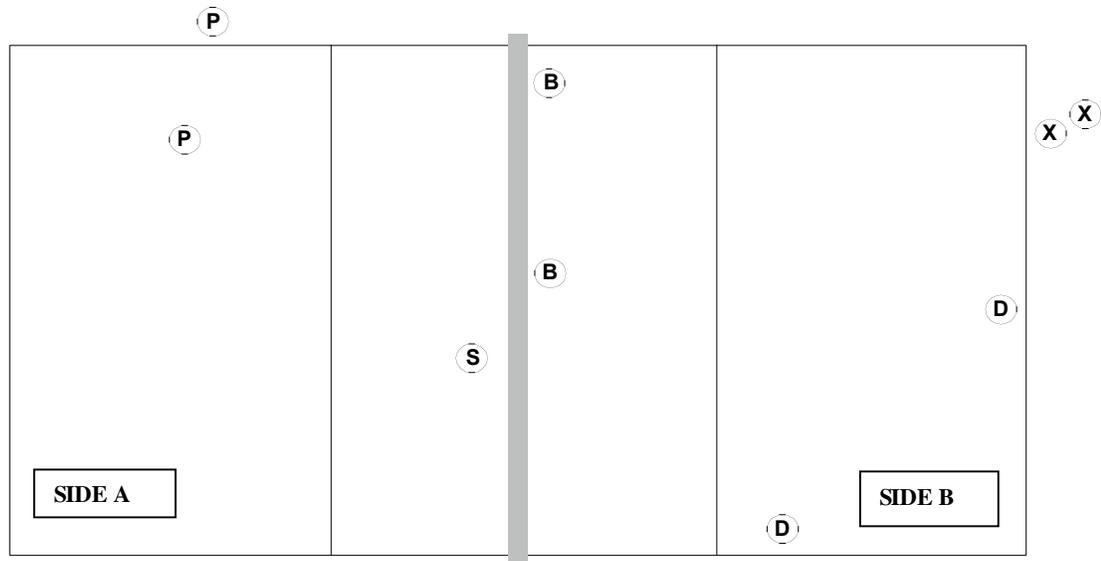
You will need two players in each of the following positions on BOTH sides of the net: in RIGHT BACK serving or tossing (S), in LEFT BACK passing (P), in the SETTER ZONE setting or target (S1) and if the setter is setting, you'll need a target in left front (T). The servers/tossers in right back (on both sides) serve/toss to the player across the net in LEFT BACK, the "server" then follows her ball and gets in line as a passer. NOTE: if your players cannot serve consistently to zone 5, have them baseball throw the ball instead. The LEFT BACK player passes the ball to the setter (or target) on her side of the net in the SETTER ZONE, the "passer" then follows her ball and gets in line as a setter on her side of the net. If you are using a "live" setter, the setter sets the ball out to the left front target who catches the ball and then goes to the serving line on her side of the court. The setter will follow her set to the target line in left front. If your players are beginners, you will want to eliminate the "setting" and just have passers pass to a TARGET in the setter zone (that target catches the ball and then becomes a server on her side). You can do this for time (we do 10 minutes of this drill for warm-up) or you can have players count each time a pass gets to the target and go until a certain number of target passes are achieved. This drill should just run continuously.



Pass, Set, Hit

Have 2 players start in the backrow as passers (P's), 2 players in left front as hitters (H's) and 2 players in setting position as setters (S's). Coach tosses (or serves) ball to passers who call the ball and pass to the setter, the passer who passed the ball then runs to the end of the setting line. The setter sets the ball out to the hitter and runs to the end of the hitting line. The hitter hits the ball, shags, hands to coach and then fills in one of the passing lines (X's). You can do this drill for time or you can designate a goal of x-number of good passes or x-number of successful hits.

