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# **VOLLEYBALL DRILLS AND PRACTICE PLANS**

by Coach Larry Reid

[www.VolleyballPracticePlans.com](http://www.VolleyballPracticePlans.com)

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## Introduction...How to use this guide!

Volleyball is a game that has been one of the most popular team sports in the world for some time. With big hits, blocks and fast paced action, there are few sports that can keep you on the edge of your seat like a good game of volleyball. There is a lot to learn about volleyball and so many good drills, but hopefully we can narrow things down with this list of drills and practice plan advice.

Running volleyball practices and building skills is a challenge for any coach. That's why we created this guide – to take the guesswork out of it, and to make your practices more effective, so you can build the skills of your players through drills and good practice techniques.

In the first half of the book, we have drills for passing and setting, hitting and blocking and then different drills that will illustrate a few of the common game situations in volleyball (serving, offensive and defensive drills). These drills are separated into skill level, with three skill levels being used throughout the book. Each skill level will be represented by a picture, as you will see below:



- this will represent younger players (ages 10 to 12 years old)



- this will represent middle age levels (ages 13 to 16)



- this represents higher age levels (aged 16 and up)

By separating these drills into skill levels and age groups, we have attempted to make sure that the drills you are instructing are appropriate for the kids you are coaching. You will, however, find that many of the drills can be used at the other skill levels.

**In the second half of the guide...**we have provided you with 35 different practice plans you can put into action. Now, instead of trying to keep your practice moving along, you will be able to run a tight ship with a minute-by-minute guide to your next practice.

That's how a practice should run. If you want to maximize your practice time, you need to go into it with a plan. Sometimes that plan is impossible to put together with everything else that is going on in your life. We have designed these practice plans so you can print the ones you like off on your printer and take them to practice, ready to roll.

If you want, you can take the ones that work the best for you and make small adjustments, to tailor the practice to your team and the skills they need to work on. If you want, you can have certain practice plans for certain days of the week, etc – the sky is the limit!

Volleyball is an intense game, and building a player's skills is not always easy. Starting with the fundamentals and working your way up is the best way to coach a team. Strong fundamentals are the key to putting a winning team on the field – and we have put together a resource to help get you there!

**Best of luck!**

## Passing and Setting - Section 1

These two skills are essential to learn in volleyball. They are the basics that allow for a good offensive set up, and they provide the necessary defense that will be used during the game. Most plays in volleyball start with a good pass to the setter, who then sets up the hitters. Without these two elements of the game you might have trouble generating the game you want.



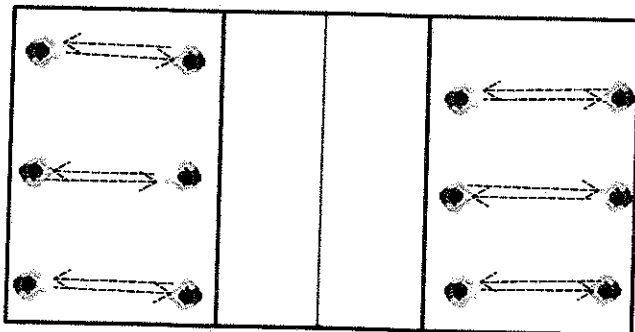
**1.1: Table Top**

This will begin to give younger players the fundamentals of a good pass.

**What you need** – You need enough balls for each pair of kids to pass the ball back and forth.

**How this drill works** – In this drill, you want the kids to understand the importance of creating a flat ‘table top’ surface with their forearms. It should be explained that this is the surface from which all of the play starts.

Proper technique of creating the table top, bending the knees with one foot in front of the other, and then lifting through the ball should be taught. Players should practice this by controlled passing back and forth between their partners.



**Result** – With repetition, your players will develop the basic skill of setting up for a pass to the setter.



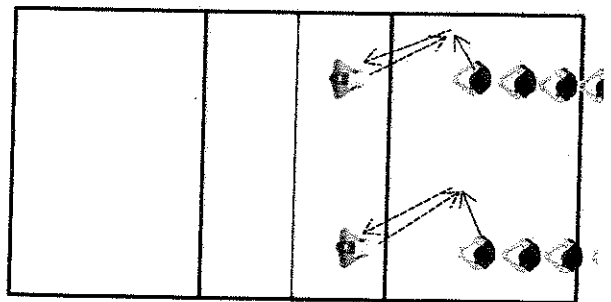
**1.2: Moving table top**

The ball is not always going to come right to the player – they need to be able to react and move to the ball.

**What you need** – Form two lines and have a coach at each station. The players should be divided into two lines.

**How this drill works** – Working a little further on developing the proper passing skills, this drill will help players get into position to make a good pass.

The coach will toss the ball up, either to the right or the left, at varying heights and the player must shuffle and get into position underneath the ball in order to execute the proper pass.



**Result** – This builds upon the previous basic skill of creating the table top. Not only will they be able to create the flat surface, but they will learn to do it while on the move.



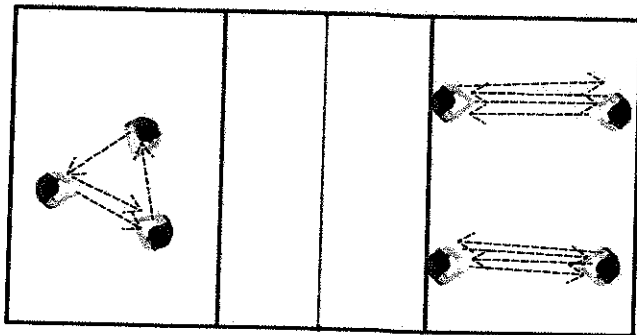
### 1.3: Pepper

This is a very common game that we have included in the beginner section because it is a great game to learn early and to continue on with as the players mature.

**What you need** – You run this drill with two (possibly three for triangle pepper) players, paired up together with a ball.

**How this drill works** – The first player tosses the ball up in the air to their partner and that person plays a pass (bump) back to the partner, who tries to set the ball for the partner, who then executes a hit back to their partner, who then must get into position to pass the ball off of the hit.

This is a drill that should be done at half speed at first. You want to make sure the players are using the drill to perfect their skills – not to just fool around with the ball. It can be extremely valuable in developing skills and to give the players a little bit of fun in the skill development area.



