



The City of Southlake Coaches Guide to Developing Volleyball Skills



Introduction

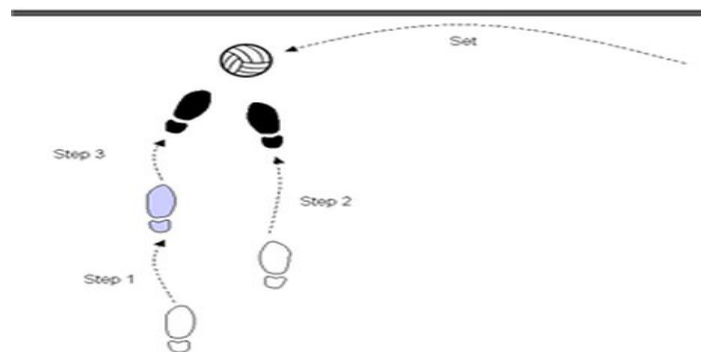
Welcome to the new coach volleyball guide where you can learn more about the sport of volleyball, effective drills, and rotations! The purpose of this guide is to educate new coaches and provide productive drills that will build volleyball and athletic skills. The mission of this guide is to promote the growth of youth volleyball and develop a successful foundation related to volleyball development.

What players should have/bring to practice

- Knee Pads
- Tennis Shoes
- Athletic attire (shorts/spandex and shirt)
- Volleyball
- Water
- Good attitude!

Volleyball Vocabulary

- **ACE:** A serve that is not passable and results in an immediate point.
- **APPROACH:** Fast stride towards the net using proper footwork by an attacker.
 - Right hand: Start with right foot forward left foot back, take a step with the left foot, followed by a quick right foot and small quick left footstep (See Diagram and video). [Volleyball: Attack Approach with Misty May-Treanor](#)
 - Left-handed: Start with left foot forward right foot back, all else is same





- **ATTACK:** the offensive action of hitting the ball [Arm Swing Video](#)

- To start the process of an attack, begin with the proper approach (See above). The player will jump, and start the attack.
- With both arms stretched up, bring your hitting hand back by bending your arm at the elbow. Your hand should be open and relaxed. This should create a bow shape with your arms.
- Your hitting arm swings over the top of the ball and makes contact with the ball high up on it.
- When you make contact with the ball, snap your wrist down to get the ball to move in a downward motion over the net.



- **10 FOOT LINE:** The marked line 10 feet from the net that separates the front row from the back row players

- **BLOCK:** A defensive play made by one or more players where a hit is deflected back to the hitters' court.

- **BUMP:** Common term for forearm passing [Volleyball Offense: How to Create a Strong Platform](#)

- Passing or bumping the ball is used with a platform. A strong platform includes arms extended with your right palm over your left palm and thumbs in front (See picture).
- Platforms should have locked elbows and angled in the direction the ball is supposed to go in.



- **DOWN BALL:** A ball hit while the attacker is not jumping

- **FREE BALL:** A ball that is returned by a pass, not a hit.

- **KILL:** An attack that is immediately resulting in a point



- **OVERHAND SERVE:** Serving the ball and striking it with the hand above the shoulder. [Overhand Serve Video](#)
 - Place your right foot slightly in front of your left foot. Make sure your feet are a decent distance apart (about 1 foot). Keep your knees slightly bent but make sure it's not uncomfortable.
 - Start your serve with the volleyball in your left hand. Place your right hand next to your right ear so they are almost touching. Your palm should be facing the ground. When tossing the ball, lightly toss it up and towards your right hand. Make sure your toss goes about as high as your arm when it is fully extended upward (this is where you are going to make contact with the ball).
 - Now toss and HIT the ball with power! Elbow should be back and once ready to hit, driven forward.

- **READY POSITION:** The flexed, yet comfortable, posture a player assumes before moving to contact the ball →



- **ROTATION:** The clockwise movement of players around the court and through the serving position following a side out.
- **SERVE:** Used to put the ball into play. It is the only skill controlled exclusively by one player.
- **SET:** The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court using an overhand motion. [Volleyball : How to Set a Volleyball](#)
 - First, make your hands in the shape of a triangle/diamond. Setters need to square their shoulders to the left side hitter position or face whoever they are setting to *before they contact the ball*.
 - As soon as the ball touches your fingers, straighten your arms and legs as





you push the ball upward in the direction of the spiker.