combination drills

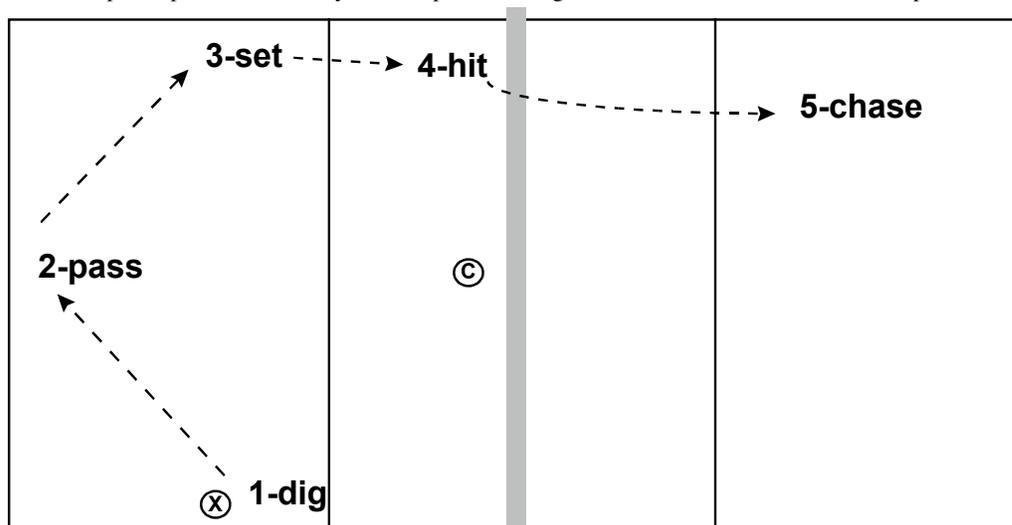


"Pass and Go" - combination drill

Have your team get into partners in the following positions: passer/hitter (P) in left back on SIDE A; ONE setter (S) on SIDE A; servers (X) on SIDE B; blockers (B) on SIDE B; and defenders (D) on SIDE B. Servers will serve to the passer in zone 5 (left back, side A). The passer will pass to the setter (S) and will then transition to LEFT FRONT to get ready to hit. The setter will set the pass out to the passer/hitter in left front and that hitter will attack the ball. The passer/hitter's partner will then step into left back to receive the next serve, pass and transition to hit. The defending players on SIDE B will attempt to block or dig the hit - just play the first ball, do not play all the way out. Servers will serve a total of 10 GOOD to zone 5 and then all partners will rotate: passers become defenders, defenders become servers, servers become blockers, blockers become passers. If you have more than one setter, make sure you switch setters! Rotate until each pair has had a chance to pass/hit. You can also do this drill with the passer in right back, transitioning to hit a ball from right front. You can also have the servers TOSS instead of serve.