**Result** – A good drill to develop skills and improve movement among teammates.

**Bonus drill** – Try triangle pepper with three players.



### 1.4: Serve Receive

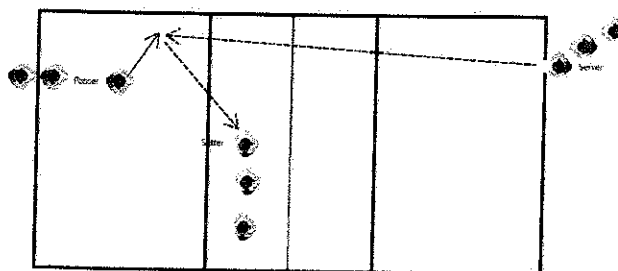
This will be one of the most essential skills to help your younger players learn.

**What you need** – You should have a few players serving (can be used for serving practice), and then split the rest into passers and setters.

**How this drill works** – Every play starts with a serve, therefore a good serve receive is very important in starting your offensive play. This is a basic start to developing a good base for an offense.

The server will serve a typical serve (so the passer can get to it), and the passer must react to where the ball is going and get in position to bump the ball to the setter. The setter is just there to catch the ball at this point of the drill.

To make the drill more difficult, you can move the setter around the court, forcing the passer to get their body in a position to direct the pass to a particular place for the setter to get to.



**Result** – The basis for developing your offense begins with this simple drill.



### 1.5: Continuous Passing

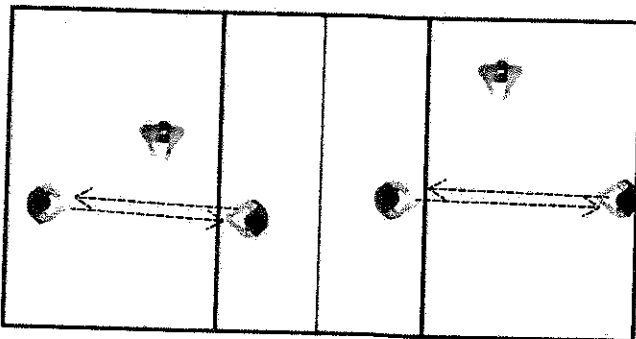
This is a great way to get the players moving and also develop different passing skills.

**What you need** - Partner up players of similar skills for this drill and give them a ball to execute this drill.

A coach is going to tell the players what kind of play he or she wants them to do.

**How this drill works** - One player will start off the passing drill by tossing the ball to his or her partner, then the coach will shout the type of pass he or she wants. It could be: A high pass, a flat low pass, passing the ball to oneself then passing it to the partner, etc.

This drill will once again help players learn the essential basics of a controlled pass. It can be made more complex by having the coach tell them the type of set (or face pass) they want the player to make as well.



**Result** - Increased skill passing the ball in a variety of scenarios and situations.

### Recommended Resource



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1.6: 3-6-9

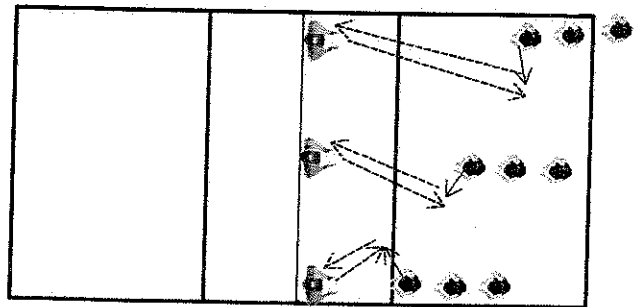
One more passing drill that can be used for both bumping and setting the ball.

**What you need** - This drill will be run using the lines on a traditional volleyball court. You can make three lines of players, starting at the attack (3 meter) line. Three players (or coaches) are in front of those lines at the net.

**How this drill works** - Using either coaches or players at the net, the ball will be tossed to a player starting at the attack line. The passer must get into position to return the ball to the coach or player at the net.

Once they are through the first pass (at the attack line), then the players will move back another 3 meters. They will now be 6 meters away from the net and the same thing is done. Then again at 9 meters.

You can also do this with setters as an extra drill to work on skills.



**Result** - Players will start to gauge the distance and force that is required to get the ball to a target at a specific distance.



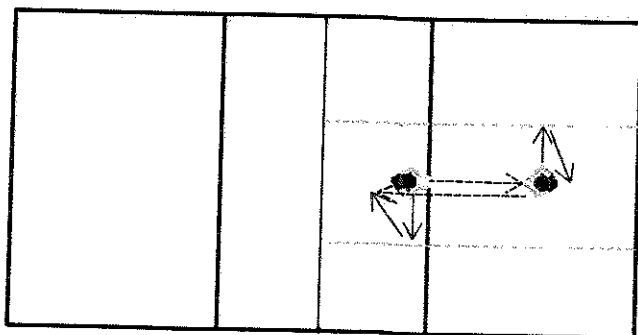
### 1.7: Pipeline Passing

This drill will build on previous skills learned and provide players with greater lateral movement and passing combined

**What you need** - Make tape lines down the middle of the court 12 feet apart. Two players will be passing with one ball inside this area.

**How this drill works** - The players start in the middle of the two tape lines. The drill starts with one person tossing the ball to the other. This person must then shuffle to their right and touch the tape line before coming back to the middle. Their partner will have made a pass back to them, and they must shuffle to their right to touch the line and return to the center.

This is a continuous drill for the players and they will move back and forth in between the lines with each pass they make. The object is to make a good pass, touch the line and get back to the center by the time the ball comes back again. If players can make 10 consecutive passes (5 each) then they can rotate with another pair.



