

# Hillsboro Youth VOLLEYBALL COACHING MANUAL



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# MISSION AND OBJECTIVES

## **Mission Statement**

Hillsboro Youth Volleyball is an introductory athletic experience. It is not intended to be a highly intense, competitive program. Sportsmanship and teamwork are taught and closely managed at all competitions.

## **League Objectives**

The four main objectives of this program are (in priority):

1. HAVING fun
2. ENCOURAGING sportsmanship and teamwork
3. BEING active & safe
4. DEVELOPING basic athletic skills and learning rules of the sport

# BACKGROUND CHECKS

## Background Check Policy

All youth sport coaches and assistant coaches must successfully complete a background check. Background checks are an annual requirement. Background checks are free of cost to volunteer coaches.

## Instructions and Information

- A valid email address is required to process an electronic background check.
- The City of Hillsboro contracts with Open Online, an electronic background check company.
- Unique links are sent to each volunteer coach, via email from the following address: CustomerSupport@openonline.com. Links are typically sent out the last working day of the week.
- If the background check is not completed after 5 days, the link associated with the unique background check expires.
- If you are unable to locate the background check after it is expected to be sent, check your email junk folder.
- If the background check link expires, it is resent once. If the second link expires, the volunteer is ineligible to serve until it is completed.
- It takes 2-10 business days to process a background check.
- Volunteers are not notified of their passing background check results. If their background check is incomplete, we have questions, or they are not eligible to serve due to their criminal history, the volunteer is contacted.

## Questions?

Questions about background check process or results can be directed to: Jessica.Stark@hillsboro-oregon.gov, or you may contact our Human Resources Department at 503-681-6455.

# CONCUSSION POLICY

## Concussion Statement

Concussions are a risk while playing any youth sport. Hillsboro Parks & Recreation takes the risks of concussion very seriously. All coaches are trained in recognizing concussions and taking the appropriate steps should a concussion occur.

## Concussion Training

All youth sport coaches must complete concussion training annually. To complete this training free course for Hillsboro Parks & Recreation, go to [www.cdc.gov/headsup/youthsports/training](http://www.cdc.gov/headsup/youthsports/training). Coaches are provided a HEADS Up Fact Sheet for Coaches.

## Parent Education

All parents must receive a pre-season HEADS UP Fact Sheet for Parents. **Parents are required to sign the Parent Sign Off Form stating they received this flyer before their child can participate in practice or games.** Additional information for parents and athletes on concussions is available at [www.cdc.gov/headsup/youthsports/parents](http://www.cdc.gov/headsup/youthsports/parents).

## Injury Incident

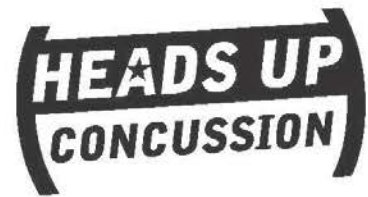
In the event of a head injury during practice or play:

- Coaches will treat all head injuries, whether in practice or during a game, as if they are concussions.
- For serious head injury, 911 will be called.
- Players will be removed from the field of play immediately and not allowed to return the rest of the day.
- Parents or guardians will be called immediately to inform them of the head injury.
- An Incident Report- Potential Liability Form will be completed by coach and returned to the youth sports coordinator.

## Return to Play

Following a possible concussion incident, a player is not allowed to return to practice or games until written clearance to do so from a qualified medical professional is received.

# A Fact Sheet for YOUTH SPORTS COACHES



One of the main jobs of a youth sports coach is keeping athletes safe. This sheet has information to help you protect athletes from concussion or other serious brain injury, learn how to spot a concussion, and know what to do if a concussion occurs.

## What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

## How Can I Help Keep Athletes Safe?


Sports are a great way for children and teens to stay healthy and can help them do well in school. As a youth sports coach, your actions create the culture for safety and can help lower an athlete's chance of getting a concussion or other serious injury. Aggressive and/or unsportsmanlike behavior among athletes can increase their chances of getting a concussion or other serious injury. Here are some ways you can help keep your athletes safe:

### Talk with athletes about the importance of reporting a concussion:

- Talk with athletes about any concerns they might have about reporting their concussion symptoms. Make sure to tell them that safety comes first and you expect them to tell you and their parent(s) if they think they have a concussion.

### Create a culture of safety at games and practices:

- Teach athletes ways to lower the chances of getting a concussion.
- Enforce the rules of the sport for fair play, safety, and sportsmanship.
- Ensure athletes avoid unsafe actions such as:
  - › Striking another athlete in the head;
  - › Using their head or helmet to contact another athlete;

 **Plan ahead.** How can you help encourage concussion reporting among your athletes?

## Athletes May Try to Hide Concussion Symptoms

Among a group of almost 800 high school athletes:

**69%** reported playing with concussion symptoms.

**40%** of these athletes said that their coach was not aware that they had a possible concussion.<sup>1</sup>

Athletes may be less likely to tell their coach or athletic trainer about a possible concussion during a championship game or other important event.<sup>2</sup>

- › Making illegal contacts or checking, tackling, or colliding with an unprotected opponent; and/or
- › Trying to injure or put another athlete at risk for injury.
- Tell athletes that you expect good sportsmanship at all times, both on and off the playing field.

### Keep up-to-date on concussion information:

- Review your state, league, and/or organization's concussion guidelines and protocols.
- Take a training course on concussion. CDC offers concussion training at no cost at [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP).
- Download CDC's *HEADS UP* app or a list of concussion signs and symptoms that you can keep on hand.

To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

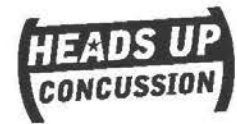


Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control



## The Way You Talk and Think About Concussion Affects Athletes.

Make sure to tell athletes that safety comes first and you expect them to tell you and their parent(s) if they think they have a concussion.



### Check out the equipment and sports facilities:

- Make sure all athletes wear a helmet that fits well and is in good condition when appropriate for the sport or activity. There is no "concussion-proof" helmet, so it is important to enforce safety rules that protect athletes from hits to the head and when a helmet falls off during a play.
- Work with the game or event administrator to remove tripping hazards and ensure that equipment, such as goalposts, have padding that is in good condition.

### Keep emergency contact information handy:

- Bring emergency contact information for parents and health care providers to each game and practice in case an athlete needs to be taken to an emergency department right away for a concussion or other serious injury.
- If first responders are called to care for an injured athlete, provide them with details about how the injury happened and how the athlete was acting after the injury.

## How Can I Spot a Possible Concussion?

Athletes who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

### Signs Observed by Coaches or Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.



**Plan ahead.** How can you help athletes lower their chance of getting a concussion?

➤ **Some athletes may not report a concussion because they don't think a concussion is serious.**

They may also worry about:

- ▶ **Losing their position on the team or during the game.**
- ▶ **Jeopardizing their future sports career.**
- ▶ **Looking weak.**
- ▶ **Letting their teammates or the team down.**
- ▶ **What their coach or teammates might think of them.<sup>3,4,5</sup>**

### Symptoms Reported by Athletes

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down".

**NOTE:** Concussion signs and symptoms often show up soon after the injury, but it can be hard to tell how serious the concussion is at first. Some symptoms may not be noticed or may not show up for hours or days.

## Enforce Safe Play. You Set the Tone for Safety.

As many as 25 percent of the concussions reported among high school athletes result from aggressive or illegal play.<sup>6</sup>



### What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or ensure an athlete is taken to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

### What Should I Do If I Think an Athlete Has a Possible Concussion?

As a coach, if you think an athlete may have a concussion, you should:

#### Remove the athlete from play.

When in doubt, sit them out!

#### Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a health care provider.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess an athlete for a possible concussion. After you remove an athlete with a possible concussion from practice or play, the decision about return to practice or play is a medical decision that should be made by a health care provider. As a coach, recording the following



**Plan ahead.** What should you do if you think an athlete has a concussion?

### Concussions Affect Each Athlete Differently.

While most athletes with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with an athlete's parents if you notice their concussion symptoms come back after they return to play.

Information can help a health care provider in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long.
- Any memory loss right after the injury.
- Any seizures right after the injury.
- Number of previous concussions (if any).

#### Inform the athlete's parent(s) about the possible concussion.

Let them know about the possible concussion and give them the **HEADS UP** fact sheet for parents. This fact sheet can help parents watch the athlete for concussion signs or symptoms that may show up or get worse once the athlete is at home or returns to school.

#### Ask for written instructions from the athlete's health care provider on return to play.

These instructions should include information about when they can return to play and what steps you should take to help them safely return to play.



**Work with the athlete's health care provider and follow the five gradual steps for return to play.** An athlete's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



**Plan ahead.** How can you help an athlete safely return to play after a concussion?

### Why Should I Remove an Athlete With a Possible Concussion from Play?

The brain needs time to heal after a concussion. An athlete who continues to play with concussion has a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect an athlete for a lifetime. It can even be fatal.

### What Steps Can I Take to Help an Athlete Return to Play?

An athlete's return to school and sports should be a gradual process that is approved and carefully managed and monitored by a health care provider. When available, be sure to also work closely with your team's certified athletic trainer.

Below are five gradual steps that you, along with a health care provider, should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.



To learn more, go to [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)

You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

**BASELINE:** Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has a green light from their health care provider to begin the return to play process.

**An athlete should only move to the next step if they do not have any new symptoms at the current step.**

**STEP 1:** Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

**STEP 2:** Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

**STEP 3:** Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

**STEP 4:** An athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

**STEP 5:** An athlete may return to competition.

**REMEMBER:** It is important for you and the athlete's parent(s) to watch for concussion symptoms after each day's return to play progression activity. If an athlete's concussion symptoms come back, or he or she gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him- or herself too hard. The athlete should stop these activities, and the athlete's health care provider should be contacted. After the okay from the athlete's health care provider, the athlete can begin at the previous step.

<sup>1</sup> Rivara FP, Schiff MA, Chrisman SP, Chung SK, Ellenbogen RG, Herring SA. (2014). The effect of coach education on reporting of concussions among high school athletes after passage of a concussion law. *Amer J Sports Med*, May, 2014, 42(5):1197-1203.

<sup>2</sup> Bramley H, Patrick K, Lehman E, Silvis M. (2012). High school soccer players with concussion education are more likely to notify their coach of a suspected concussion. (2012). *Clin Pediatr (Phila)*, 2012 April, 51(4):332-336.

<sup>3</sup> Kerr ZY, Register-Mihalik JK, Marshall SW, Evenson KR, Mihalik JP, Guskiewicz KM (2014). Disclosure and non-disclosure of concussion and concussion symptoms in athletes: Review and application of the socio-ecological framework. *Brain Inj*. 2014;28(8):1009-21.