- At the end of your set, your arms should be fully extended, and you should follow through with your hands by straightening your wrists after releasing the ball.
- **SIDEOUT:** Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.
- **UNDERHAND SERVE:** a serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an “underhand pitching” motion. [Underhand Serve Video](#)
 - To serve underhand, start with holding the ball with your nondominant hand at around waist level and out in front of you. Then make a fist with your hitting hand and put your left foot in front.
 - Now swing! You want to really bring your arm back far and then hit it very quickly. The swing needs to be through the ball as if the ball is further away, don't let the hand stop immediately on contact. Also, while you swing, you should take a step with your left foot to increase power!



Warm-Up Drills

Name of drill: “Fast Feet”

Drill:

Players spread out facing coach

Players start with quick feet running in place motion

Coach raises hands- Players jump

Coach points right- Players move in that direction

Coach points left- Players move in that direction

Coach points down- Players touch the floor between legs with both hands

Coach-led drill, each a short duration then repeat

Purpose:

To get players moving and custom them to the connection between visual and physical movement.

Recommended: ALL age groups

Name of drill: “Mine”

Drill:

Players are in a circle

Players toss the ball to each other, yelling “mine” to catch

Coach can add in more than just one ball to make it harder

Purpose:

To get all players familiar with the concept of calling “Mine” every time they pass the ball.

Recommended: ALL age groups! With older/more advanced girls, catching can be turned into passing the ball.

Name of drill: “Leg Warm-Up”

**Drill:**

Players divide into one or two lines, depending on how many coaches/parents available to toss

Coaches and players are on opposite sides of the net

Coaches begin with a toss over the net towards the first player in line

The goal is for the player to get the ball to go in between her legs while calling “mine”.

Purpose:

To get the players used to moving and adjusting towards the ball and placing the ball in the right space. This drill also ingrains the concept of calling “mine!”.

Recommended: ALL age groups! With older/ more advanced girls, coaches can serve instead of toss.

Name of drill: “Tennis”**Drill:**

Players divide up into two teams on opposite sides of the net

Players then form a line with one player on the court at a time

Coach initiates with a toss to one side

Players begin to pass the ball over the net to each other

If one player lets the ball “drop” they are out

Once a team has no players left, the other team wins!

Purpose:

To get the players to start thinking of sending the ball over in a smart place where a player might not be able to get the ball.

Recommended: ALL age groups! May be more of a challenge for less advanced players.

Practice Drills



Name of drill: “ Ball Toss and Pass”

Drill:

Players line up in mid-court
Coaches toss the ball to pass
Move to different spots on the court

Purpose:

To get the players the basic skill of passing and moving their platform.

Recommended: Less advanced players. This is a good drill to teach basics and how to call the ball.

Name of drill: “Partner Control”

Drill:

Players pair off into groups of two
Players will then bump the ball to each other back and forth, trying to keep control

The goal is to try to get ten in a row without the ball dropping

Once they get ten they sit down, the first group to sit wins!

Coach can then decide what the next competition is: Set to Partner, Bump to self then set to partner, Bump to self then Bump to partner, etc.

Purpose:

This drill is all about control and how the platform moves. It also teaches the correct form of passing and to adjust to the ball.

Recommended: ALL age groups! While this may seem like an easier drill, this is a great way to better your team's ball control.

Name of drill: “Triangle drill”

Drill:



Create a triangle set up where two players are 7-8 feet apart both facing the third player in front of them

The single-player will shuffle from side to side until they are in front of each tosser

The tosser will then give the player a good toss and the player will bump the ball to them and then shuffle to the other tosser

The player needs to shuffle quickly to get under the ball and plant their feet in order to get a good pass back to the tosser

Purpose:

This drill is designed to learn the smaller details of passing such as shuffling, planting their feet, and keeping their body square to their target.

Recommended: ALL age groups! There should not be any slowness in this drill, especially for the more advanced players.

Name of drill: “Butterfly”-

<https://www.youtube.com/watch?v=YMvKfZT56kM>

Drill:

Players will divide each other on each side of the court

Players will then divide into a line for passers and tossers and one target at the net

The line of tossers will face the passers on the OPPOSITE side

The first tosser will then toss over the net to the player on at that time and the passer will pass the ball to the target

The target will catch the ball and move to the tossing line on their side, the passer replaces the target, and the tosser gets in the passing line on the other side

In short, Players will “follow” their ball and replace the players before them

Purpose:

This is a very good ball control drill and good to encourage ball control

Recommended: ALL age groups! Many coaches like this drill because not only does it force the players to focus on their technique, it encourages foot movement and communication.