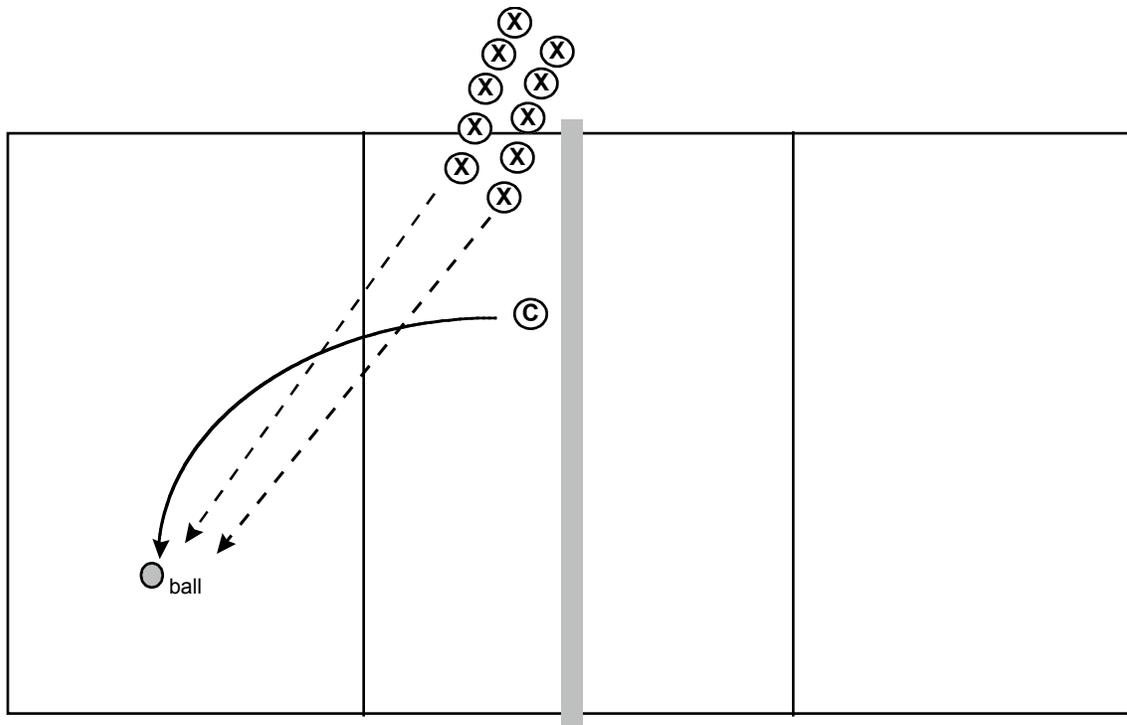
Play & Chase

Player (X) starts in right back and receives a hit from the coach (1) which she attempts to dig back to the coach. Player sprints to 2, gets a toss from the coach and attempts to pass it back. Player then sprints to 3, gets a toss from the coach and attempts to SET it back. Player then takes



an approach and hits a tossed "set" from the coach (4). Player ducks under the net and sprints into the opposite court to pass a ball that the coach has bounced into that court (5). Next player should be ready to go in the right back position. Have your players complete the cycle two or three times.

game situation drills



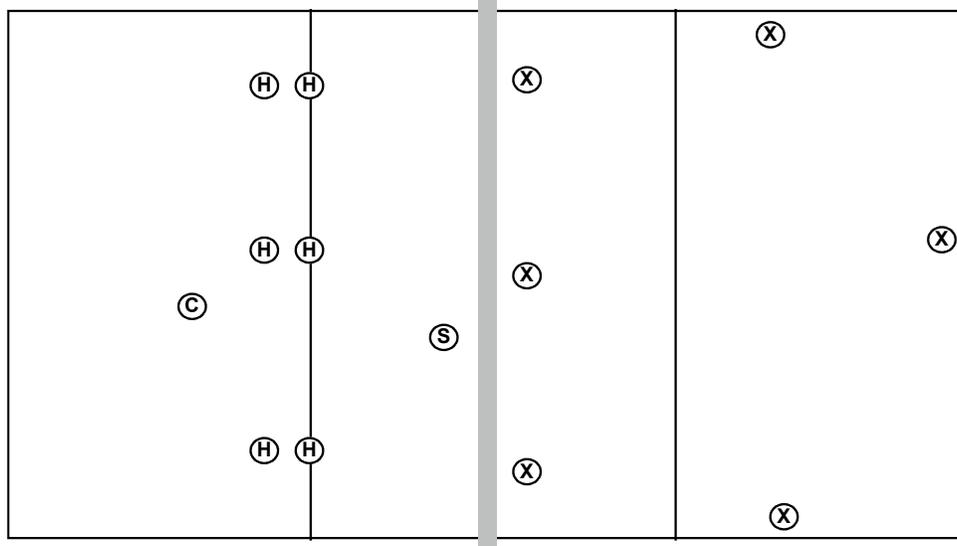
“Chase the Ball”

Players (Xs) line up in two single file lines, side by side one another in left front near the net. Coach (C) slaps the ball or says “go” and the first player in each line run out into the court as the coach tosses a high ball deep into the court. The 1st player who reaches the ball passes it up so that the 2nd player can pass the ball either back to the coach or over the net. Set a goal of x-number of successful passes back to the coach or over the net. We do this over the net and usually try to have the contact be a downball rather than a pass over. It’s a great drill for working on chasing after an errant first pass and it also works on communication between players.

“Serving Side vs Playing Side”

Line players up on one side as you would in a game. The other side is just serving. Each server serves five (attempts) in a row. The playing side plays the ball out. Depending on your skill level, you can have the playing side simply pass, pass, pass it over; OR pass, set, pass it over; OR pass, set, hit it over. The playing side earns a point each time they successfully play the ball over (which ever method you are using, i.e. “pass, pass, pass”). The playing side rotates with each new server. If you have 12 players, you can have the playing side rotate amongst themselves and after all six players have served on the serving side, have the teams switch roles (playing side becomes servers and servers become playing side), keep score and see which “playing side” can earn the most points. OR, if you have more or less than 12 players, you can just rotate servers into the playing side (have the left back player rotate out of the drill and over to the serving side and have a new player rotate into left front), and set a team goal of 15 or 20 points, or even 10 points of “pass, pass, pass”, 10 points of “pass, set, pass” and 10 points of “pass, set, hit”.