<sup>4</sup> Register-Mihalik JK, Guskiewicz KM, McLeod TC, Linnan LA, Mueller FO, Marshall SW. (2013a). Knowledge, attitude, and concussion-reporting behaviors among high school athletes: A preliminary study. *J Athl Train*, July 12, 2013.

<sup>5</sup> Chrisman, S. P., Quiñiquit, C., Rivara, F. P. (2013). Qualitative Study of Barriers to Concussive Symptom Reporting in High School Athletics. *J Adolesc Health*. March, 2013, 52(3): 330-335.

<sup>6</sup> Collins CL, Fields SK, Comstock RD. (2008). When the rules of the game are broken: What proportion of high school sports-related injuries are related to illegal activity? *Inj Prev*, 14(1):34-38.

*The information provided in this fact sheet or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to your physician or other healthcare provider.*

# SPORTSMANSHIP EXPECTATIONS

## Sportsmanship Expectations

Players, coaches, parents and spectators are expected to provide positive support and encouragement for all players, coaches, fans and officials in the youth sports program by following this sportsmanship pledge:

- I will treat all players, coaches, spectators and officials with respect regardless of race, sex, creed or ability and I will expect to be treated accordingly.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, spectators and officials at every game and practice.
- I will place the emotional and physical well-being of others ahead of a personal desire to win.
- I will insist on a safe and healthy sports environment that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events.
- I will respect the decisions made by coaches and officials in order to encourage a positive and enjoyable experience for all.
- I will not use offensive language or become angered by those around me.
- I will remember that sports participation is an opportunity for athletes to learn and have fun!
- I will remember that the game is for youth - not for adults.

**The penalty for any player, coach, parent, spectator or team disregarding any of the above listed Sportsmanship Expectations may include ejection from the game, suspension, forfeit of the game and/or dismissal from the league as determined by the Parks and Recreation Department.**

**A signature on the Parent Sign Off Form indicating agreement to provide positive support, care and encouragement for the child participating in youth sports by following the above Parent Sportsmanship Expectations is required prior to participating in games.**

# LEAGUE RULES

## Equipment and Set Up

- Each team provides 1 volunteer to be a line judge.
- Scorekeepers are typically provided by Hillsboro Parks & Recreation, however, on occasion a volunteer may be requested to keep score.
- For 3<sup>rd</sup>-6<sup>th</sup> grade, nets are set at a junior height of 6' 4"'. For 7<sup>th</sup> and 8<sup>th</sup> grade leagues, nets are set at a standard height of 7' 4".
- A standard indoor volleyball is used as the game ball for the 5<sup>th</sup> - 8<sup>th</sup> grade league.
- A 'volley-lite' ball is used as the game ball for the 3<sup>rd</sup> and 4<sup>th</sup> grade league.

## Shirts

- Each player receives a team t-shirt and an end of season medal.
- Players will receive the shirt size indicated during registration. Hillsboro Parks & Recreation has limited sizes in stock. Shirt size availability for late registrations and exchanges is not guaranteed.

## Players

- Each player receives as close to equal playing time as possible.
- Each player is given an opportunity to be a starter once per match.
- Teams consist of 7 - 11 players with one or two volunteer coaches.
- Knee pads are encouraged but not required. Long sleeve t-shirts may be worn underneath team t-shirts if arms are irritated.

## Match and Game Play

- Matches begin the 3<sup>rd</sup> week of the season; teams plays 8 matches.
- Teams play with six players on the court, unless they are short on players. A team can play with no less than four players on the court.
- Matches start on the hour, with a running clock of 60 minutes. The first 15 minutes is used as a shared warm up period. If the match ends before the 60 minutes is over, the two teams may continue to scrimmage until the 60 minutes is over

## Scoring

- **The 3<sup>rd</sup> and 4<sup>th</sup> grade league does not keep score.**
  - This league plays three 10 minute games following the 15 minute warm up period.
  - Teams have 5 minutes between sets to organize players. Teams switch sides of the court after each set.
  - For play purposes, the games follow Rally Scoring, however without points awarded to the winner of each volley
- **For the 5<sup>th</sup>- 8<sup>th</sup> grade leagues, score is kept.**
  - Matches consist of no more than 3 games. Match winner is the team winning two out of three games played.
  - Rally Scoring is implemented.
  - The point are awarded to the winner of each volley.
  - The first two games are played to 25 with a cap at 27.
  - The third game is played to 15 with a cap at 17.
- For scoring purposes, a ball which falls on the perimeter line is considered inside the court.

## Rotation and Substitutions

- If needed, substitutions are allowed during a dead ball only.
- Teams must follow circle rotation procedures:
  - Players rotate in to serve, and play each of 6 positions on the court before rotating out after playing Right Front.

## Serving

- **Serves must be overhand, unless the player is injured or accommodations are discussed with the referee prior to the start of the game.**
- A player may serve in front of the serving line, without penalty, up to the 10 Foot Line.
  - Please note: An older player or dominate server may be asked by the referee to take steps backwards if serving close to the net.
- Serves that hit the net are playable.
- A player is allowed only 5 consecutive serves, after the 5<sup>th</sup> serve and 5<sup>th</sup> point earned, there is a sideout with no point awarded to the other team.
- Players are allowed to make up to 3 toss attempts during a single serve. If on the 3<sup>rd</sup> toss, the ball is not contacted, it is a sideout and the serve goes to the other team with a point awarded.
  - We want to encourage overhand serving, and give them the opportunity to get a good toss on a serve, but cannot let them try more than 3 tosses for the sake of time.

## Contacts

- No more than 3 touches are allowed on a single side of the net (blocking is not considered a touch). The 4<sup>th</sup> touch is a sideout and point for the other team.
- No player is allowed to touch the net, if the net is touched it results in a sideout and a point for the other team.

## Additional Rules

- Each team is given one time out per set, one minute in length.
- Good sportsmanship is expected, poor sportsmanship is not tolerated. **(Review Sportsmanship Expectations for more information)**

## Hillsboro School District Gym Rules

The following gym expectations are enforced by our custodians. Please notify players and/or parents of these expectations.

- NO food or drink (including gum) in the gyms and entry areas.
- NO decals to be used on gym floors.
- NO playing in the hallways.
- NO bouncing balls in the hallways or throwing balls against the walls.
- NO spectators are allowed on the stage areas at any schools.
- Teams and spectators are to remain in the gym area.
- Children are to be supervised AT ALL TIMES. This includes team members, siblings and/or friends of team members.
- Spectators must stay on the sidelines during the games and practices.
- Remove any garbage.
- Leave gym in good condition for next user.
- Please be aware that if a custodian and/or gym supervisor is having difficulty dealing with a situation, he/she will alert the coaches and/or referees immediately. The game/practice will not continue until the situation is resolved.

## Referee Calls

- For the sake of game play, referees will not make technical skill calls. Technical skill calls include lifts, double contacts, player position faults, and service foot faults. If a good rally is happening, referees are encouraged to refrain from making calls unless necessary.
- **Parents must refrain from questioning or confronting referees.** Parents must direct questions to a coach or a Youth Volleyball Coordinator. Any questions from coaches on calls must be made during the game. After the game, coaches need to direct questions or comments to a Youth Volleyball Coordinator. We will communicate with the referee.



# GAME FORMAT

## Game Format

- Matches start on the hour (6:00 pm, 7:00 pm or 8:00 pm), with a running clock of 60 minutes.
- The first 15 minutes will be used as a shared warm up period. The game will begin promptly after warm ups are finished. **Coaches need to use the 15 minutes warm up to determine and organize starting players on the court.**
- During the warm up period, referees will call for an athlete from each team to determine the serve. Athletes play rock-paper-scissors (just one round)- winner will be the team that serves first during the first game. During the second game, the other team will begin with serve. If a third game is needed, referees call players over for another round of rock-paper-scissors.
- Matches will consist of no more than three games.
  - In 3<sup>rd</sup> and 4<sup>th</sup> Grade- score will not be kept. Teams will play three 10 minute games, with 5 minutes in between each set.
  - In 5<sup>th</sup> - 8<sup>th</sup> Grade- match winner is determined by the team who wins two out of three games played.
    - The first two games are played to 25 with a cap of 27. The game must be won by two points.
    - The third game, if needed, is played to 15 with a cap of 17. The game must be won by two points.
    - If time expires while a game is being played, the rally will finish and the game ends regardless if the score has reached 25 (or 15). The team with the greatest score wins the set, regardless of two point differential.
- If the match ends before 60 minutes is over, teams may scrimmage for the remaining time.

## Mercy Rule Ideas

Is your team up by 10 points or more? Try implementing these Mercy Rules to focus on skill development and keep the game moving.

1. Two touches on your side of the net before returning the ball.
2. Up by 15 points? Try getting three touches before returning the ball.
3. Limit the maximum number of serves for your team to three serves per person, instead of five.

**Remember, good sportsmanship is just as important as scoring!**

# SEASON PLANNING

## Season Planning

In a 10 week season, there are about 12 practices to plan. Practices early on in the season will start with developing fundamental skills needed before games begin. As the season progresses you will continue to practice fundamental skills while building on them by adding new layers of skill.

### **Tips for Season Planning:**

- Pencil out your season in advance
- Start with basic fundamental skills: passing, setting, serve receive.
- Build on these skills as the season progresses, adding in new layers or challenges to those skills.
- Each game set a goal, or an area of focus that relates to what your team has recently practiced. Make sure goals are skill and effort related, not score-related. Having an effort related goal means players can be successful even if they don't perform perfectly. This rewards working hard, not the outcome.
- An example season plan is provided. Coaches may follow the provided plan, or create their own with the templates.

## Designing Practices

Each practice is 60 minutes and can generally be broken down into three main parts: warm up, skill development, and review.

### **Tips for Designing Practices:**

- Allow sufficient time to warm up. Use specific drills as warm ups to incorporate volleyball skills.
- Pre-practice or review skills/drills before practice.
- Be sure to incorporate 1-2 water breaks per hour practice
- Focus on a main skill each practice and use about 3-4 drills to teach and reinforce the skill.
- Keep practice moving quickly. Limit one activity or drill to 5-15 minutes to keep players engaged. Avoid drills with excessive standing in line. The more touches each player can get on the ball the better.
- End each practice with a review of skills learned. Ask questions pertaining to the skill of the day, highlighting specific information ( ie: who can tell me where the ball should contact your arm when you pass? What's one thing you learned about tossing the ball on a serve?). Use this time as a chance to reiterate key points from practice.
- Example practice plans are provided. Coaches may follow the provided plans, or create their own with the templates.

