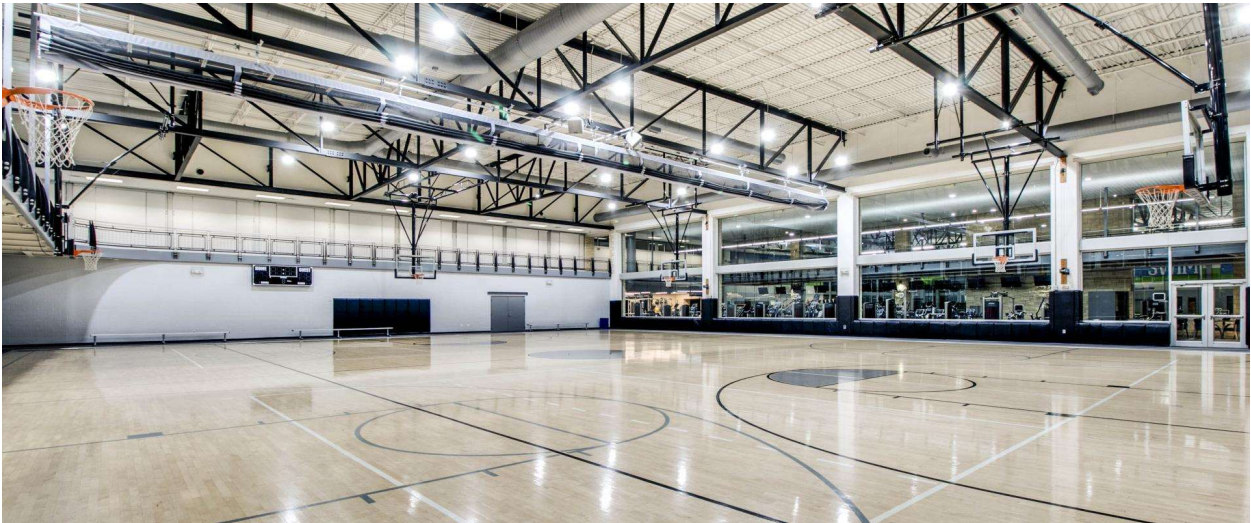




The City of Keller Resources for Coaches Volleyball Skills & Drills



Introduction

Explore the latest volleyball manual for coaches, designed to offer insights into the beginning world of volleyball, including impactful drills and rotations! This guide aims to instruct new coaches and present valuable drills aimed at enhancing both volleyball and athletic abilities. Its object is to foster the expansion of youth volleyball and establish a strong groundwork for volleyball skill progression.

Equipment players should have for practice and games

- ❖ Athletic attire (shorts/spandex and shirt)
- ❖ Tennis shoes
- ❖ Knee pads
- ❖ Volleyball
- ❖ Water

Beginner Vocabulary

- ❖ **ACE:** A serve that is not passable and results immediately in a point.
- ❖ **Antenna:** The vertical rods (normally red and white) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play.
- ❖ **Approach:** Fast stride towards the net by a spike before he/she jumps in the air. Click here for a slow-motion example of the footwork.
<https://www.youtube.com/watch?v=w6levlgUfxY>

❖ **Attack:** Soft tip or hard spike contact hit by a player who sends the ball over the net on the second or third contact.

➤ An attack can be

- A soft strategic tip over the net
- A hard-driven spike down the line
- A high hit through the blocker seam
- A wipe off the blocker's hands
- A hard hit directed cross court
- Backrow attack



❖ **Backrow attack:** When a backrow player attacks the ball by jumping from behind the line before hitting the ball.

❖ **Block:** A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court.

❖ **Bump:** Forearm passing.

❖ **Bump Pass:** The use of joined forearms to pass or set a ball in an underhand manner. Click here for an explanation of a bump pass, <https://www.youtube.com/watch?v=3lJrbzmZ3ic>

❖ **Foul:** A violation of the rules.

❖ **Hit:** To jump and strike the ball with an overhand, forceful shot.

❖ **Jump serve:** A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion. Click here for a tutorial on how to jump serve.



<https://www.youtube.com/watch?v=qRE1PCvb0-0>

❖ **Kill:** An attack that results in an immediate point or side out.

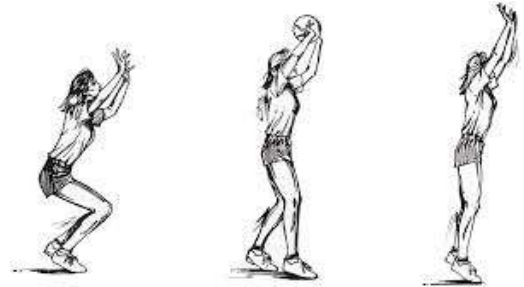
❖ **Line:** The marks that serve as boundaries of a court.