**Result** - Improve lateral movement and passing skills.



### 1.8: Set and Follow

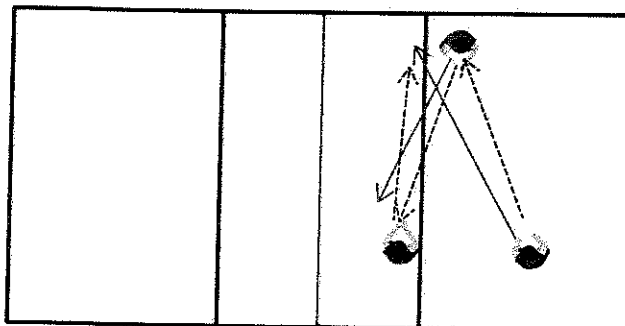
A great setting drill that will help a setter keep their head up and develop good footwork

**What you need** - Put players into groups of three, each with a ball.

**How this drill works** - This is a very simple drill, but one that helps in a variety of areas for the players. One side of the drill starts with two players, the other has the lone player.

One of the players from the two side will toss the ball to the single player and then follow the ball to that side. The single player will then set the ball to the other side and then follow his or her pass, and so on.

Players should be able to do this continuously with good sets. The sets should be controlled and coaches should be on the lookout for proper technique and quality of sets.



**Result** - This drill will help players develop the setting skills they will need to build up to the hitting portion of the game. Good sets are key to a good offensive team.



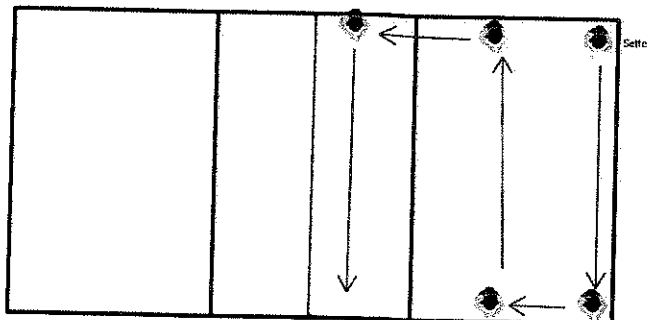
### 1.9: Walking Setters

This drill is great for your setters to learn good ball control and concentration as well as the focus for good setting.

**What you need** - Clear the court for the setters (you can have all players try this drill if you like), divide the players into two groups on each side of the court.

**How this drill works** - Setters will work on their setting skills while they are walking along the court – both backwards and forwards. Starting in one corner, the player will go across the court forward, maintaining good control and good height on the ball, while walking.

Then at the other side of the court, the setter will move over along the sideline of the court about 10 feet, then walk backwards while maintaining good controlled sets. Once at the other side, they will move up and then shuffle across to the other side. See the diagram below for more detail



**Result** - Players will develop greater control and concentration as they try to keep their sets in the air while they are walking forward, backward and shuffling.

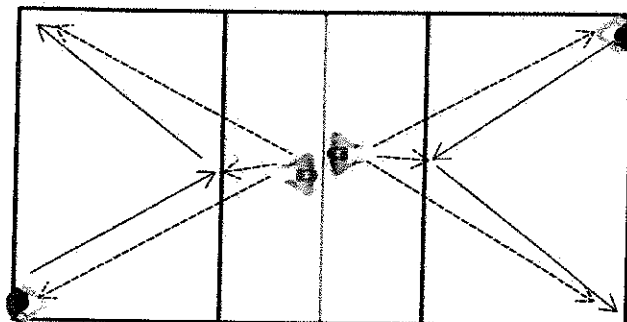


### 1.10: 3-Station Passing

This is a quick drill that forces a player to get into position in three separate places on the court

**What you need** - You can divide the players into two groups, on each side of the court. Coaches will be in the middle, at the net, ready to deliver the balls. Once players get this drill down pat, you can add a setter later on.

**How this drill works** - With the coach in the middle, at the net, he or she will start the drill by tossing the ball to the player at the back right of the court, and then tossing a ball near the attack line, and then another to the back left of the court. See the diagram below for more detail:



The coach will toss a high ball to the back right, a short one at the attack line (simulating a tip) and then a straight ball to the back (to simulate a deep bump or set). The player must make a good pass at each station – good footwork and form is a must.

**Result** - Improve footwork and quickness and ability to react and get into position to make a good pass.

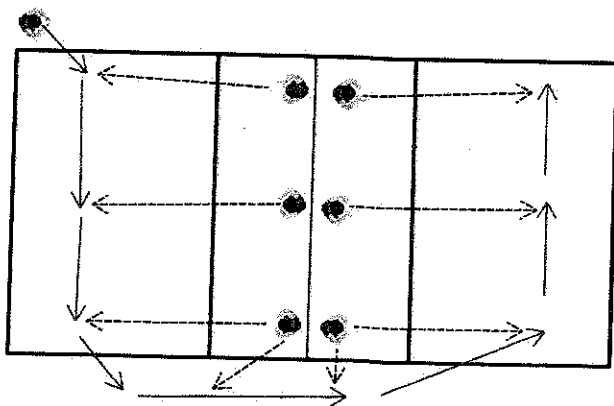


### 1.11: Around The World Passing and Setting

This drill will work both passing and setting, along with footwork to build skills.

**What you need** - You will need the entire court area and one line of players outside the court, between the back and attack line (see diagram). Three tossers are needed on each side of the net for this drill.

**How this drill works** - The player will move inside the court and receive the first pass from the first tosser. Then, he or she will shuffle to the next tosser and receive a pass, and they must set it back to them. Then to the third passer where they will bump the ball back to the tosser. This sequence happens throughout the entire drill – as shown in the diagram.



The dotted lines represent the pass that needs to be made back to the tosser, and the solid line indicates movement by the player.

**Result** - This works as a great skill developer, but you can also pick up the pace and make it a great conditioning drill as well.

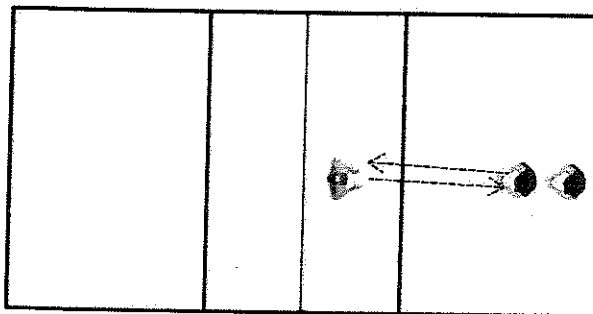


### 1.12: Dig Drill

Passing a big hit requires a little fearlessness, but position and technique as well.