## Example Season Outline

<b>Week 1</b>	<b>Practice Focus:</b> Passing fundamentals, get to know team, team culture/sportsmanship
<b>Week 2</b>	<b>Practice Focus:</b> Serving fundamentals, court positions
	<b>Practice Focus:</b> Setting fundamentals, review passing
<b>Week 3</b>	<b>Practice Focus:</b> Serve receive, practice scrimmage
	<b>Game Focus:</b> Good toss on serves
<b>Week 4</b>	<b>Practice Focus:</b> Movement, communication
	<b>Game Focus:</b> Call the loudly ball each time
<b>Week 5</b>	<b>Practice Focus:</b> Two to three contacts, communication
	<b>Game Focus:</b> Two contacts before returning the ball
<b>Week 6</b>	<b>Practice Focus:</b> Serving, serve receive
	<b>Game Focus:</b> Go for the ball each serve, try to touch each ball
<b>Week 7</b>	<b>Practice Focus:</b> Passing, Setting
	<b>Game Focus:</b> Pass the ball to the setter's spot
<b>Week 8</b>	<b>Practice Focus:</b> Movement
	<b>Game Focus:</b> Run down a ball that looks like it might be too far away
<b>Week 9</b>	<b>Practice Focus:</b> Serving, serve receive
	<b>Game Focus:</b> Serve the ball as hard as you can
<b>Week 10</b>	<b>Practice Focus:</b> Fun practice! What do you love about volleyball & why do you want to play?
	<b>Game Focus:</b> say something positive or high-five teammates after each play

# Example Weekly Practice Plans

<b>Week 1</b>	<b>Practice Focus</b>	Passing fundamentals, get to know team, team culture/sportsmanship	<b>Time</b>
	<b>Warm-Up Game</b>	Name it, Get it. Introduce The Number One Rule	10 mins
	<b>Skill Overview</b>	Passing Basics: Ready position, Arm and Hand Positions, Ball Contact	10 mins
	<b>Drill 1</b>	Partner Passing	10 mins
	<b>Drill 2</b>	Keep it Going Drill (how many in a row in 1 minute, repeat 2-3 times, can you beat your last record?)	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Coach on 3 Drill	15 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Think of ideas for a team name. Bring 2 ideas to next practice.	2 mins
	<b>End practice</b>	Team Cheer!	

<b>Week 2</b>	<b>Practice Focus</b>	Serving Fundamentals, court positions	<b>Time</b>
	<b>Warm-Up Game</b>	Man Overboard, Review the Number One Rule	5 mins
	<b>Skill Overview</b>	Serving Basics- Starting position, tossing the ball	10 mins
	<b>Drill 1</b>	Toss it Up Drill	5 mins
	<b>Water Break</b>		2 mins
	<b>Skill Overview</b>	Serving Basics: Arm movement, ball contact	10 mins
	<b>Drill 2</b>	Shadow Serving Drill	15 mins
	<b>Drill 3</b>	Back and Forth Drill	5 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Share team name ideas and vote!	5 mins
<b>End practice</b>	Team Cheer!		

<b>Week 2</b>	<b>Practice Focus</b>	Setting fundamentals, review passing	<b>Time</b>
	<b>Warm-Up Game</b>	Long Distance Rock-Paper-Scissors	5 mins
	<b>Skill Overview</b>	Setting Basics- starting position, hand position, load and explode	10 mins
	<b>Drill 1</b>	Partner setting- toss to partner then switch	5 mins
	<b>Drill 2</b>	Keep it Going Drill	2 mins
	<b>Water Break</b>		10 mins
	<b>Drill 3</b>	Moving Train	5 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Think of ideas for positive ways we can cheer on and encourage our teammates during games. Bring ideas to next practice.	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 3</b>	<b>Practice Focus</b>	Serving and Serve Receive, Practice Scrimmage	<b>Time</b>
	<b>Warm-Up Game</b>	Sharks and Minnows	5 mins
	<b>Skill Overview</b>	Review serving	5 mins
	<b>Drill 1</b>	Toss it Up Drill	5 mins
	<b>Drill 2</b>	Back and Forth Drill	5 mins
	<b>Water Break</b>		2 mins
	<b>Skill Overview</b>	Serve Receive, rotation	10 mins
	<b>Drill 3</b>	Serve it Up, Pass it Up Drill	15 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Practice Scrimmage, how to rotate	15 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Hand out shirts. First game this week, wear your team shirt. Review game focus for week	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 3 Game Focus</b>	Good toss on serves
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<b>Week 4</b>	<b>Practice Focus</b>	Movement, communication	<b>Time</b>
	<b>Warm-Up Game</b>	Red Light/Green Light	5 mins
	<b>Skill Overview</b>	On toes, always ready to move to ball	5 mins
	<b>Drill 1</b>	Run up Passing Drill	10 mins
	<b>Drill 2:</b>	Two Touch Chase Drill	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Three Blind Mice Drill	10 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Review game focus for week	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 4 Game Focus</b>	Call the loudly ball each time
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<b>Week 5</b>	<b>Practice Focus</b>	Two to Three contacts, communication	<b>Time</b>
	<b>Warm-Up Game</b>	Two-Touch Chase	5 mins
	<b>Skill Overview</b>	Goal to have three contacts each time	5 mins
	<b>Drill 1</b>	Partner Passing & Setting, Keep it Up	10 mins
	<b>Drill 2</b>	One-Two Drill	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Coach on 6 with goal to have 2+ contacts	10 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Review game focus for week	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 5 Game Focus</b>	Two contacts before returning the ball
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<b>Week 6</b>	<b>Practice Focus</b>	Serving and Serve Receive	<b>Time</b>
	<b>Warm-Up Game</b>	Man overboard	5 mins
	<b>Skill Overview</b>	Review serving	5 mins
	<b>Drill 1</b>	Toss it Up Drill, Back and Forth Drill	10 mins
	<b>Drill 2</b>	Around the World	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Coach on 6	15 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Review game focus for week	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 6 Game Focus</b>	Go for the ball each serve, try to touch each ball
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<b>Week 7</b>	<b>Practice Focus</b>	Passing, setting	<b>Time</b>
	<b>Warm-Up Game</b>	Herding Sheep	5 mins
	<b>Skill Overview</b>	Review passing, setting	5 mins
	<b>Drill 1</b>	Partner passing/setting, Keep it Up Drill	10 mins
	<b>Drill 2</b>	Newcomb Ball- catching, setting	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Coach on 3/Volley Basketball	10 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Review game focus for week	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 7 Game Focus</b>	Pass the ball to the setter's spot
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<b>Week 8</b>	<b>Practice Focus</b>	Movement, communication	<b>Time</b>
	<b>Warm-Up Game</b>	Sharks and Minnows	5 mins
	<b>Skill Overview</b>	Review Movement	5 mins
	<b>Drill 1</b>	Coach on 1, toss balls farther to make move	10 mins
	<b>Drill 2</b>	Two Touch Chase	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Queen of the Court	15 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Review game focus for week	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 8 Game Focus</b>	Run down a ball that looks like it might be too far away
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<b>Week 9</b>	<b>Practice Focus</b>	Serving, serve receive	<b>Time:</b>
	<b>Warm-Up Game</b>	Newcomb Ball	5 mins
	<b>Skill Overview</b>	Review serving	5 mins
	<b>Drill 1</b>	Toss it Up Drill, Back and Forth Drill	10 mins
	<b>Drill 2</b>	Shadow Serving	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Serve it Up, Pass it Up Drill	10 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Be thinking of your favorite game to play! Next week is the last week and players get to choose which drills to do! Review game focus for week.	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 9 Game Focus</b>	Serve the ball as hard as you can
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<b>Week 10</b>	<b>Practice Focus</b>	Fun Practice!	<b>Time</b>
	<b>Warm-Up Game</b>	Player's Choice!	5 mins
	<b>Skill Overview</b>		5 mins
	<b>Drill 1</b>	Player's Choice!	10 mins
	<b>Drill 2</b>	Player's Choice!	10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>	Player's Choice!	10 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>	Discuss: What do you love about volleyball & why do you want to play?	5 mins
	<b>End practice</b>	Team cheer!	

<b>Week 10 Game Focus</b>	Say something positive or high-five teammates after each play
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# Season Outline

Week 1	Practice Focus:
	Practice Focus:
Week 2	Practice Focus:
	Practice Focus:
Week 3	Practice Focus:
	Game Focus:
Week 4	Practice Focus:
	Game Focus:
Week 5	Practice Focus:
	Game Focus:
Week 6	Practice Focus:
	Game Focus:
Week 7	Practice Focus:
	Game Focus:
Week 8	Practice Focus:
	Game Focus:
Week 9	Practice Focus:
	Game Focus:
Week 10	Practice Focus:
	Game Focus:

# Write Your Own Practice Plan

<b>Week 1</b>	Practice Focus		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 2</b>	Practice Focus		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 2</b>	Practice Focus		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 3</b>	Practice Focus		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 3 Game Focus</b>	
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<b>Week 4</b>	<b>Practice Focus</b>		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 4 Game Focus</b>	
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<b>Week 5</b>	<b>Practice Focus</b>		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 5 Game Focus</b>	
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<b>Week 6</b>	Practice Focus		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 6 Game Focus</b>	
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<b>Week 7</b>	Practice Focus		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 7 Game Focus</b>	
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<b>Week 8</b>	<b>Practice Focus</b>		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 8 Game Focus</b>	
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<b>Week 9</b>	<b>Practice Focus</b>		<b>Time</b>
	Warm-Up Game		5 mins
	Skill Overview		10 mins
	Drill 1		10 mins
	Drill 2		10 mins
	Water Break		2 mins
	Drill 3		15 mins
	Review Practice		5 mins
	Announcements		2 mins
	End practice		

<b>Week 9 Game Focus</b>	
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<b>Week 10</b>	<b>Practice Focus</b>		<b>Time</b>
	<b>Warm-Up Game</b>		5 mins
	<b>Skill Overview</b>		10 mins
	<b>Drill 1</b>		10 mins
	<b>Drill 2</b>		10 mins
	<b>Water Break</b>		2 mins
	<b>Drill 3</b>		15 mins
	<b>Review Practice</b>		5 mins
	<b>Announcements</b>		2 mins
	<b>End practice</b>		

<b>Week 10 Game Focus</b>	
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# COACHING TIPS

## Coaching Young Players

Here are practical tips for coaching young players to help make your season successful.