❖ **Middle-Back:** A defensive system that uses the middle back player to cover deep spikes.

❖ **Middle-Up:** A defensive system that uses the middle back player to cover dinks or short shots.

❖ **Offside Block:** Player at the net, which is on the side away from the opponent's attack.

❖ **Overhand Pass:** A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.



❖ **Overhand Serve:** Serving the ball and striking it with the hand above the shoulder. Click here for a step by step tutorial on overhand serving,

<https://www.youtube.com/watch?v=g5sX0LCitgs>

❖ **Overlap:** Refers to the positions of the players in the rotation prior to the contact of the ball when serving.

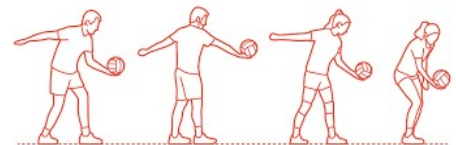
❖ **Ready Position:** The flexed, yet comfortable, posture a player assumes before moving to contact the ball.

❖ **Rotation:** The clockwise movement of players around the court and through the serving position following a side out.

❖ **Side Out:** Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

❖ **Spike:** Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

❖ **Underhand Serve:** A serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion. Click here for a step by step tutorial on underhand serving.



<https://www.youtube.com/watch?v=A0epDjKO6wg>

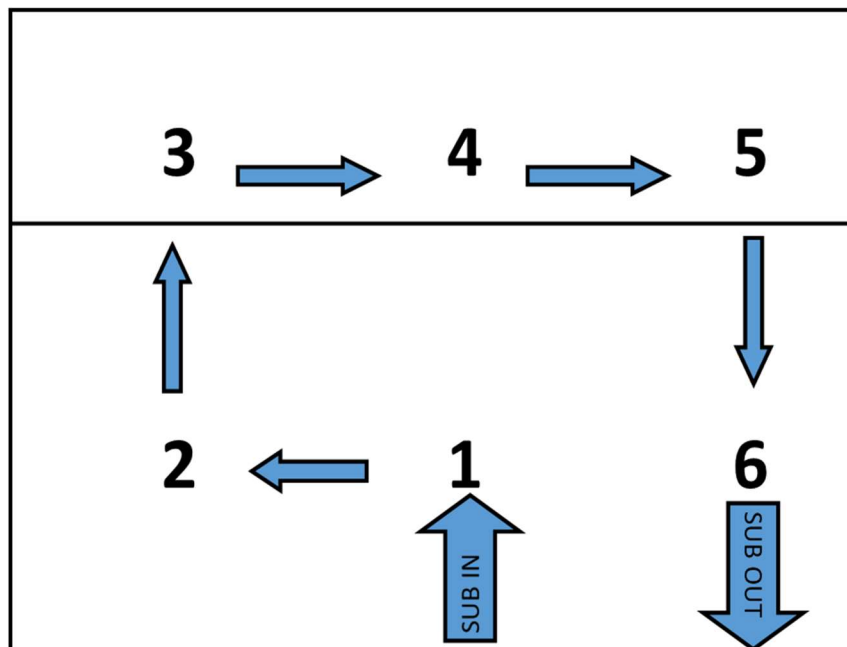
Rotations

When you're still fairly new to volleyball, understanding how rotations work can be a little confusing at first. The first thing you've got to understand is when it comes to rotations is how to physically move around the volleyball court.

Players rotate clockwise every time they side out. Whenever the other team is serving, if your team manages to win the point, each player on your team will rotate 1 position clockwise.