**What you need** - Coach hitting balls – you can have two or more groups so players can get a bit more repetition.

**How this drill works** - The coach simply puts a little juice behind the ball and has the players get the ball up for a good pass. Proper technique (getting low, lifting through, not swinging arms) is very important to reinforce in this drill. Players should be able to control the pass on most hits if they absorb the ball rather than try to meet it with contact.



**Result** - Greater skill in controlling hit balls will make your team better defensively. This is a basic drill that many teams use as a game time warm up as well.



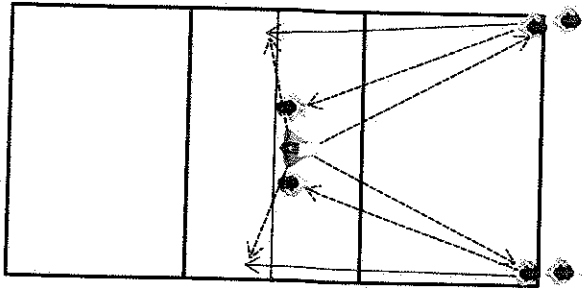
### 1.13: Dig and Dash Drill

Quick reaction for a variety of skills makes a volleyball player complete.

**What you need** - The coach will be at the net, and there will be two lines of players, each either corner



of the court. See the diagram for further description.



**How this drill works** - The coach will first start this drill by hitting the ball down to one of the lines. The player must bump the ball back up to the players next to the coach (who shag balls), and then sprint (blue) to the other side of the net, where the coach has flipped the ball as if it were a tip.

The coach will alternate sides with this drill, and each time a player digs then tips they will go to the line next to the coach. Each time a player shagging the ball gives to the coach, they take a place in one of the lines to dig the ball.

Players should be in proper position for a good dig; they should not just be trying to get the ball up quickly in order to make it to the other side of the net for the tip. Good form on passes: coaches can penalize players that make bad passes.

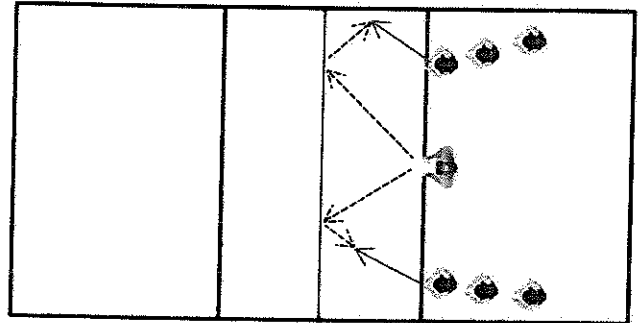
**Result** - This is a great quickness drill that is not only going to work on the proper form for passes, but the quick reaction that is necessary to field errant balls, even when they go astray.



#### 1.14: Net Save Drill

Saving the ball off the net is one skill that is good to teach and build for game situations.

**What you need** - The coach will stand at mid-court, and there will be two lines on either side of the attack line. See the diagram for further information.



**How this drill works** - The coach will throw a ball against the net to simulate how the ball will find the net during the course of the game. The player will need to watch where the ball is going to go, and then get into position to get under the ball in order to recover it.

It is important for the player to not immediately go to where they anticipate the ball to go, but to watch the ball come off the net. Depending on how the ball hits the net predicts how it will come off the net.

The object of this drill is to teach players to watch the ball off the net, and then to be able to execute a solid pass to one of their teammates. With proper reaction, the player should be able to set up and get into a good position to make this pass.

**Result** - Net balls can be unpredictable, and practice recovering them is going to be able to improve the overall skills of your team.



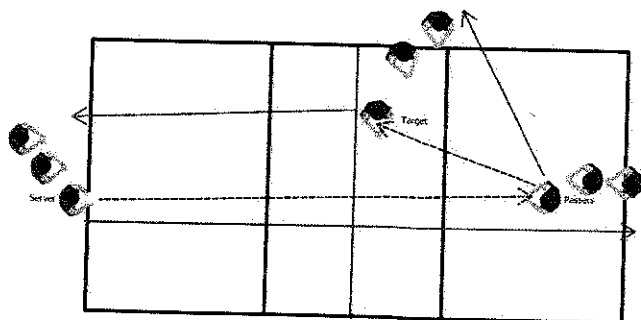
#### 1.15: Butterfly passing

This drill gets players moving, and putting together serving, serve reception and targeting the setter

**What you need** - You can run the drill on two lateral halves of the court, but each side must have a target person (at the net), passers and servers. You can see the diagram below.

**How this drill works** - This is a continuous drill, as each person follows where they send the ball. The server will serve the ball to the passer, (follow the ball to the passing line), the passer will get into position and pass the ball to the target (then follow to the target position), and the target will catch the ball, and then return it to the serving line.

It should be continuous. Each line should be equipped with two balls (maybe three) to ensure it continues moving. See the diagram for further instruction:



It isn't as difficult as it look in the diagram. The dotted lines represent passes or serves. The solid lines represent movement. Server moves to the back of the passers line, passer to target, target to serving.

**Result** - Good warm up drill that gets players into the idea of serve reception and moving the feet.



1.16: M passing

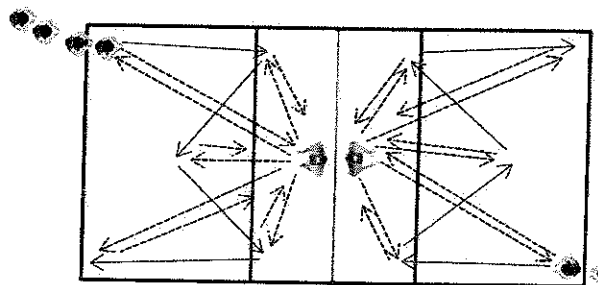
Drill to utilize movement and proper positioning at a quicker pace. For both passers and setters

**What you need** - You can work this drill on both sides of the court with little trouble. Divide the players into even sides and have a coach on each side.

**How this drill works** - Picture an M, and how it would look on a volleyball court. That is how the players are going to move in this drill.

First, they will start in the back left corner and the coach will toss them a ball, they have to make a good pass back to the coach and then move straight ahead to just inside the attack line where the coach will toss the ball to them and they need to set the ball.