### How To:

- Learn the kiddos' names and call them by their names often!
- Be POSITIVE and ENCOURAGING! Whatever you do- make it **FUN!**
- Give praise and positive feedback often! (Even if the serve wasn't successful, you can compliment something. (ie: "Hey, I know the serve didn't go in, but I really like how you kept your elbow high!")
- Use the same verbal coaching cues repetitively. This helps young players remember easily.
- Keep practice moving quickly, avoid a lot of downtime or standing in long lines. (ie: instead of one line feeding into a serving line, players serve back and forth to each other.)
- Pick 1-2 areas of focus per practice/game. You only have one hour for your practice. Pick one topic (two at the most!) to introduce and repeat over and over again.
- Work on the same skills in different games/drills! **REPETITION** is key! This keeps things interesting for young players.
- Create a team cheer and do it often! Young kids love having adults who are willing to be silly with them. Bring them in multiple times during practice to do their cheer.
- End each practice by asking each kiddo about one thing they learned or worked on that day. This encourages them to actively think about what they are doing, which helps things stick!
- When you are talking to younger athletes, get onto their level by taking a knee, so you can (literally and figuratively) see eye-to-eye. Then make the most of the 30-60 seconds you've got their attention! Six 30-second conversations with your players at a practice are much better than two 5-minute conversations!



# GENERAL VOLLEYBALL

## Coaching General Volleyball Basics

Players may be new to the sport of volleyball and unfamiliar with terminology, rules, court positions, rotating, etc.

### **How To:**

- Become familiar with common volleyball terms (see Terminology below) and use them frequently. Be sure to explain terms as new players may be unfamiliar.
- Become familiar with court positions and court markings (see diagram under Man Overboard Drill).
- Become familiar with the league rules and explain these to your players. Help players understand the dynamics of how a volleyball match is played.

## The Big Three

When coaching young players, it is beneficial to start with basic volleyball skills and work on these repetitively. These skills help lay a foundation for future development. The following three skills should be the primary focus for the season.

### **The Big Three Foundational Skills:**

- Passing
- Serving & Serve Receive
- Movement

## Terminology

Use these common volleyball terms frequently to help players become familiar with the terminology.

**Starter:** First 6 players at the start of a game

**Match:** One match consists of three sets (or games). The first two games are played to 25; the third game is played to 15. The team winning two out of the three games is the match winner.

**Set/Game:** One of the three games in a match.

**Rotation:** Players rotate clockwise every time they gain possession of the serve.

**Rally:** When the ball is in play and is returned to the opposing team over the net; sending the ball back and forth.

**Serve (possession):** Team which starts the rally. If team wins the rally, they earn a point and continue to serve. If the team loses the rally, the serve (possession) is transferred to the other team and the other team is given a point.

**Serve (action):** Starts a rally. Serves must be performed over hand, unless the server is injured. If the ball does not make it over the net, or it falls out of bounds, the serve (possession) transfers to the other team and the other team earns a point.

**Serve Receive:** When the other team has "serve". One player serves the ball over the net. The other side is then in "serve receive" which means they are in position to receive the serve.

**Serving Line (Otherwise known as the baseline):** Servers cannot cross this line until the ball has left their hands during a serve. Stepping on or over this line during a serve is considered a foot fault and is a side out. **Please note, we do NOT enforce this rule in Hillsboro Youth Volleyball.**

**10 Foot Line:** Line measuring ten feet away from the net. This line is helpful to gage a hit approach. Also, a back row player may not jump and attack a ball in front of this line.

**Line Judge:** Person (Parent volunteer in HYV) who is stationed on opposite corners of the court and watches court boundaries for serving foot faults and balls out of bounds

**Offense:** When a team is handling the ball.

**Defense:** When a team is preparing to receive the ball from the offense.

**Touch:** Contact with the ball. With the exception of blocking, any time the ball comes in contact with any part of a player's body it is considered a touch. Each team is allowed 3 touches in their possession. The 4<sup>th</sup> touch is considered a fault.

**Double:** When a player has two consecutive touches on the ball it is considered a fault. A player may touch the ball twice in a rally, but their touches may not be consecutive.

**Sideout:** A change in serve possession

**Pass:** Contact with the ball is made on the forearms, knees bent, arms fully extended. A bump/pass is usually intended to put the setter in position to set a ball to an attacker.

**Set:** Ideally, the set is the second touch on a ball in a rally. The set is performed with hands overhead, off the setter's fingertips. The ball is usually set high into the air intend for the attacker to hit it into their opponents court

**Pass Set:** if the setter is not in a good position to set a ball, they may bump the ball to an attacker. This bump is higher than a typical bump as its purpose is to be hit.

**Hit:** A touch with an overhand motion by an attacker. The hit is meant to send the ball to the opponent's court quickly, and with force.

**Kill:** A kill is the technical term for a hit ball, not returned by the opposite team. It is a point for the team that hit.

**Dig:** A player passes the ball which has been attacked by the opposing team and the ball is kept in play.

**Free Ball:** When a team passes a ball over the net. It's called a "Free Ball" because it's easy for the defense to pass a free ball (like a free gift)

**Down Ball:** Similar to a hit, but with both feet on the ground. A down ball can be hit from either the front row or the back row.

**Shank:** When a pass does not go where the passer intends, a shanked ball usually goes out of bounds.

**Shag:** After a drill, when players collect the balls, it's referred to "shagging"

**Right Back:** Right side of court, back row.

**Middle Back:** Middle of the court, back row.

**Left Back:** Left side of court, back row.

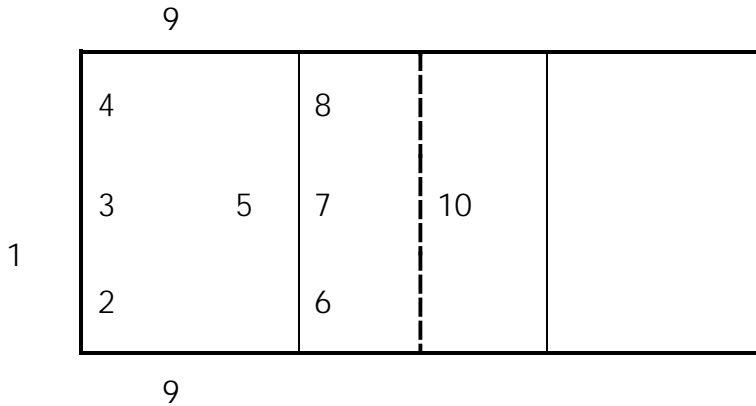
**Right Front:** Right side of the court, front row. Usually the setter plays from the Right Front position

**Middle Front:** Middle of the court, front row.

**Left Front:** Left side of court, front row.

**Setter:** The setter is usually expected to get the second touch on a ball in a rally. The setter usually plays Right Front.

# Volleyball Court Diagram



1	Serving Lines/End Lines
2	Right Back (Serving Spot)
3	Middle Back
4	Left Back
5	10 Foot Line
6	Right Front (Setter's Spot)
7	Middle Front
8	Left Front
9	Sidelines
10	Net

## Man Overboard Drill

This drill helps new player become familiar with positions on the court as well as volleyball vocabulary. This drill is an excellent drill to use as part of the practice warm up.

### **How To:**

- Players all start on the court on the serving line.
- Call out various locations on the court. The players must run to the various locations called. (See diagram above)
- Every so often, throw in volleyball body positions (ie: Ready Position- players down with knees bent and arms out in front of them ready to pass the ball. Setting- players bend knees with hands above the head formed to set the ball. Hit the Deck- players practice diving to their stomachs on the ground and reaching out their arms in front of their body as if they were digging a ball.

## Name It, Get It Drill

This drill focuses on communication and calling the ball.

### How To:

- All players spread out on one side of the court, facing the coach standing in the middle.
- Coach throws the ball up in the air, not aiming at any one player in particular.
- The player near to where the ball is thrown must call "MINE!" and pass the ball to another player, calling out the player's name they are sending it to. ("MINE! Sarah.")
- The next player must call "MINE!" and send it to the next player, calling out their name.
- Try and keep the ball going as long as you can.
- The louder the better! Many young players can be timid about calling the ball loudly at first.

## The Number One Rule

This is not a drill, rather a rule implemented throughout every practice. It is a rule encouraging players to be aggressive and confident in going for every ball.

### How To:

- The number one rule in volleyball is to never let the ball hit the ground!
- If a ball hits the ground without a player going for it, there is a consequence for the whole team.
- When this happens, the coach shouts out **"What's the number one rule in volleyball?"** to which the players must respond, **"Never let the ball hit the ground!"**.
- Give the players a consequence such as 5 sit ups, 5 push-ups, 5 jumping jacks, or something silly, etc. The consequence doesn't need to be hard, but just acts as a reminder.
- If a player asks why they are doing sit-ups, or complains about the whole team doing the consequence, the response should generally be "Volleyball is a team sport, sports are exercise and sit-ups make you stronger! "

**Option:** A twist on this rule the kids really like, is to set a goal to make the coach do a consequence. In example, set a goal during a drill or practice to successfully pass two balls in a row before returning it over the net. If this is accomplished then the coach does a consequence. As they get better, make the goal harder (ie: 3 passes in a row before the ball goes back over)! There is nothing they love more than making their coach do push-ups too!





# WARM UPS

## Warm Up Games

Chose warm up drills that are active, get the players moving while having fun! Volleyball skills or knowledge can be incorporated into some games.

## Long Distance Rock-Paper-Scissors

While not volleyball related, this is a fun game that really gets kids moving.

### How To:

- Players start in two lines- one line at each serving line.
- The first player in line one runs to the center of the court to meet the first player in line 2. They play rock-paper-scissors. However, this is not your typical rock-paper-scissors. Instead of hand gestures, players must use their whole body.
  - For rock, players crouch down on the ground.
  - For paper, players open up their body-arms and legs spread wide
  - For scissors, players snap their arms together in front of their body.
- The player that wins the battle runs to challenge returns back to their original line. The player that loses the battle follows joins the winning player in their line.
- The next players in each line go, running to the center of the court to battle.
- The game continues until there are no players left in one of the lines.

## Sharks and Minnows

This classic childhood game is a great warm up!

### How To:

- Players line up on the sidelines to be "minnows".
- Pick two players to be "sharks" to start in the middle of the court.
- The object is for the minnows to run across the court to the other sideline without getting caught by the sharks!
- If a minnow is tagged, they become a shark and go to the middle.
- Once all players reach the sideline, coaches send them back again.
- The last minnow standing without getting tagged is the winner!

## **Herding Sheep**

This is a fun variation of Sharks & Minnows, using balloons in place of volleyballs!

### **How To:**

- Players line up on the sidelines, each with a balloon. These players are “shepherds” and their balloons are their “sheep”.
- Three players stand in the center of the court. These players are the “sheepdogs”.
- The goal is for the shepherds to volley their sheep across the “pasture” without allowing a sheepdog to tap their sheep away.
  - Players should use passing and setting to keep their balloons afloat.

## **Other Warm Up Drills**

Many standard drills can be used to warm up. These drills get a player moving while also incorporating volleyball skills. See the sections below for more drills that work well for warm ups.