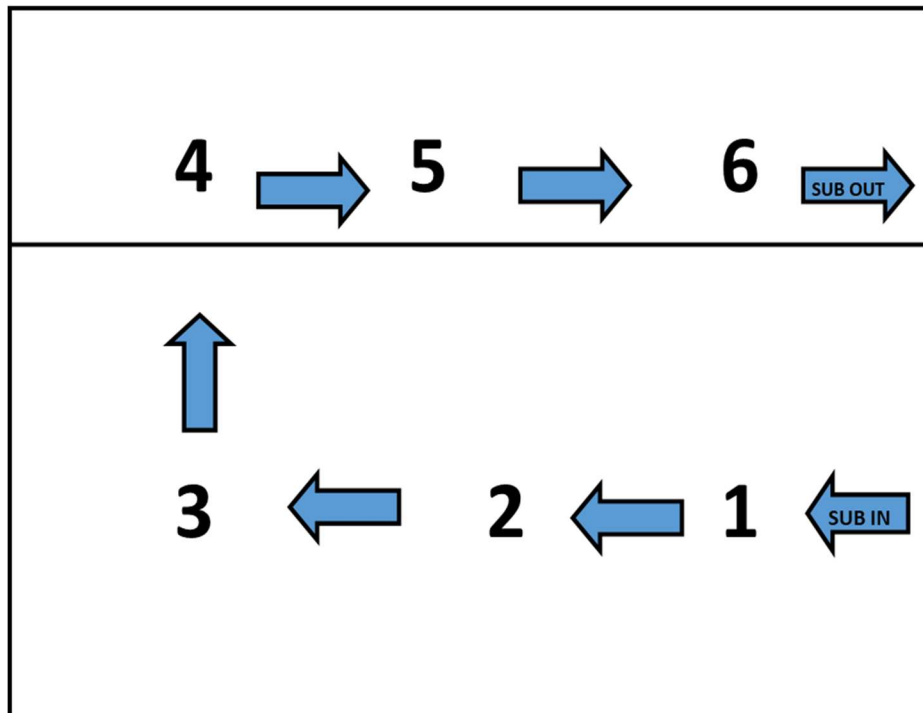
(8-10 Division) Players must sub out of the middle back position each rotation and must not change the serving order as recorded on the scoresheet.

- Position 1: Middle back
- Position 2: Left back
- Position 3: Left front
- Position 4: Middle front
- Position 5: Right front
- Position 6: Right back



(11-14 Division) Players must sub out of the right back position and must not change the serving order as recorded on the scoresheet.

- Position 1: Right back
- Position 2: Middle back
- Position 3: Left back
- Position 4: Left front
- Position 5: Middle front
- Position 6: Right front



Warm Up Drills

Pass and Set

Instructions:

- ❖ Be sure the surrounding area is clean of clutter
- ❖ Take a ball and toss it in the air (just 1-2 feet) to get started
- ❖ Now, receive the ball and pass it to yourself
- ❖ Adjust your position if needed to get the ball and pass it again
- ❖ Repeat as long as necessary
- ❖ A great “game” is to try and keep the ball in play for more passes

Variations:

- ❖ Hitting the ball higher
- ❖ Alternate between passing and setting
- ❖ The hardest version has you pass the ball, the lay on the ground and get back up to pass again (this can work best with the older girls)

Mine

Instructions:

- ❖ Players will be in a circle
- ❖ Players toss or pass the ball to each other, yelling “mine”
- ❖ Coach can add in more than just one ball to make it more difficult

Triangle 3's

Instructions:

- ❖ Stand in a triangle and work on passing to the right only, then to the left only
- ❖ Go around the triangle
- ❖ Can toss, pass, catch and continue keeping it going as long as possible

Butterfly Passing

Instructions:

- ❖ 1 sided: Coach or players can “bowl” the ball over the net underhanded to a passer who must call the ball and pass to the target (where the setter would be). Target gets balls and runs under the net and gives to the coach or tosses over the net to the next person ready to pass.
- ❖ 2 passing lines on opposite sides of the court
- ❖ Two tossing lines opposite the passers and a target on each side of the net in the middle of court.
- ❖ Players toss over the net to passers and follow their toss to the other side of the net to become a passer. Passer passes to target and follows their pass to become target. Target shags the ball and goes to the tossing line on the same side of the court. Toss over the net and continue to follow passes etc.
- ❖ May need to have coaches toss as the youngest ones will struggle to toss an accurate ball to be passed.

Here is a video of a deeper explanation and step by step tutorial.

<https://www.youtube.com/watch?v=j1FdM3vWYpM>

Tennis

Instructions:

- ❖ 1 on 1 games with or without a bounce. Simply toss to one side of the net, the player must send a pass over the net with forearm passing or setting motion.
- ❖ Everyone is allowed one contact to send it over the net.
- ❖ You may allow for a bounce if needed, but only one contact to get over the net.
- ❖ Loser goes off the court, winner stays on and next person rotates in to play 1-point games.
- ❖ Can be played 2 on 2 or 3 on 3.