Then the player must move to the back-court middle position where they can then get a tipped ball from the coach. Then they must get up and move to the front right, just in front of the attack line to set the ball back to the coach. Finally, they must back peddle to the back right corner for another serve reception.



**Result** - Good conditioning and a variety of work on several passing skills.



1.17: Keep It Up

This drill is going to keep players on their toes and make them work for the extra passes

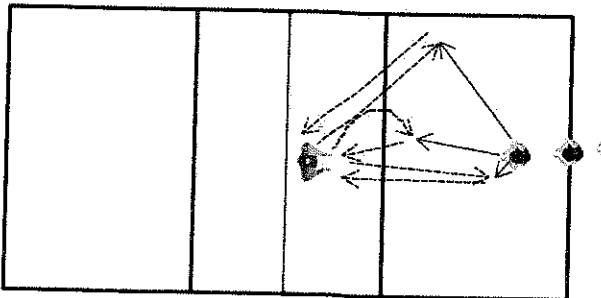
**What you need** - You can do this with as many groups as you have coaches. It might only be one, but you can also use one of your older team players to help in this drill.

**How this drill works** - One person at a time will get the chance to keep the consecutive balls in the air as the coach will toss them about. The coach does not keep hitting the balls to make it easy for the player – it is a combination of different things – tips, sets, hits, bumps, etc.

The player must respond to where the ball is going and the speed at which it is getting there. This is almost like a modified game of pepper that will help increase quickness and reaction time for the player. Each time the coach touches the ball, the player must keep the ball in the air, and or pass it back to the coach.

A coach might do the following: set, (pass back), hit (dig), tip (dive), deep set (get up and move to get it), tip short (dive), etc. The object is for the coach to give the player reachable balls, but to challenge that player to move quicker and to get into position.

This can be an exciting and motivational game for the entire team, as they see who can keep the most consecutive balls in the air.



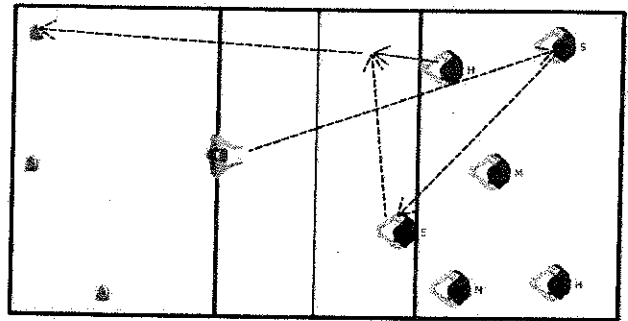
**Result** - Greater control and quickness moving to the ball.



### 1.18: Deep Pass Drill

You aren't always going to be able to hit the ball into the opposing court; sometimes you are going to have to bump the ball deep.

**What you need** - Set up three targets to typically abandoned defensive areas on the court. Set up a defensive formation on one side of the net. See diagram for further description.



**How this drill works** - Once the ball comes over the net, the receiving team will execute typical three hits – except that the last hit will be a deep forearm pass, or even a face pass to one of the targets.

Players need to focus on making the third hit pass as deep as possible. And to put the players in the right mindset of hitting the ball deep, the targets are there to help.

Each receiving team will have 10 points to work with. If they miss a target when they pass, then they lose two points. If they hit the targets they don't lose any points. Each time the team hits a target they rotate. If they can get through the entire rotation with at least two point intact, then they don't have to do lines.

For each two points they are in the negative the entire team will do a set of lines.

**Result** - Another skill that can be put to very good use during a game. Deep balls are much harder than short ones to try and field, and they can catch an opponent napping in their own court.



### 1.19: Passing Circle

This helps players keep their concentration while moving their feet

**What you need** - You can put four or five players together in a group. The player that starts with the ball is the leader for this drill. They should be in a circle, or something that resembles a circle.

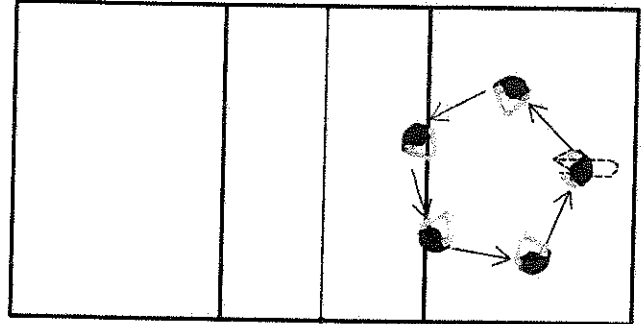
**How this drill works** - This drill is meant for good control, and will help players with their footwork, awareness of where others are, and quality passes.

The leader will call out the direction the circle is going to rotate and then tosses the ball about 10 to 15 feet in the air. The circle will begin to move around in the direction the leader called to begin with. The ball must stay in the same general place while the players move around in the circle.

As the players move around and get under the ball, they must be aware of where the other players are so they don't run into them trying to get to the ball. This develops court awareness. Controlled passes helps the next player to get under the ball. The ball is always passed straight up - never to another player.

At any time just before the next player passes the ball (straight up), the leader can call out a direction change and the entire circle must move rotate in that direction. The direction change is a good test

of communication and a team's ability to work as a unit.



**Result** - Work on control and communication, while they are moving around the circle.

### Recommended Resource



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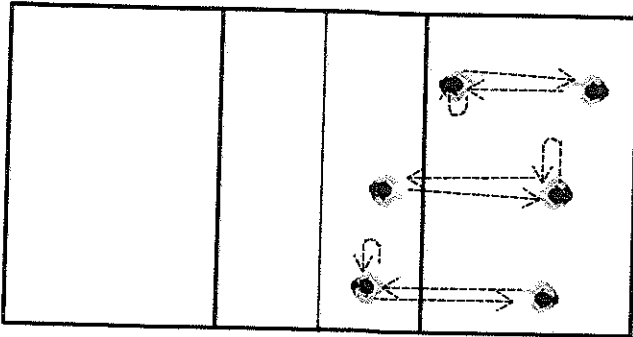
### 1.20: Self / Partner Passing

Once again good for control and making sure that the right technique is being used in the passing drills.