### **General Volleyball Drills:**

- Man Overboard Drill

### **Passing Drills:**

- Two Touch Chase Drill
- Skinny Court/Short Court

### **Serving Drills:**

- Queen of the Court Drill

### **Movement Drills:**

- Newcomb Ball
- Two Touch Chase
- Red Light/Green Light

# PASSING

## Passing Basics

How to teach passing basics to young players. Coaches are encouraged to dedicate a portion of each practice to passing drills!

### Ready Position:

- Players start with their feet about shoulder-width apart with knees bent. One foot is just slightly in front of the other, for right handed players this is their right foot. Players have their body weight on their toes, ready to move forward.
- Arms are in front of the body and shoulders are leaning forward. Arms are relaxed.

### Arms and Hand Positions:

- When preparing to pass, hands come together.
- Players lay their hands flat and put just the fingers from one hand on top of the other so they form a triangle. Players then close their thumbs together so the thumbs and wrists are touching each other (see adjacent picture).
- Players can also make a loose fist with a 'thumbs up', then curling the fingers of the other hand around the fist. Be sure thumbs and wrists are together.
- Never allow players to intertwine their fingers as this can lead to injuries!

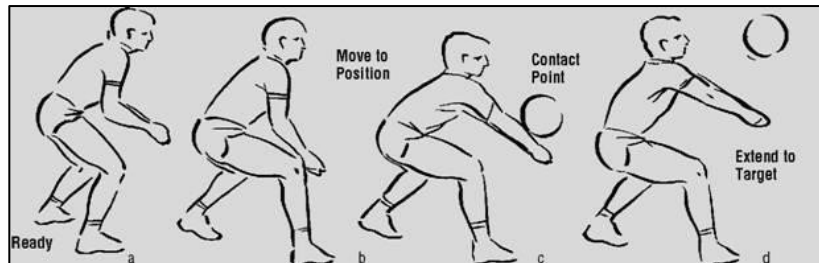


### Ball Contact:

- As the ball comes to the player, they step towards the ball and extend their arms out in front of them.
- Roll elbows upwards, creating a flat surface with the forearms.
- The ball contacts the the middle of the forearm in the soft flat area.
- As the ball contacts the arm, the players push their shoulders forward in a shrugging motion towards their intended target.

### Verbal Coaching Cues:

- "Ready Position"
- "On your toes"
- "Bend your knees"
- "Where are your arms?"



## Coach on 3 Drill

This drill focuses on basic passing skills as well as communication and movement.

### How To:

- Three players start in the back row positions (Right Back, Middle Back, Left Back), the rest of the players form a vertical line off the court feeding into these 3 positions.
- Coach starts in middle front, facing the players
- Coach tosses the ball to a player who must call the ball and pass it back to the coach who then passes the ball again to another player.
- Once a player passes a ball, they rotate off and the next player in line fills their spot.
- Keep the rally going as long as you can!
- To encourage communication and movement, try tossing the ball in between two players, or slightly in front of or to either side of a player.

**Option:** This drill can also be done with Setting. It can also be done as a Coach on 1, or Coach on 2 drill. To simulate serve receive, this can be done as a Coach on 6 drill with the coach tossing in the ball over the net in place of a serve.

## Two Touch Chase Drill

This drill works on reacting and moving to the ball as well as communication.

### How To:

- Players form 2 vertical lines with the first player at the 10 Foot Line, facing towards the serving line.
- Coach stands in the middle of the 2 players with a ball.
- Coach slaps the ball then throws it on the ground hard so the ball bounces high.
- The two players must run to the ball and communicate who will pass the ball first.
- The first player passes the ball up for the second player to pass as well.
- After both players passed the ball, they shag the ball and get back in line.

**Option:** To make this drill more challenging for older players, after players go through the line once or twice, start throwing the ball so it bounces farther away, or side to side, making the players run farther, move faster, and communicate more.

## Run Up Passing Drill

This drill is designed to help players move and anticipate the pass.

### How To:

- Players stand in a vertical line facing the coach about 10 feet away with the first player out and ready to pass.
- The coach slaps the ball and tosses the ball a few feet in front of the players. Players must run up to the ball and pass it up high back to the coach.
- On short low passes close to the net, players should make sure their passing arm platform is level so the ball goes straight up, rather than at an angle into the net. If they are farther back away from their target (coach), the angle of their arm platform should be lower so the ball goes up and forward.

**Option:** To make this drill more challenging- after a few times through, toss the ball shorter making the players react quicker.

## Three Blind Mice Drill

This drill works on reacting and moving your feet to the ball.

### How To:

- Three players start in the three back row positions. The rest of the players form a vertical line off the court feeding into these 3 positions.
- Starting 3 players are turned around facing away from the court. The coach stands in Middle Front.
- Coach slaps the ball then tosses it up high in the air to one of the players.
- The players may not turn around until the coach slaps the ball. Once turned around, the players react quickly and pass the ball.

**Option:** To make this drill more challenging for older players, after a few tosses, start tossing the ball farther away from the players, side to side, or between two players.

## Serve it Up, Pass it Up Drill

This drill works on reacting to the ball and passing off of a live serve.

### **How To:**

- Six players start on one side of the court, ready to pass the ball (serve receive). The remaining players are on the opposite side of the net, ready to serve.
- Servers serve the ball to the passers. If the serve receive passes the serve, they score one point. If the serve is not passed, servers score one point.
- Play to a set number of points (ie: 5) then rotate servers and passers.
- Mix up players in serve receive positions frequently so they are exposed to many different passing locations on the court.

**Option:** As skill level progresses, change the goal be more challenging (ie: passing to the setter's spot, two passes in a row, 3 passes in a row, returning the ball over the net, etc.)

## Volley Basketball

This drill practices directing a pass to the setter's spot

### **How To:**

- Three players start in the back row positions (Right Back, Middle Back, Left Back), the rest of the players form a vertical line off the court feeding into these 3 positions.
- Place a target in the setter's spot on the court. A bucket, basket, circle of cones, or taped off target works well.
- Coach starts in middle front, facing the players
- Coach tosses the ball to a player who must call the ball and pass it towards the setter's spot trying to "make a basket". If a basket is made, or the ball hits inside the target area, the team gets 2 points. If the ball hits within a foot of the target on any side, the team gets 1 point.
- Team works together towards a set number of points for the drill.

**Option:** Divide teams into two groups and have them race to the set number of points!

# SETTING

## Setting Basics

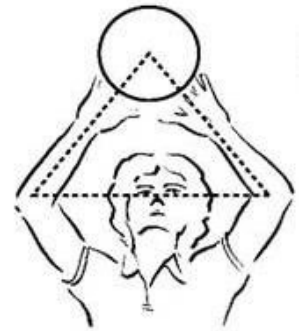
How to teach setting basics to young players.

### Ready Position:

- Players start in Ready Position, similar to passing, with feet shoulder-width apart, knees bent, one foot slightly in front of the other.
- Players have their body weight on their toes, ready to move forward.
- Arms are in front of the body and shoulders are leaning forward. Arms are relaxed.

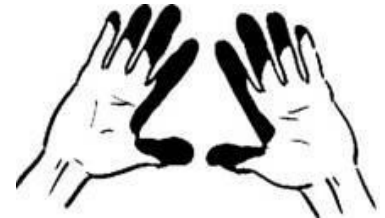
### Arm and Hand Positions:

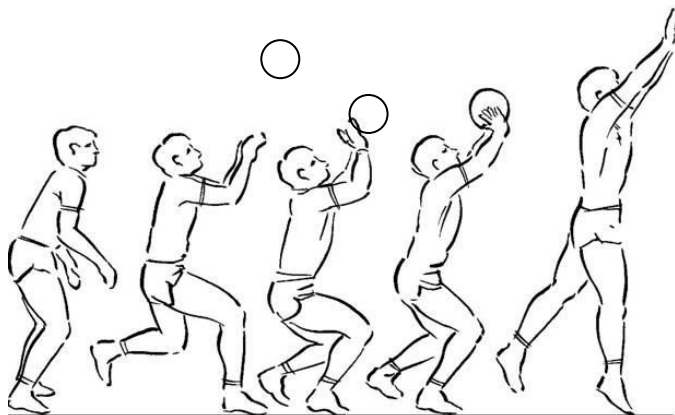
- The players place their hands around their hips with the thumbs facing the back.
- Have them pull their hands out in front of them, keeping the same form.
- Players should see their wrists are bent, fingers formed in a rounded shape with fingers spread out.
- Keeping this hand shape, hands raise above their forehead, with eyes looking up towards where a ball would be. Elbows are wide, forming a triangle with the arms overhead. **(See adjacent picture)**



### Ball Contact:

- The ball is contacted with only the fingertips and the thumbs. The palm of the hand do not touch the ball. **(See adjacent picture)**
- As the ball comes towards the player, they should bend their arms as the ball touches their hands, like a spring loading.
- At first, the players catch the volleyball in the loaded position and pause for a second. This helps them get used to the movement.
- After loading the "spring", they extend their arms above their head, slightly in front of their body, pushing the volleyball out high in front of them, extending their legs at the same time.
- Hands extend up forward straight in front of their body. Wrists should not flick out sideways, which is common with new players. A helpful trick is to have players point up at the sky like they are pointing at Superman! **(See diagram on next page)**





### Verbal Coaching Cues:

- "Hands up"
- "Load and explode"
- "Superman!"
- "Noodle wrists" or "Floppy fingers"
  - This one is an important reminder for players who have a tendency to use stiff hands or fingers. Stiff hands can cause jammed fingers!

## One-Two Drill

This drill focuses on ball control while setting and helps players get used to sending the ball to the Right Front (setter's spot).

### How To:

- Two players start on the court in Middle Back and Right Front, with lines behind each position. Coach start in Left Front, facing players.
- Toss the ball up high to the Middle Back player. The player must call the ball and set it to the Right Front player.
- The Right Front player sets the ball to the coach.

**Option:** For younger players, the Right Front player may catch the ball overhead in a setting-stance first, then adjust as needed before setting it back to the coach.

## Moving Train Drill

This drill focuses on movement, ball control and communication.

### How To:

- Two players start at the serving line, about 10 feet apart, facing each other.
- One player tosses the ball to the other player who sets it back to her.
- They set back and forth as they slowly walk down the court towards the net.
- If the ball drops players go to the back of the line at the serving line. Give the players 3 chances to start over, then they can pick up the ball and start again from where they stopped.

**Option:** This drill can also be done with Passing.



## Keep it Going Drill

This drill is great for a high number of touches on the ball for each player.

### **How To:**

- Each player finds a partner and stand about 10 feet apart, facing each other.
- One player tosses the ball to her partner, who sets it back.
- Continue to set back and forth.
- Set a goal for how many sets to achieve without letting the ball drop.
- Once they reach the amount, the team sits down. First team seated wins!