game situation drills

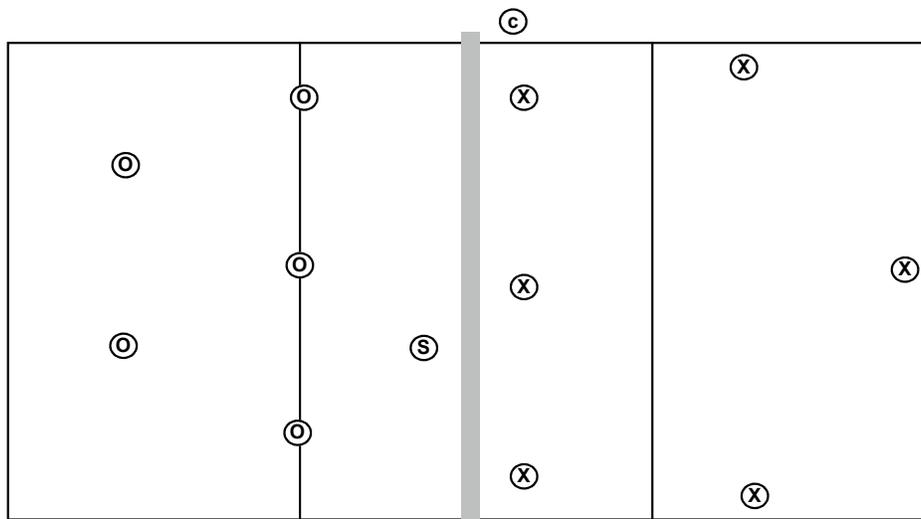


“Hitting Lines vs Defense”

Place six players in defensive formation (X's) on one side of the court (this diagram shows a “middle back” defense). The remaining players and a setter (S) should line up in hitting lines (H's) on the other side. Coach (C) tosses the ball to the setter on the hitting side, setter sets to one of the hitters in a hitting line (her choice, random selection). The defensive side plays defense against the hit and tries to play the ball all the way out, back over the net (this may be pass/set/hit or just pass/pass/pass). Rotate the defensive players every five tosses to the setter. Toss 25 balls for the setter to set the hitters and then switch the hitting team and the defending team. You can also do this with all the hitters hitting just from one position to focus on defending that particular player.

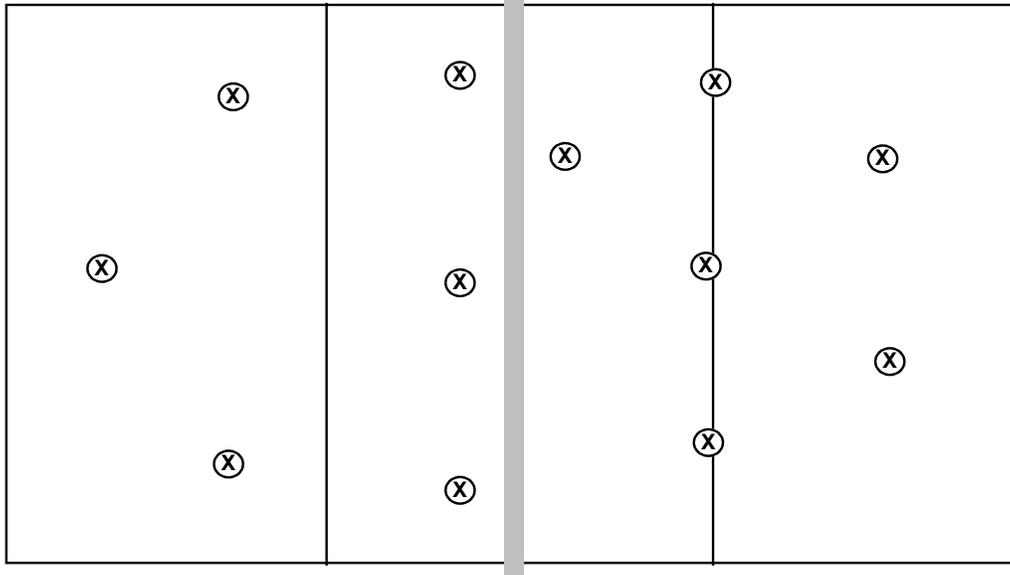
“Simulated Play Drill”

Split your team into offense (O's) and defense (X's). Place them in the formations that you will be using (the diagram is showing a 6-2 offense