**What you need** - Pair players up of like skills and give them each a ball to use.

**How this drill works** - This is a simple drill in design, but it teaches focus and control on the pass-

ing.



The first player will toss the ball to the second. The second player then passes the ball directly up, and to themselves, and then makes the pass to his or her partner. Then the partner receives it, passes the ball to him or herself, and then passes it to the partner.

This drill goes on and on to try and maintain focus and concentration with the passes.

**Result** - Greater focus and control on the passes.



### 1.21: Harass The Passer

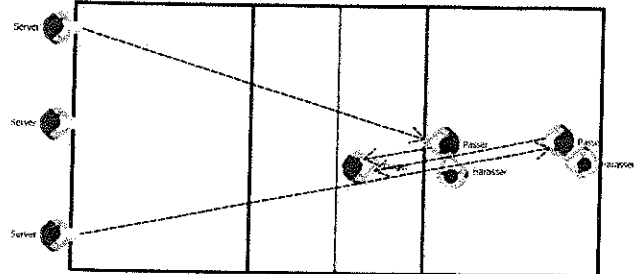
Sometimes dealing with outside distraction can cause a player to foul up on a play.

**What you need** - You can have two or three servers on the other side of the net and a target player in the middle. You will also have two passers splitting the court down the vertical middle. Each of these passers will have a harasser.

**How this drill works** - The servers will serve the ball and the passers need to execute a good pass. It sounds quite simple on the surface, but there is a little bit of a twist to this drill.

Each passer has the harasser in their back pocket. This person is to yell, scream, stomp, and feint the

passer – but never to touch them. They are trying to break the concentration of the passer as they try to get the ball to the target players.



**Result** - Focus and awareness are increased with this drill.



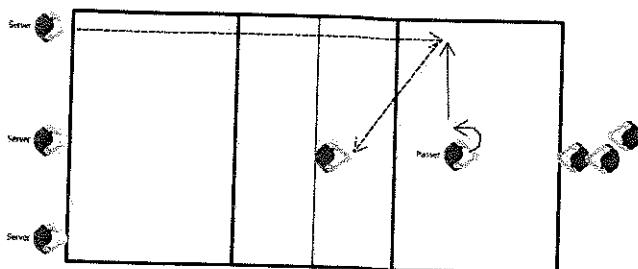
### 1.22: Reaction Passing

This is a drill aimed at helping the player react to where the ball is going.

**What you need** - Have two or three servers on each side, and also have a line of passers at each side.

**How this drill works** - The coach will blow the whistle to signal to the players that the play has begun. The server will serve the ball and the passer will have his or her back to the play. Once the passer hears the ball being stuck, they can turn around and react to where the ball is being served. The object is to get to the ball and make a good pass using their quick reaction skills.

This simulates the reaction needed defend against quick attacks on defense. Players must get into position to defend quickly. This drill can also be used against attacks instead of serves.



**Result** - Improved awareness and quick reaction.

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## Hitting and Blocking - Section 2

Two areas that need special attention are hitting and blocking. Both are essential to winning teams and they have specific techniques that are crucial to gain an early understanding for success. At the net is where many points are won and lost, and your team can have the upper hand by working on the skills in these drills.



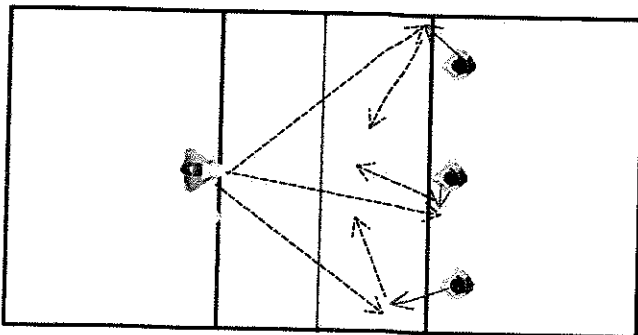
### 2.1: Angle Your Block

One of the first things to teach a young player is the importance of angling their blocks to the inside of the court.

**What you need** - Three blockers in their blocking ready positions and a coach on the opposite side of the net with a steady supply of balls.

**How this drill works** - After the coach has instructed the proper way to block balls back into the court, he will stand in the middle of the opposite court and toss balls to the different sides of the net where the players will have to execute the block.

The balls will go to the left, the right and the middle, and the players must angle their hands the appropriate way so when the ball deflects off of them, it lands back in the court.



**Result** - Players will have a much better understanding of how to set up a proper block.



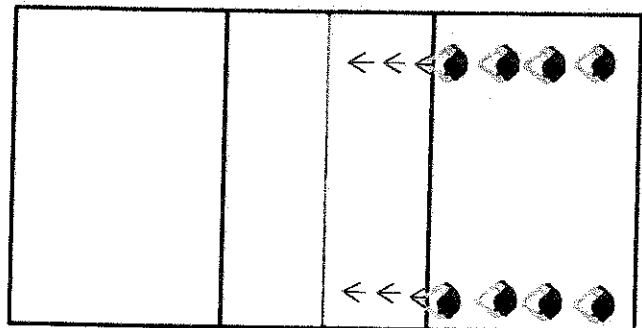
### 2.2: Approach Drill

One of the toughest things for young players to nail down is the approach to hitting

**What you need** - You can set up many stations for this drill as all you need is room to do a three-step approach to the net.

**How this drill works** - At first, when players are first learning to hit the ball, you need to emphasize the proper approach. Players learning early on might not have all of the coordination necessary to execute this perfectly, but working on the drill is going to help them out.

The first times this drill is done, it is done without the ball – the ball has a tendency to distract the player from learning the proper approach technique. Once a player masters the approach, then he or she can learn to contact the ball.



**Result** - Once a player can approach the net properly, it increases their success rate when they hit. Plus, a proper approach now will pay huge dividends down the road.