**Option 1:** This drill can also be done with Passing.

**Option 2:** This drill can also be done with a time limit rather a goal number of sets. This option allows a higher number of contacts for each player

**Option 3:** Another twist on this drill is to start all players at the same time and see how long they can keep setting back and forth before the ball drops. If they drop the ball, their team sits down. Last team standing wins!

## Toss Set Pass

This drill is great for a high number of touches on the ball for each player, working on ball control for setting.

### **How To:**

- Each player finds a partner and stand about 10 feet apart, facing each other.
- One player tosses the ball up and sets the ball to themselves, then passes it to their partner who catches it.
- The partner then tosses the ball up and sets it to themselves, then passes the ball back to the other player.
- Continue to toss-set-pass back and forth.

**Note:** For players to set the ball to themselves, their arms must finish high above their head on the set.



# SERVING

## Serving Basics

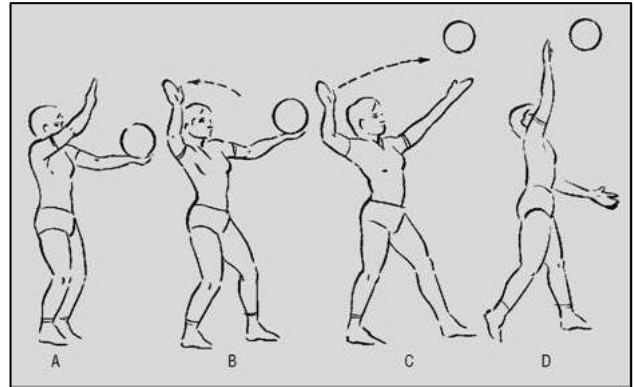
How to teach serving basics to young players. Remember, in Hillsboro Youth Volleyball, we only teach kids overhand serve, as we want to develop the skill and muscle memory early on in their volleyball experience. Players may come up to the 10 Foot Line to serve. Coaches are encouraged to dedicate a portion of each practice to serving drills.

### **Starting Position:**

- Players start with their feet shoulder-width apart with their left foot ahead of their right foot, pointing towards the court.
- The right foot should be slightly behind the left foot, pointed slightly out to the right.
- If a player is left hand, everything is exactly opposite, substituting rights for lefts.
- Players start with their left hand palm up, arm extended at shoulder level with the elbow very slightly bent, holding the volleyball.
- Players place their right hand on top of the volleyball. This helps young players steady the ball in their left hand before tossing.

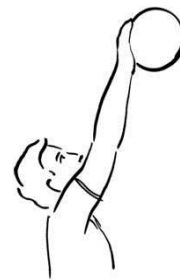
### **Tossing the Ball:**

- They toss the ball into the air with their left hand, working on keeping their arm and wrist straight and pushing the ball into the air with their hand, rather than spinning it by flicking their wrist.
- The ball is tossed about 2-3 feet in the air.
- Simultaneously, as they toss the ball, players draw their right arm back.
- The right elbow is high and hand pulls back with palm open to eye level, reaching back behind their head. (Give them the cue word "Bow and Arrow" for this portion. It helps remind them to keep their elbow high and keep their tracking hand out in front.)
- They player rotates their hips back toward the serving arm as the arm pulls back.
- Players practice tracking the toss by keeping their left arm high in the air aimed towards the ball.



### Ball Contact:

- As the ball is in the air, player shifts their weight forward onto their left foot and rotate their hip forward again, bringing their arm forward, high in the air to contact the ball.
- As they bring their right arm forward to contact the ball, the left arm drops to their side.
- The ball is contacted in front of the body, centered above head level. **(See adjacent photo)**
- Players work on keeping their hand and wrist strong and open. They may need reminders to not have “noodle wrists”.
- The right arm follows through to the right hip after contacting the ball. Encourage players not to let their right arm cross their body on their follow-through.



### Verbal Coaching Cues:

- “Steady the ball”
- “Bow and arrow, up”
- “High-five the ball”
- “Hit the ball as hard as you can!”
  - This is an important cue for players new to serving as many are often cautious in contacting the ball and need to be reminded frequently that a serve is a forceful contact.

## Steps for Coaching Overhand Serving

Overhand serving may be an intimidating skill for a new coach to teach. However, by teaching portions of the skill individually, in a sequence, it can be taught successfully to young players.

### Step 1- Starting Position/Steady the Ball:

- The first thing to teach and practice is the starting position.
- Players find a line on the court and stand with it between their feet.
- With a ball, players practice the starting position (as detailed in Serving Basics section).
- Once the ball is steadied in their hand, players turn their bottom hand, letting the ball drop, aiming for the line between their feet. (Note: this is not a toss. The ball is falling from their hand.)

### Step 2- Tossing the Ball:

- Once players are comfortable with Starting Position, it is time to add in tossing the ball in the air.
- Mastering a consistent toss is an extremely important step in teaching young players to overhand serve.
- Before players contact the ball themselves, do tossing drills.
- Use Toss it Up Drill to teach proper ball tossing. (see on page 27)

### **Step 3- Arm Movement/Ball Contact:**

- Once players are comfortable with Starting Position and Tossing, it is time to add in arm movements and ball contact.
- Before actually letting players toss the ball for themselves, do shadow serving drills with a coach holding the ball.
- This helps teach players proper arm movement, and focuses on where the ball should be contacted in a serve without worrying about the toss and timing.
- Use Shadow Serving Drill (see on page 28) to teach arm movement

### **Step 4- Combine skills**

- After the first three steps are practiced in progression, players are ready to combine all individual skills into a full serve.
- Players partner up and practice serving each other, using the Back and Forth Drill.
- Use Back and Forth Drill to practice serving as a combined motion. (see on page 28)

## **Toss it Up Drill**

Use this drill to teach accuracy and consistency with ball tossing for a serve.

### **How To:**

- The players stand in vertical line with the coach standing in the front of the line, facing the players.
- Players find a line on the court and stand with it between their feet.
- Players then practice Starting Position and steadying the ball.
- Once the ball is steadied in their hand, players toss the ball approximately 3 feet in the air. They let it drop without contacting it.
- Players should aim for the ball to fall directly on the line between their feet.
- The toss should be a gentle push into the air. Many new players have a tendency to roll or flick their wrist when tossing the ball, putting spin on it. This is discouraged.
- Coaches stand in front of each player, extending their hand above the player's head. This gives players a target height for the toss.
- Players aim to touch the coach's hand with their toss.

## Shadow Serving Drill

Use this drill to teach arm motions and ball contact without having to time a toss.

### How To:

- The players stand in vertical line with the coach standing in front, facing the players.
- The coach firmly holds the sides of the ball and the players go through the motions of the serve with the coach moving the ball for them rather than them tossing.
- Their hands move up to track the ball like they tossed it. The coach raises the ball up. Players hit the ball up high while the coach is holding it, not letting go.
- Give verbal cues as players are going through the motions of serving. ("Steady the ball, Bow and Arrow-Up, High-Five"). New players can be timid to hit the ball hard. It can help to be a little silly with them.

## Back and Forth Drill

This is an excellent drill to practice serving as a combined motion. Having players serve back and forth to a partner ensures a high number of ball contacts per player.

### How To:

- Players find a partner and stand on opposite sides of the net. Players can start at the 10 Foot Line.
- Players serve back and forth to each other, aiming to serve directly at their partner (emphasize their follow through arm pointing directly at their partner).
- If a player serves into the net, they roll the ball under the net to their partner, rather than continuing attempts until successful. This ensures both partners are getting a high number of contacts
- Do this drill for a set amount of time (ie: 5 minutes)
- As players get more consistent and comfortable serving, they take a step back after successfully making a serve. If they miss, they stay in the same spot until they make their serve.
- Encourage players to continue to step back towards the serving line as their serves get stronger.

**Note:** This is a good drill to use as a warm up before a game. You can share the net with the other team.

## Around the World Drill

This drill gives players a high number of serving contacts while getting them used to aiming for different areas on the court.

### **How To:**

- Using painters tape, or cones, indicate several areas on the court as serving targets. Make these targets large initially.
- Each player has a ball. Players line up in two lines on the serving line (or wherever they are comfortable serving from).
- As a team, each line is trying to hit all of the targets.
- One player in each line serves at a time. After a player has served, they shag their own ball and get back in line.
- Once a team has hit all of the areas, they sit down and cheer.

## Queen of the Court Drill

This is a fun, fast paced game that works on serving, passing, movement and communication.

### **How To:**

- This drill uses a full court. If two teams are sharing a court, both teams can play together.
- Three players start on each side of the court. Remaining players are off the court, forming three lines to feed into the court next.
- A coach tosses the ball into play. For older players, the players in line off the court can serve the ball.
- Each side plays the ball out, aiming to return it to the other side.
- The side that wins the rally moves to the "Queen's Court" (ie: opposite side of the court from where the lines feed in). The team that lost the rally leaves the court and three new players come in from the lines.
- Play this game to a time limit.

**Note:** This is a good drill to use as a warm up before a game. You can share the net with the other team.





# MOVEMENT

## Movement Basics

Movement and reacting to the ball are some of the most valuable skills a young player can learn!

### **How To:**

- When players are on the court, encourage them to stay in their Ready Position, with weight on their toes, ready to move forward.
- All players on the court should watch the ball during play, ready to move at any time.
- Remind players often- we would rather two people go for the same ball than nobody go for it.
- Any time you can incorporate moving to a ball during a drill, do it! Toss a ball a foot or two in front of the players, or to the side, encouraging them to move their feet.
- When practicing serve receive or passing, try tossing the ball from the opposite side of the net. This helps players become comfortable with reacting to a 'live ball'.

### **Verbal Coaching Cues:**

- "On your toes"
- "Don't grow roots"
- "Where are your arms?"

## Red Light, Green Light Drill

This classic childhood game is excellent way to get players warmed up while incorporating volleyball movements.

### **How To:**

- Players line up on the or serving line in a Ready Position stance.
- Coach stands on the side of the court, ready to call out phrases- Red Light, Yellow Light, or Green Light
- Green Light- players move forward quickly in a one-two step motion from a Ready Position, keeping their bodies low, not standing up.
- Yellow Light- choose a skill to focus on- players must stop and perform that skill. (ie: Pretend to set a ball, or pretend to serve)
- Red Light- While moving, players must stop quickly and plant their feet in a Ready Position.
- If a player does not respond to the correct command, or does not stop quickly enough when Red Light is called, the player must go back to the start. If they are past the net, they can go back to the net.
- First player to the opposite wall (or serving line) and back, wins!

## **Newcomb Ball**

This classic PE game is great for teaching fundamental volleyball movements as well as defensive anticipation.