1-2-3 Pepper Over the Net

Instructions:

- ❖ Played 1 on 1, 2 on 2, or 3 on 3. Players on opposite sides of the net pass over the net and try to use 3 contacts before returning it. Can be in any order of contacts, forearm pass, set, and tip or roll shot etc.
- ❖ Try to see how many times they can get it over the net using 3 contacts first.
- ❖ Using a light ball, or allowing one bounce will help slow it down for the youngest ones.
- ❖ Encourage 3 contacts even if playing 1 on 1. Play from 10' line in on both sides if possible.

Passing progressions with a partner (over the net)

- ❖ Can allow a catch if needed to start then toss to self and forearm pass over to partner.
- ❖ Forearm pass straight back and forth--allow catch and self-toss if needed.
- ❖ Forearm pass to self then pass off the right side--angle the platform. Get them to drop inside shoulder to pass over the net to partner.
- ❖ Forearm pass to self then pass off the left side--angle the platform. Get them to drop inside shoulder to pass over the net to partner.
- ❖ Forearm pass to self then set over the net.
- ❖ Set to self then forearm pass over the net.
- ❖ Forearm pass to self, set to self and one hand over the net--tips big open hands using fingers.
- ❖ Forearms pass to self, set to self and roll spike over the net--try to jump and use your whole hand hitting up on the ball to get topspin.

Serving Drills

Ball and a Wall

Instructions:

- ❖ Work on the toss and big hand and serve to a spot on the wall higher than the net would be.
- ❖ If trouble with power, focus on a bigger step and a big strong hand--faster arm swing.
- ❖ Hit the wall, catch the return and repeat.

10' Line Partner Serving

Instructions:

- ❖ Line up on opposite sides of the net--focus on keys and hit to partner over the net.
- ❖ Partner catches ball/shags ball--then serves back.
- ❖ If they get 3 over allow them to take 1 step back and continue that pattern.
- ❖ May want to begin with a throw and catch motion first then add the toss and hit.

Hula Hoop or Cone Serving

Instructions:

- ❖ Place objects on one side of the court and allow them chances to serve and try to hit the objects.

Serve and Chase

Instructions:

- ❖ They serve a ball then run after it and repeat.
- ❖ Teaches them to not watch their serve but to get onto the court quickly in case ball comes back to their side right away

Amoeba

Instructions:

- ❖ This drill has a time limit, so it introduces pressure—not only for serving, but for hitting a target so accurately that another player can catch it from a seated position.
- ❖ This loud, highly active drill begins with one player sitting in zone six on the court, cross-legged and immobile.
- ❖ The rest of the team gathers on the other side at the end line with balls ready to serve.
- ❖ When the whistle blows, everyone serves at once. If the seated player catches your ball, you run over and sit cross-legged next to him or her. As more players serve balls that seated players catch, an “amoeba-like” pattern forms on the floor.
- ❖ The player serving often grows stressed and feels pressure. The other players cheer loudly and rally the server on.
- ❖ Once all players are seated cross-legged on the other side of the net within the time limit, they are rewarded with a game like “Queen of the Court” or scrimmage for the rest of practice.

Bombs Away

Instructions:

- ❖ Three servers on one side of the court and three passers on the opposite side on the end line.
- ❖ Server attempts to serve as short as possible without making an error into the net
- ❖ Passer starts on end line when serve is contacted the player runs and tries to catch ball before it hits the ground
- ❖ Server gets 1 point for every ball that lands without the passer being able to catch it
- ❖ Passer must run back to the end of the line

Hitting/Attacking Drills

I throw, you go

Instructions:

- ❖ Coaches or players toss the ball high in the air and attackers wait to see the ball then go and hit the ball.
- ❖ Focus should be on the last two steps of the attack (step, close) and arm swing.
- ❖ Focus on jumping as high as they can off two feet and using their arms to propel themselves upwards.

Bounce Drill

Instructions:

- ❖ Coaches or players bounce a ball hard on the ground and the partner jumps high to hit it over the net. This should be done in the back row or around the 10' line.
- ❖ Run after their hit or have a partner on the other side shag and become the next hitter.
- ❖ Teaches them to jump and swing fast. Footwork and timing will come with time.

Set and Hit

Instructions:

- ❖ Have a partner set a ball high and then go attack it.
- ❖ Train them to wait and see the ball before taking off.
- ❖ Tell them to stay BEHIND the setter and the ball.
- ❖ Setter pushes the ball up and out high for the hitter to go attack. Setter can toss to self then set partner--then switch roles.