### 2.3: Snap The Wrist

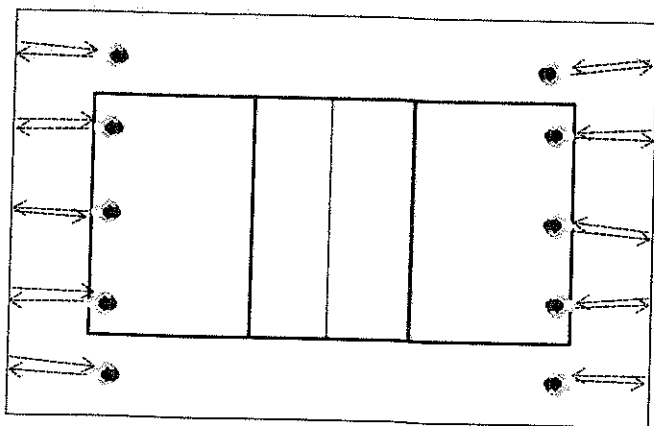
The wrist snap is what sends the ball at a sharp angle to the floor.

**What you need** – Each player should have a ball they can use to learn this drill. Each player should be lined up about 10 to 15 feet from the wall to begin.

**How this drill works** - To start, the player will toss the ball up and hit it using the proper hitting reach back, strike and follow through. The ball should land a couple of feet in front of the wall and bounce up, deflect off the wall and up, so they can approach the wall again.

This drill can be done continuously as long as the player keeps using their wrist to snap the ball down to the floor in front of the wall. If the player cannot get the ball to the floor before it hits the wall, then they are not contacting with the proper wrist snap.

Conversely, if they have too much wrist snap, the ball will go straight down to the floor and not hit the wall with enough force to come back so it can be hit again.



**Result** - By learning the appropriate wrist snap, the

player has the two tools they need to become good hitters, the approach and the proper 'loading' of the arm.



### 2.4: Blocking Side

This will help blockers identify which side they should be blocking on

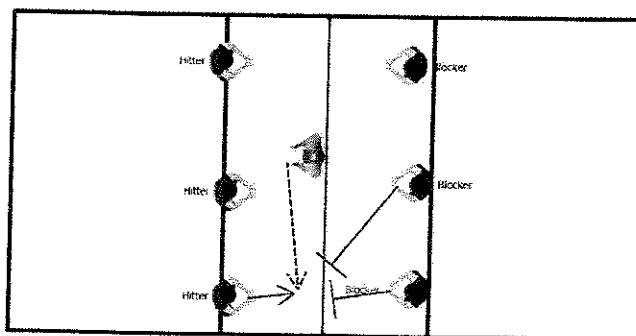
**What you need** - Three blockers; one on the left, one in the middle and one on the right. The coach should be on the other side of the net, along with three hitters.

**How this drill works** - The coach will huddle with his or her hitters and decide on which one of the hitters is going to attack.

Once this is decided, then the coach will shout out, BUMP, SET, and then the appropriate player will approach the net. At this point, the blockers must get into position to defend the phantom hit.

Once hitters and blockers are comfortable with the drill, the coach can stand at the net with a ball and they can toss the ball to the side that is going to hit – just to make the drill more real.

Coaches need to watch for proper penetration (if the younger players can reach significantly over the net), and the right angle and timing of the hit, and subsequent block.





**Result** - Your players will be provided with better reaction skills and will recognize blocking situations much easier.



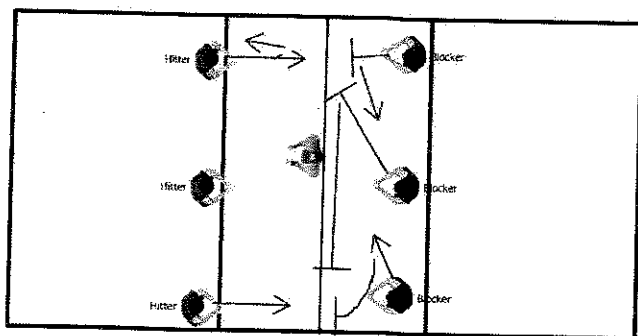
### 2.5: Slide Block

This will help players learn the proper place to set up blocks when a player approaches to hit

**What you need** – Once again, you are going to have three blockers on one side, and you are going to have three hitters on another.

**How this drill works** – You will have the three blockers set up in their blocking positions. The coach will stand at the net with his or her face to the hitters and back to the blockers.

He or she will then point to the hitter that is to approach the net for a hit. This is a quick drill, and the purpose of it is to help the blockers learn to slide together along the net in order to make the right block. If they are supposed to go to the left, they shuffle to the left. Then if the hitter on the right is approaching the net, they must slide and shuffle to get into blocking position over there.



**Result** - Proper movement and footwork to get into position for the block.



### 2.6: Target Hitting

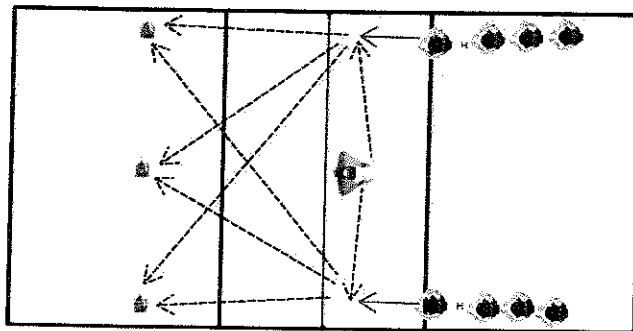
This is a more advanced drill for those players that are definitely going to be good hitters.

**What you need** - Set up three chairs – one mid-court left, right and center. There will be two lines for hitters, on the right and in the middle.

**How this drill works** - The coach will toss the ball up at the net and the hitters will approach and try to execute three different hits: cross-court, middle court and sideline hits. You can do this from each of the two hitting positions.

You might also consider having some of your more adept hitters going from the left side of the court. Also, another way to start building a little bit of teamwork and timing among your players is to have the setter set for the hitters.

Proper approach, proper reach and contact points, and angling the body in the direction of the hit are essential teaching points for this drill.