### **How To:**

- The game is played in front of the 10 foot line. If the ball falls past the 10 foot line, it is considered out.
- One player starts on each side of the net. The remaining players form a line behind the court. One player starts with the ball.
- The player tosses the ball over the net, keeping the ball in front of the 10 foot line. The opposite player tries to catch the ball and quickly throw it back over the net.
- Players work on reading the other player, anticipating where the ball is going.
- If the ball hits the ground or goes out of bounds, the play is finished. If you win, you stay. If you lose, you are off. The next player in line steps in.

**Option:** As skill level progresses, add in setting. Now, instead of catching the ball and quickly throwing it back, the player catches the ball, tosses to themselves and sets the ball over the net. This variation works on setting and also defensive anticipation.

## **Other Movement Drills**

Movement can be incorporated into many drills for other skills. The drills listed in the sections below are excellent for working on movement, reacting to the ball, and encouraging players to be aggressive in going for the ball. See the sections below for more drills incorporating movement.

### **General Volleyball Drills:**

- Man Overboard Drill
- The Number One Rule

### **Passing Drills:**

- Two Touch Chase Drill
- Run Up Passing Drill
- Three Blind Mice Drill

### **Setting Drills:**

- Moving Train Drill

### **Serving Drills:**

- Queen of the Court Drill

# HITTING

## Hitting Basics

**Hitting is a very complex movement for elementary age players.** It is rarely done successfully in a game. For younger players, it is better to start with passing, serving, movement and setting basics before attempting to teach hitting. However, older or more experienced players can benefit from introducing hitting footwork and movements.

### **Starting Position:**

- Players start at the 10 Foot Line.
- Starting stance is standing with their weight shifted to their right foot underneath them and their left foot slightly behind their body, knee bent with the toe just slightly touching the ground for balance. Arms should hang loose out in front of their body.

### **Footwork:**

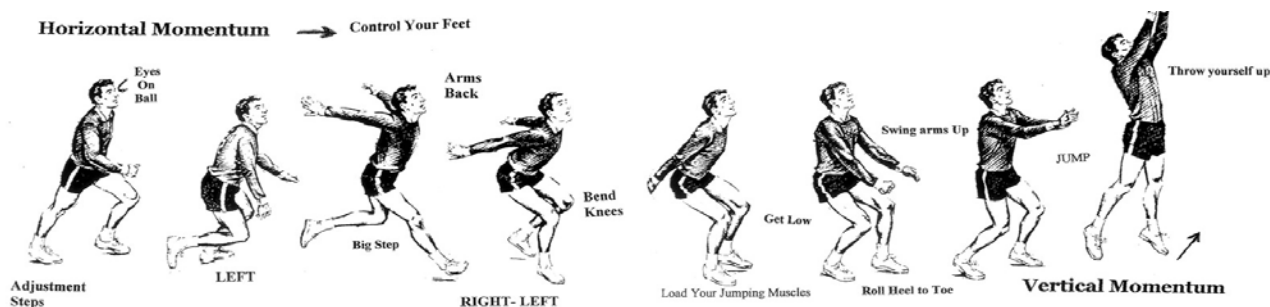
- The footwork and rhythm of the hit approach should be **LEFT...RIGHT/LEFT. LEFT** (slow, reading the set speed)...**RIGHT/LEFT** (quick one-two step, explosive, plant hard).
- **LEFT**- The first step is with the left foot. From the Starting Position, players bring their left foot forward and step out in front of their body with their foot pointing straight at the net. At this time their arms begin to move backwards down below their hips.
- **RIGHT**- The next step is with their right foot. While the left foot was a small step, the right foot movement is a big step and hard plant on the ground. Their right foot angles toward the Right Front position on the court (where the setter typically is located). Arms are forcibly drawn all the way back behind them (like they are flying eagles!).
- **LEFT**- The final step is with the left foot. The players bring their left foot forward quickly and plant it hard, shoulder-width away from the right foot and parallel to the right foot, pointing toward the Right Front (setter's spot). These last two steps (the RIGHT/LEFT) need to be a hard plant with two feet in a quick one-two step succession followed by an explosive jump off of both feet. Simultaneously, the player should drive both arms forward and up above their head in front of their body. **It is important for players jump straight up, without forward movement.**

### Ball Contact:

- From here, the arm movement is similar to the “Bow and Arrow” motion of serving. They track the ball with their left arm, draw their right elbow back high above their head and contact the ball high in front of their body.
- Players should reach high to contact the ball on the top portion of the ball. They snap their wrist hard upon contact and forcibly swing their right arm down to the right hip.

### Timing:

- The first step is made when the ball is first set. This allows players to move directly on a course to intercept the ball after the set.
- Right as the ball reaches the peak of the arch after it is set, the last two steps of the approach should be made- fast and explosive, jumping to contact the ball high and in front of their body, allowing the player to hit the ball down into the court and above the height of the net.
- Arm swing should be fast. This allows the player to hit the ball harder. Be aware that sometimes players may drop their elbow to try and hit the ball, emphasize keeping their elbow high and contacting on top of the ball, snapping their wrist.



### Verbal Coaching Cues:

- “Left, Right, Left”
- “Explode Up”
- “High Elbows”
- “Follow Through”

### **Tipping:**

- Tipping is an attack that is meant to trick the defense into expecting a hard attack, when a soft, short ball will come instead.
- Tipping follows the same footwork and approach as a hit. This is done to make sure the defense does not expect a tip.
- Players should reach high to contact the ball above the height of the net (and blockers hands). Instead of hitting the ball, the contact is done with an open hand and softly pushes the ball over the net.
- Hand should direct the ball as it is tipped over the net.

### **Off-Speed/Roll:**

- An Off-Speed (or also called a roll) hit is an attack that is meant to trick the defense into expecting a hard attack, when a slow ball will come instead.
- An Off-Speed attack follows the same footwork and approach as a hit. This is done to make sure the defense does not expect a roll.
- When contacting the ball, the player drops their elbow low and contacts the ball on the underside.
- The elbow then extends and hand rolls over the top of the ball, giving the ball some topspin.
- An Off-Speed attack can be used if the set is too low, or if the hitter is late in their approach.

## **Shadow Footwork Drill**

This drill helps players with footwork and coordination of approach.

### **How To:**

- Players line up at the 10 Foot Line.
- Go through the footwork and movement of their hit approach without a ball.
- Give them verbal cues as they go through the movement (LEFT... RIGHT/LEFT).
- Until the movement becomes natural, it is helpful to go through it in slow motion repeatedly with verbal cues.
- Do shadow drills for a set amount of time, walking around to each player and giving them feedback.

## **Coach Toss**

This drill helps older or more experienced players combine footwork and arm swing/ball contact with a moving ball without using a setter.

### **How To:**

- Players line up at 10 Foot Line in middle front or left front (outside).
- Coach stands at net.
- Toss the ball about two to three feet above the height of the net, and about one foot away from the net.
- Player takes their first step as soon as the ball is tossed. Players do a hit approach and attack the ball.
- Sometimes, it takes a few tosses to get the hang of the right height/timing.

## **Stationary Ball Hitting Drill**

This drill helps players combine footwork and arm swing/ball contact without a moving set.

### **How To:**

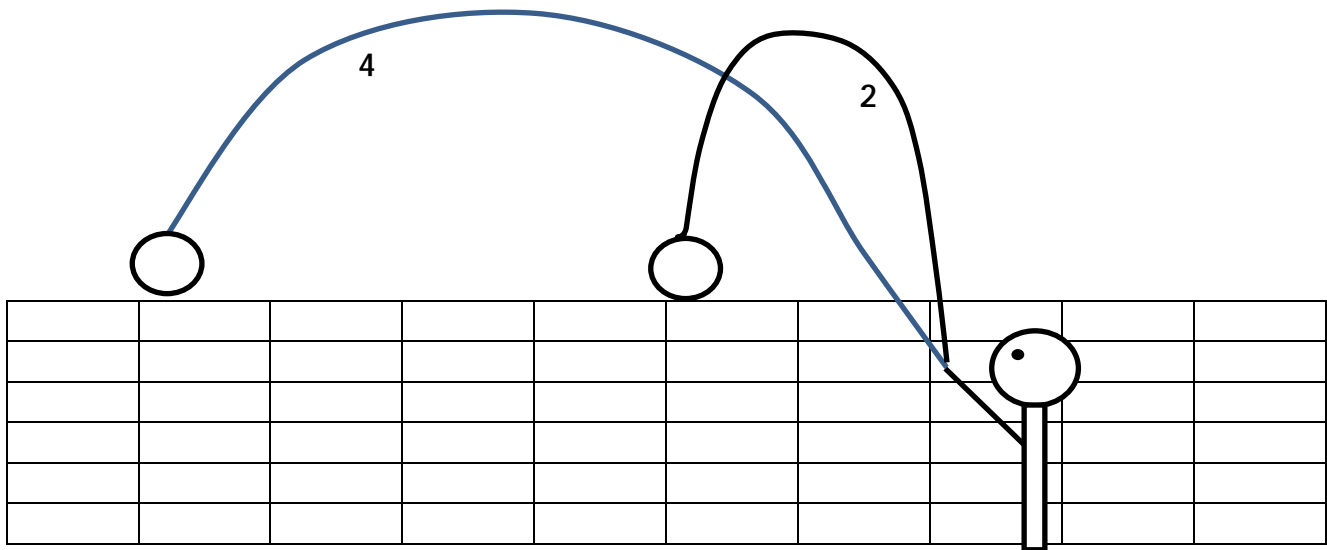
- Players line up at 10 Foot Line.
- The coach stands on a chair, or holds the ball high. If the players are tall enough, hold the ball above net level, close to the net.
- Players do their full hit approach, reaching to hit the ball in the coach's hand.
- If you would like the players to hit the ball out of your hand, hold it in the palm of your extended hand and toss it two inches in the air. Drop your hand out of the way as the players jump. This helps you avoid getting smacked! Otherwise you can hold the ball firmly with two hands in front of you and players can aim to tap the ball lightly rather than hit it out of your hand.

## Toss Set Hit

This drill helps older or more experienced players combine footwork and arm swing/ball contact off of a live set.

### How To:

- Players line up at 10 Foot Line in middle front or left front (outside).
- Coach stands at mid-court. Setter starts in right front, parallel to net, facing in the direction of hitter.
- Coach tosses the ball to the setter, who sets the ball to either the middle position (2, slow, high middle set) or the outside position (4, a high outside set). See diagram below.
- For a 2, player takes their first step as soon as the ball is contacted by the setter. At the peak of the set, they execute their last two steps, quick and explosive, contacting the ball high and in front of their body.
- For a 4, player takes their first step after the ball has left the setters hands and is moving upwards. At the peak of the set, they execute their last two steps, quick and explosive, contacting the ball high and in front of their body.
- Sometimes, it takes a few sets to get the hang of the right height/timing.



## Hit Transitions

This drill helps players practice getting off the net quickly, so they are ready to hit.