Name of drill: “Spider”

Drill:

Players will line up on the end line, all with a ball

One player will serve first, and wherever their ball lands on the other side, they will go and sit down in that spot

Then, all other players will attempt to serve at the same spot

If the ball hits the players that are sitting down, then the server will go and “attach” themselves to the other player by linking hands

The goal of this drill is to have the whole team sitting down and “attached”

Purpose:

This drill is used to focus on spot serving and getting the right technique

Recommended: Medium drill, more advanced players. To make this even more challenging, add a time limit!

Name of drill: “Serving with Partner”

Drill:

Players will partner up and stand on opposite sides of the net on the ten-foot line

One player will begin by serving over the net to their partner

The partner will then catch and serve back over, focusing on keeping the serve straight

Once the players hit 10 good, straight serves, they move back to half court and repeat until 10 good serves

Players will then move back to the service line and will try to get 10 good, straight serves

Purpose

This drill is focused on the proper technique and hand contact on the ball. Coaches should walk around and correct players form as the drill goes on

Recommended: ALL age groups! This is a good slowed down drill for all ages, especially the less advanced players



Name of drill: “Have a Seat”

Drill:

2 Partners will sit about 10 feet across from each other and will set the ball back and forth

Sets should be arched and high and players should not need to move a lot to get to the set

Once the players get 10 in a row, they move back a little

At the end, all players begin at the same time

Last duo that keeps the ball from dropping wins!

Purpose:

This drill focuses on arm strength, coordination, and all-around setting skills

Recommended: Medium advanced skill level. This would be a hard drill for the less advanced girls and easy for the more advanced, perfect for in between!

Name of drill: “Coach on two”

Drill:

Two players will be on the court at one time

Coach will toss anywhere on the court

Players will chase the ball and attempt to get it over the net

The Players need to get a total of 10 balls over the net in order to complete this drill

Coaches should toss the ball short, deep and to the sides of the players in order to make this drill beneficial

If a player does not call “mine!” before getting the ball, that one ball does not count towards their 10

Purpose:

This drill is designed to be as game-like as possible with the players not knowing where the ball is going to go. This teaches them to adjust to the ball and get it over the net, all while talking to their partner.

Recommended: ALL age groups! This drill is easily adjustable to fit the skill level of the current players.



Name of drill: “Around the Word”

Drill:

Six players on at a time

Coach will be initiating balls on the other side of the net

Players will pass the ball and get it over the net (Can do 3 touches or 1 based on skill level)

Every time the ball goes over the net, all players will ROTATE (see how to rotate section) and one new player will come on for the server who is now middle back

Coach should immediately toss, encouraging hustle and learning

The goal is to be continuous and no ball should drop between players

Purpose:

This drill is designed to ingrain the rotation into the players’ heads, along with communication and basic game-like skills.

Recommended: ALL age groups! With more advanced girls, they should get the ball over in three touches and the coach can add six more girls on the other side.

Name of drill: “Queen of the Court”

Drill:

Designate one side of the court as the winning side

Have one team of three start there, with everyone else on the other side – the challenge side – with one team on and the rest waiting

The team on the challenge side serves, and the teams play out the rally

If the team on the winners’ side wins, they stay. Otherwise, they exit, the challengers move to the winners’ side, and a new team steps in on the challenge side

Continue for a set period of time, or until some objective is reached

Purpose:

This is a fun drill, along with teaching the girls some more competition to Volleyball while also allowing them to work on the basic skills



Recommended: ALL age groups! This may be tougher on the younger girls, but still beneficial.

Name of drill: “Hitting lines”

Drill:

Players will line up in the middle of the court in a single file line

One player will go at a time

Coaches will toss a ball up in the air and the player will take an approach and let it hit their head

Once this is repeated multiple times, Players can switch to jumping and swinging at the ball

Coaches should make sure they review the footwork and arm work of hitting a ball

Purpose:

This is the basic first step to teaching hitting and is a good way to introduce the concept, even if not used in a game.

Recommended: More advanced players. Hitting is an advanced skill level in Volleyball and younger teams should be more focused on passing and setting.

Name of drill: “Bump to self”

Drill:

Each player will have a ball and spread out.

The ball should be bumped as many times as possible without letting it fall.

The person who keeps it in the air the longest wins!

Players should work on always hitting the ball with the same place on their forearms; this will keep the ball from flying in one direction or another.