Attack the Block

Instructions:

- ❖ You will need three different colored spots, pool noodles, cones or bean bags. A color will be chosen for the hitter to attack
- ❖ A ball is tossed to the setter who will set to the hitter
- ❖ The hitter attacks the ball and attempts to strike the appropriate color object
- ❖ An accurate strike consists of contacting the right colored object without contacting the others.

Setting Drills

Toss, Set, Catch

Instructions:

- ❖ Just like passing--only use hands above head.

Back and Forth

Instructions:

- ❖ Just like passing--only use hands above head.

Triangle 3's

Instructions:

- ❖ Same as passing using hands above head. Teach them to step left right on each set and square up to their target. Setting to right only, then left only.

Linear 3's

Instructions:

- ❖ First person tosses the person in the middle who sets backwards to the person behind them.
- ❖ The third person then sets forward over the middle person to the first person who sets the middle and continues.
- ❖ Switch places after each person tries 5 sets.

Set the lines

Instructions:

- ❖ They can simply work on ball control while following along the lines of the volleyball/basketball courts.
- ❖ They set themselves while walking, shuffling along the lines.
- ❖ You can do this with forearm passing as well. Anything with ball control is positive.
- ❖ Keep the ball in the air.

Target setting

Instructions:

- ❖ One after the other runs to the setter slot 4 feet off the net--coach tosses a ball the player steps left right and pushes a set to the Outside, Middle, Right side whatever spot you want them to set too.
- ❖ Have a target waiting to catch the ball then run the ball to the coach.
- ❖ Should be fairly rapid fire with everyone setting, running to be the next target and running the ball back to the coach then getting back in line to set etc.
- ❖ Can perform many reps in a short amount of time. Make them all setters!

Have a seat

Instructions:

- ❖ 2 partners sit cross legged about 8-10 feet apart from each other. They set the ball back and forth.
- ❖ This develops arm and wrist strength because the legs are taken out of the set.
- ❖ Great drill for young players because it helps develop their strength and coordination.

Grills (Game-Like-Drills)

Queen of the court

Instructions:

- ❖ 2 on 2 or 3 on 3 games to one point.
- ❖ Start with a serve with teams on each side of the net.
- ❖ Play out one point and the winner goes to queen's court.
- ❖ Everyone that didn't win is lined up on the opposite side of the court ready to come on and play one-point rallies.
- ❖ Each team on the serving side has one ball and as soon as the rally ends the losing team shags their ball and goes to end of serving line/side--winners either go under the net to the "queens court" or they simply get the ball and return to the serving side end line and wait their turn to play.

10' tips

Instructions:

- ❖ Short court mini games--can split the net in half and have two games going on at once or one big game from 10' line to 10' line.
- ❖ Allowed 3 hits and boundaries are the net to the 10' line.
- ❖ Fun warm-up game working on ball control.

Monarch

Instructions:

- ❖ Very similar to queen's court except the monarch side (queens' side) must win the serve and then you bounce a ball to the serving side and they hit it over and play out an additional rally.
- ❖ To stay on the Monarch (queen) side you must win both the serve and the bounce.
- ❖ If you lose the serve there is no bounce and the servers run under the net and try to win 2 in a row to stay on the court.

Multi ball

Instructions:

- ❖ Another 2 on 2 3 on 3 or even up to 6 on 6 game where you start with a serve, but then toss a free ball to each side after the previous ball is dead.
- ❖ Earn points for each ball, serve, free ball 1, and free ball 2.
- ❖ Whichever team wins 2 of 3 points is the winner of 1 “big” point.
- ❖ Play games to a certain number, or play it like queen’s court and have winners rotate to the winning side.

Circulation

Instructions:

- ❖ 2 on 2 up to 6 on 6 where you rotate every time the ball crosses the net.
- ❖ Can play catch and throw and rotate, or catch and hit then rotate, or catch, set, hit then rotate.
- ❖ Can allow one bounce then catch, set, hit and rotate.
- ❖ Encourage 3 contacts per side, in any order they can make it happen.
- ❖ Can play to a time limit, or a point total. If extra players, have them rotate off from front right and left back and rotate in right back and left front.
- ❖ Makes them think and move which will pay off down the road!

Exchange

Instructions:

- ❖ Cooperation game in which there are players on both sides of the net who are working to use up to 3 hits on their side and send it over the net to opponents who are doing the same thing.
- ❖ The idea is that when your side sends it over the net you “exchange” with extra players who are off the court on your side and continue to do this each time the ball passes over the net.
- ❖ Can be played with 6 on a side and each group splits into a group of 3 to exchange.
- ❖ Can be done in groups of 2 as well.