### How To:

- Two players start facing the net in outside and middle positions with hands at shoulder height. Remaining players form a line off the court to feed into the outside hitter position.
- Coach stands at mid-court. Setter starts in right front, parallel to net, facing in the direction of hitters.
- Coach slaps the ball to start the drill.
- When the ball is slapped, hitters transition off the net. They should make a big step with their inside foot, opening their body up to the court. This allows them to keep an eye on the ball as it is in motion.
- After the big first step, hitters move **quickly** to the 10 Foot Line and get in the starting position to hit.
- After slapping the ball, the coach waits a moment to allow hitters to transition off the net before tossing the ball to the setter.
- Setter sets the ball to the hitters for an attack.

## Hitters Versus Passers

This drill helps players hit off a live set, and helps defense pass off a live hit.

### How To:

- 6 players start on one side of the net in all positions.
- On the opposite side of the net, hitters line up at the 10 Foot Line in the middle and outside positions. Setter is at the net in Right Front. Coach stands at mid-court with the balls.
- Coach tosses ball to setter, who sets the ball (a 2 or 4 set) to the hitters.
- Hitters attack the ball, defense attempts to pass the ball.
- If the ball is not touched by the defense (or shanked), the hitting side gets 1 point.
- If the ball is successfully passed, passing team gets 1 point.
- Play the game to a set number of points (5 or 10) then switch sides. Passing team is now the hitting team and vice versa.

**Option:** Rotate your setter into the hitting lines after 5 sets, rotate a hitter into the setting position to get everyone experience hitting/setting.



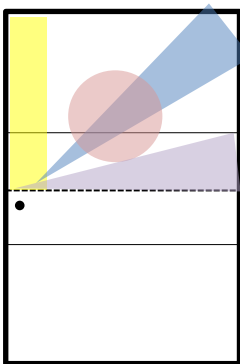
# Hit the Spot

This drill helps players hit targeted areas on the court.

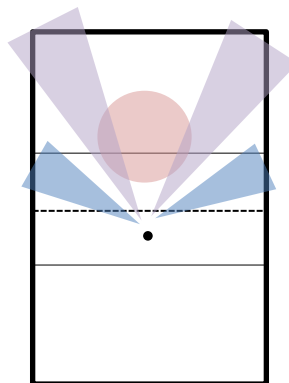
## How To:

- Indicate target areas on the court (cones, masking tape, etc.)
- Recommended areas include Line, cross, sharp angle, middle tip.
- Players line up at 10 Foot Line in middle front or left front (outside).
- Coach stands at mid-court. Setter starts in right front, parallel to net, facing in the direction of hitter.
- Coach tosses the ball to the setter, who sets the ball to either the middle hitter (a 2) or the outside hitter (a 4).
- Hitters attack the ball, aiming to hit the ball to the designated targeted area.

**Option:** This drill can be done for a set duration. To make it more challenging for advancing players, have them work as a team to reach a set number of times the target area is successfully hit.



**Outside Hitter  
Target Areas**  
Yellow: Line  
Blue: Cross  
Purple: Sharp Angle  
Red: Middle Tip



**Middle Hitter  
Target Areas**  
Purple: Angle  
Blue: Sharp Angle Tip  
Red: Middle Tip



# BLOCKING

## Blocking Basics

**Blocking is a difficult skill to master. The recommendation is to wait to introduce until the 7<sup>th</sup> and 8<sup>th</sup> grade league.** For younger players, it is better to start with passing, serving, movement and setting basics before attempting to teach blocking. However, older or more experienced players can benefit from introducing blocking footwork and movements.

### Starting Position:

- Players start in the front row positions facing the net, approximately elbow-distance away front net.
- Hands are up at eye level, in front of the body, no lower than shoulders.
- Knees are bent and weight is forward on the toes.
- Hands should be big and open to cover the most area. Fingers are firm and spread.

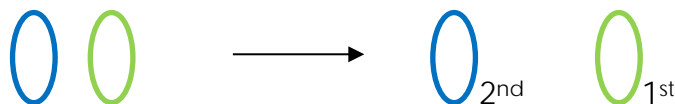


### Blocking Footwork- Two Step Approach:

- From starting position, players move horizontally along the net using only two steps.
- Right foot steps sideways and plants (toes stay facing net).
- Left foot steps sideways and plants (toes stay facing net).
- When planted, feet should be parallel, approximately shoulder width apart, facing the net.
- Once both feet are planted, crouch and jump straight up.
- When moving, hands stay open at shoulder height in front of body.
- Motion can also be done in reverse moving to the left.
- The Two Step Approach is often used from the middle blocker to adjust to where the ball is set, or for the outside blocker to come to the right to block a middle hit along with their middle blocker.

### Two-Step Approach

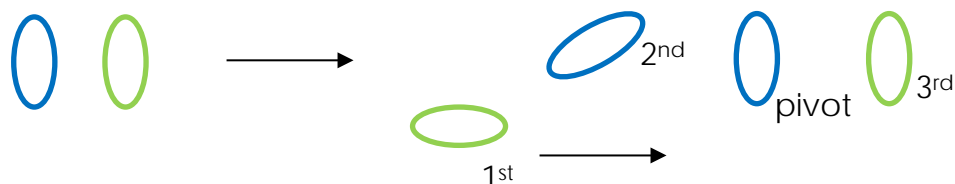
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### Blocking Footwork- Three Step Approach:

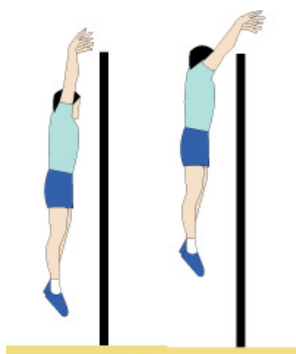
- From starting position, players move horizontally along the net using three steps to cover more ground.
- First step is with their outside (right) foot in the direction of movement. The first step is big. Foot opens up to point in the direction of movement.
- Second step is a crossover step with the left foot, at an angle to the net.
- With the third step, the right foot plants with foot facing the net. While this foot plants, the left foot, which was angled, pivots to square up with the right foot, with toes facing the net.
- Once both feet are planted, crouch and jump straight up.
- When moving, hands stay open at shoulder height in front of body.
- Motion can also be done in reverse moving to the left.
- Three Step Approach is most often used by the middle blocker to move to block an attack from the outside or right side. **This league does not encourage double blocking for safety reasons. However, it is beneficial for players to practice blocking footwork.**

### Three-Step Approach



### Blocking Jump and Arm Movement:

- With both of the styles of blocking footwork, the feet should land parallel, facing the net.
- Bend knees to a crouch and jump.
- When jumping, arms reach up over the net, fingers spread out wide and hands are firm. Hands reach and penetrate over the net.
- Arms should seal the net. They should be close enough to the top of the net so that a ball cannot come between the player and the net.
- Hands should be open, but cupped around the shape of a ball.
- When the ball contacts the blockers hands, the blocker should press back firmly.
- Hands and arms should be squeezed in tight as to not allow the ball to pass between them.



**Note: No part of a player's arms or body can touch the net. It is important for player safety to emphasize this when practicing blocking.**

### Blocking Timing:

- Timing is one of the most challenging parts of a block.
- Players should watch the ball and set to determine when to jump. The rule of thumb for watching for the hit is: ball, hitter, ball, setter.
- Blockers should watch the ball as it is being passed.
- Blockers should then take their eye off the ball to look at the hitters.
- Blockers then look back and find the ball as it approaching the setter.
- Blockers should watch the setter as they contact the ball.
- They read the set to determine where the ball is being set to (middle, outside, etc.).
- They then move to the appropriate spot using their footwork.
- Blocker need to wait to jump until right before the hitter contacts the ball. The goal is to have hands in the air when the ball is contacted, forming a barrier to prevent the ball from coming onto their side of the court.

### Double-Blocking:

- Double blocking is when two players block the ball together to form a larger area of block coverage.
- The player in the anticipated position of the hit sets the block. They do not move. The player next to them transitions using their footwork to stand next to player setting the block.
- Players are both facing the net, side by side, close together but not touching.
- Using verbal cues “one-two-up” players then jump in unison to block the ball.
- **It is very important that players are in control of their movements while transitioning and jump up straight up and down, at the same time, so nobody lands on another player’s foot causing injury.**
- **We do not encourage teaching players to double block at this level of play, for safety reasons. It is recommended to have players block in their set positions in front row.**



## **Blocking Train**

This drill helps players practice their blocking footwork and arm movements, along with timing a block with another player.

### **How To:**

- Players line up off the court, near the net. One player starts in the right front position.
- In position, they jump and press. They then do their two-step approach footwork to transition to the next spot, and block again. Saying “one-two-up” with the “up” being when they jump.
- As soon as the player moves out of the first spot, the next player steps on. The second player jumps at the same time as the first player.
- The first and second player then transition at the same time to the next spot, saying together “one-two-up”. As the second player moves out of the starting spot, a third player steps in. Repeat with all players in line.
- When the first player reaches the end of the net, they run back and get in the back of the line.
- The goal is for the players to set a rhythm together, so they are all jumping in unison. This builds foundational skills for double-blocking.

**Option:** This drill can also be with the Three-Step Approach with a rhythm of “one-two-three-up”, with a limit of three players on the court at a time.

## **Blocking/Hitting Transition**

This drill helps players practice getting off the net quickly, so they are ready to hit. This is a great warm-up drill as it gets players moving and jumping.

### **How To:**

- One player start facing the net, in outside position, with hands at shoulder height. Remaining players form a line off the court to feed into the outside position.
- Coach stands at mid-court with a ball.
- Coach slaps the ball to start the drill.
- When the ball is slapped, player blocks in place, then transition off the net to the 10 Foot Line.
- Player then does a hit approach to the net.
- After landing, they do a Three-Step Block Approach to the middle position and jumps to block. Player then waits for the next slap.
- The next player in line steps into the outside and gets set.
- The coach slaps the ball and both players block in place, transition off the net, do a hit approach back to the net, then Three-Step Approach to the next position.
- Repeat with next player in line.
- When first player finishes their third block/hit transition, they move off the court and get in the back of the line.

## **Coach Versus Blockers**

This drill helps players practice their blocking footwork and timing off of a coach hit.

### **How To:**

- Coach stand on a chair or step-stool in the middle position on one side of the net.
- Players line up on the opposite side of the net with the first player in line in the outside position. Player is facing the net in the starting position for blocking.
- Coach slaps the ball and tosses it to themselves to lightly hit, just above the height of the net.
- When the ball is slapped, players use their Three-Step Approach footwork to transition to the middle to block the coach's hit.
- If the ball is successfully blocked, the blockers get a point.
- Do this drill to a set number of points, or to see how many points the team can earn in a set time limit.