Purpose:

This bumping drill teaches athletes where to place the ball on their forearms



Recommended: Less Advanced Players. This is a good drill to get the basics of ball control and placement. This bumping drill teaches athletes where to place the ball on their forearms

Name of drill: “Juggernaut”

Drill:

6 players will be on at a time in their positions

Coach will throw the ball in a random spot (preferably a hard spot). This will be considered as the “first contact” meaning that from there, Players will have only two touches to get the ball over

The goal is to get all the balls over the net and hustle back to their spots

Purpose:

The purpose of this drill is to simulate a “crazy” game ball where the first contact is not good. This will encourage the players to chase after the ball and control it back to hopefully get the ball over. This drill also encourages communication between player

Recommended: ALL age groups! This drill can be made more challenging with harder tosses such as to the corner of the court or even outside the lines!

Name of drill: Short Court

This drill is basically regular play, but instead of using the whole court, the boundaries are the 10-foot line and up

The goal of the game is to focus on getting the ball over in three contacts while maintaining communication throughout the drill

If the ball touches the ground or goes out of bounds, it is a point for the other team

Purpose:

This drill encourages constant communication and allows for players to get used to random balls coming their way.



Recommended: Less Advanced Teams or age group, due to the basic skills being practiced. This drill is good for a team that is struggling with communication and receptiveness.

Name of the drill: Gopher Ball

First, divide players to have half on each side of the court
Start the drill with two players from each line on the court and they must lie on their stomachs and wait for the whistle or coach
When indicated, the players must jump up and look for the ball, which will be tossed by the coach onto one side of the court
If the ball hits the ground, the players must return to the ends of their lines.
If one of the players saves the ball with a dig, the point is played out

Purpose:

This drill encourages fast thinking and also overall play skill. It is designed to make players quicker and have a higher volleyball IQ.

Recommended: ALL age groups! This drill is not only fun for the girls but also teaches basic volleyball skills.

At Home Drills

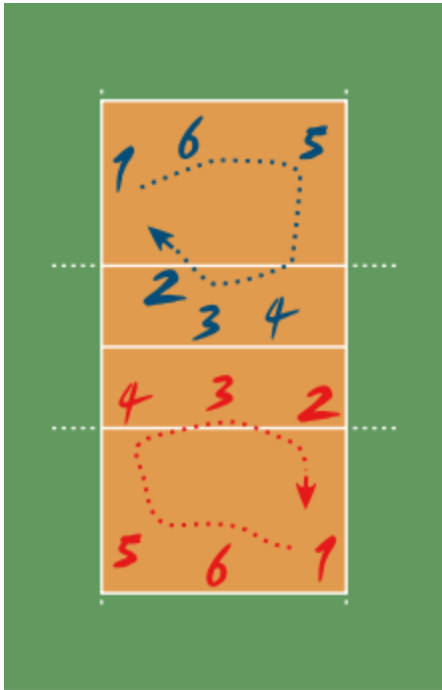
It is important for younger players to develop their volleyball skills every day or as often as possible to be successful. Coaches should encourage their players to work on their skills at home with some of the following drills:

- Passing to self and wall
- Hitting to wall
- Practicing good hand contact with the ball
- Serving to wall
- Practice passing with sibling/parent toss
- Set to self and wall
- Watching higher level volleyball (Professional, NCAA, or even high school)



Rotations

It is important to know about the rotations and how they work to be more prepared on game day, and also to teach the girls to be comfortable.



The game starts with six players on the court. In the rare occasion that your team only has six players, they will stay in for the whole game with no one coming out and following the rotation in the picture on the left. However, most teams will have many more players, and will, therefore, have to “substitute” players in and out.

To do this, six players will start on the court, and after the serve is returned to them, they will rotate. This is done by following the arrows shown on the left, moving in a clockwise direction around the court. The player that was initially in position 1 will come out of the court, and the next person on the bench will take their subsequent spot in position 6.

This can get a bit confusing, so here is an example:

Say that Sally is in position 1, and the rest of her teammates are either on the court in their positions or on the bench. The game starts with Sally serving, but the other team ends up getting the point. The other team will get the serve, and Sally’s team DOES NOT rotate yet. After the serve, Sally’s team scores a point and must now ROTATE. Since Sally was in the serving position, or position one, she will come out and in return, her teammate who was first in line on the bench will go into the position she would have gone into: position 6. Sally will take a seat at the end of the



bench, and her teammate who was in position 2 when she was serving, will go into position 1 and become the server. This repeats until one team reaches 25 points and wins the set.

GamePlay:

- Games consist of two sets to 25 points, and a 3rd set tiebreaker to 15 if necessary
- Teams will have to win by two points each set (cannot be 25-24, has to be 26-24)
- After the first set, teams will switch sides of the court
- ALL players will have to rotate in
- Coaches can take only ONE time out per set
- Coaches will have to set a roster and turn it in to the referees before the game starts