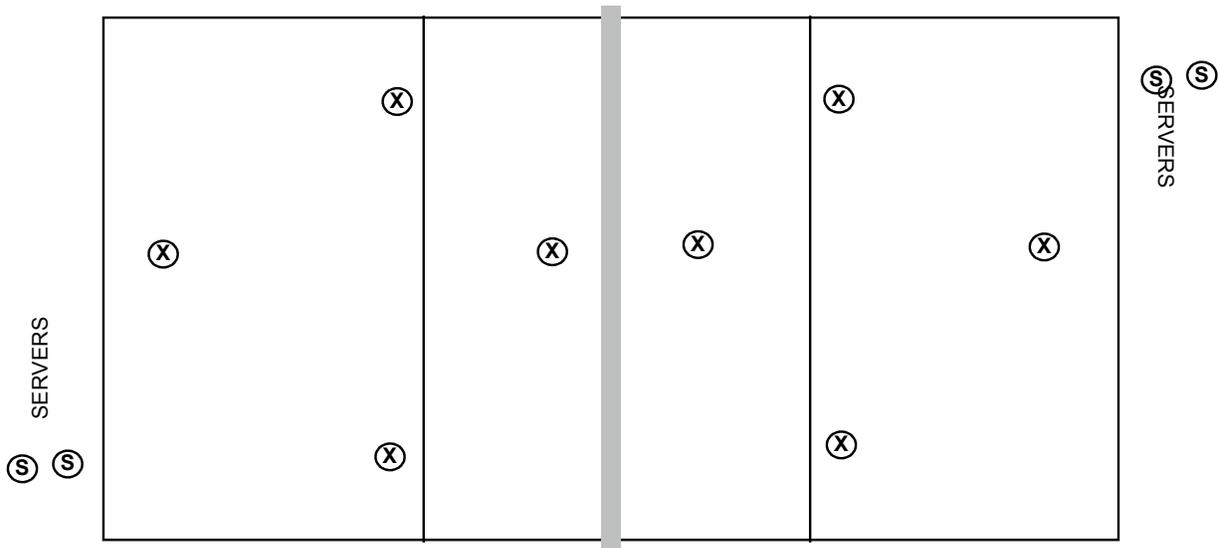
with the setter “S” coming from the backrow and a middle back defense on the defensive side). The coach (C) is off the court and will toss the ball onto the offensive side. Players do NOT play the ball, but catch it and then toss it to the next player (setter, hitter, whoever should be next). The rest of the players on the court (both offense and defense) adjust their positions according to where the ball has been tossed. Offensive players should be moving into offensive coverage positions and defensive players should move to defensive positions. Have the players actually toss the ball over the net to simulate an attack so that the defensive team now transitions to offense and the offensive teams transitions to defense. This drill is very slow-paced and is designed to teach positioning and coverage. You can then progress up to actually “playing” the ball out instead of tossing, but make sure that you intervene when positions are incorrect.

game situation drills



“Blanket Volleyball”

Hang several sheets over the net (hanging about 2-3 ft. below the bottom of the net) so that you cannot see across to the other side. Divide your team into two teams and scrimmage. This helps players work on reaction time and moving quickly to the ball. Also helps them to visually “pick up” the ball as soon as it crosses the net.



“The National Team Drill”

Place four players on the court on each side of the net. The remaining players will be servers on each side (have them split up equally). The goal of this drill is two-fold: 1) to pass/set/hit the ball over, and 2) to keep the ball in play AT ALL COST. Points are earned ONLY when a team successfully pass/set/hits the ball over (therefore a team can earn more than one point during a rally if the ball is kept in play). ALL points earned by a team will be lost (back to 0) if the ball becomes dead while in play by that team. For example, if the ball lands on the floor, is hit out of bounds or in the net, or a serve is missed; then the point total for that team will go to zero. The “catch” to this game is that ANYTHING GOES to keep the ball in play (a player can hit the ball twice, a team can take four or five hits to get the ball over, one of the servers off the court on your side can play the ball, you can play it off the back wall if a teammate shanks it there BECAUSE: as long as you keep it in play, you will not LOSE the points you have). Again, points are only earned by successful pass/set/hits. We usually play a game to three or five points. NOTE: if you are working with younger players, you may choose to award points instead for a successful “three hits and over”.