**Result** - Players will gain a little more variety in their hits



### 2.7: 10 Hits Drill

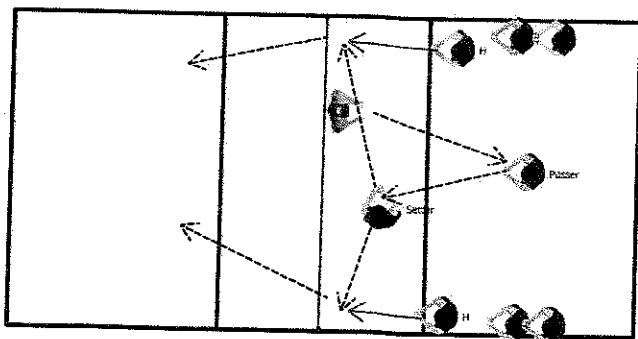
This is a great repetition drill for your hitters

**What you need** - Include a passer and setter on each side of the net for this hitting drill, and divide the rest of the team into two sides for hitting.

**How this drill works** - The coaches will toss the ball to the passers, who will pass to the setters, who will then set the ball up for the hitters. Sounds like a typical play, right? So far.

Each hitter will be required to contact the ball with 3 different things:

- no contact of the net tape by: the arm, the ball, or anything else
- the ball must hit the opposition court
- must hit the ball – it cannot be bumped (tipping is OK, but no more than 3 can be tipped across)



Once a player has done this successfully 10 times, then they are finished the drill. The last one to finish the **drill does an extra set of lines!**

**Result** - The increased repetition is great for hitters. This is a great time for coaches to watch their hit-

ters and help them on specific coaching points.



### Recommended Resource

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### 2.8: Corner Tip Drill

This is a drill that will help the players learn to tip the ball to certain uncovered areas of the court.

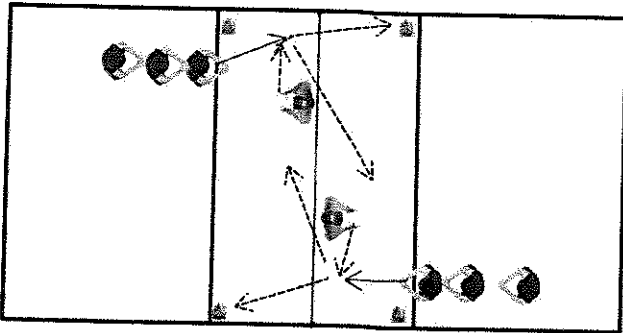
**What you need** - Place baskets (clothes baskets work fine here) inside the attack line on both sides of the court and on both halves. Attackers should be lined up in two groups (on either side of the net).

**How this drill works** - The coach will be in the middle of the net, tossing balls up to the attackers. The hitters must decide where they want to tip the ball – to the far side, or just to the near basket.

Players that get the ball in the basket receive one point – and the one with the most points at the end of the drill has one less set of lines to do. This makes it a great competitive drill for the players to engage in.

You can do two things to make this drill more effective. First, you can add a 'blocker' in to the fray, so the attacker has to react to where the block is set up and then decide where to tip. Second, you can add the option of hitting the ball (with or without the

blocker), or deciding to tip it.



**Result** – The tip is an important skill to learn, as it throws the defense into a spin when they are guessing what is coming at them.



### 2.9: Wipe Off

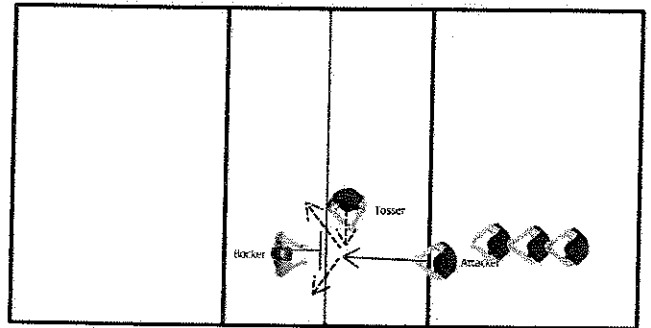
Hitters need to learn to try and wipe their hits off of well-placed blocks

**What you need** - To start, you can use a device (homemade or not) that you can place above the net (or hold above the net) to simulate a blocker. Later on, you can use actual blockers if you like. Each side of the court has attackers ready to hit the ball and tossers to put the ball in play.

**How this drill works** - Either a coach or a player can hold the 'blocker' up to simulate where the block is going to be set up, and from there the tosser tosses the ball up and the attacker approaches. At this point the attacker must decide how he or she is going to hit the ball.

Depending on the angle and position of the block, this drill is intended to help players learn to hit the ball off the blockers hands and into the defensive court. Coaches should instruct the players on how to read the blocks and how to know which way to wipe the ball off the block.

It is important to make sure the player understand the concept of a wipe, instead of just hitting the ball right into the block.



**Result** - Wiping the ball off the block successfully will gain the offensive side several side out points, if they are able to execute it successfully.



### 2.10: Shadow Blocking

This drill will help a player to watch the attacker and his or her approach to be able to set the appropriate block.

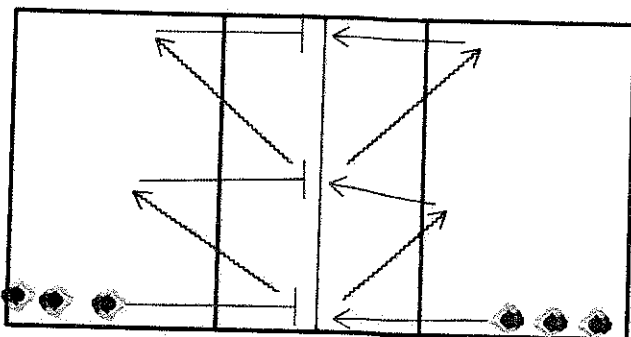
**What you need** - You can pair players up of similar skill and have them work together on this drill. This drill is done without balls.

**How this drill works** - One pair will start off, and the attacker will make an approach from the left side of the offensive court. The blocker will set up a block on the other side of the net. Although there are no balls, the purpose of this drill is for the blocker to watch the approach, so they can discern the angle and the timing of the attacker to set up the right block.

Once the approach is done on the left, then the two players shuffle to the middle and the attacker approaches on the middle, and then the right, etc. Each pair behind them will follow in succession to

make this a continuous drill. Once through, the players will switch sides.

It is important that players watch the attacker to know and understand where they are going to set up blocks. Once they can read the attacker, their blocks will be more successful.



**Result** - A better understanding of how the attacker is going to approach, and setting up the appropriate block for the hit.



### 2.11: Find The Hole

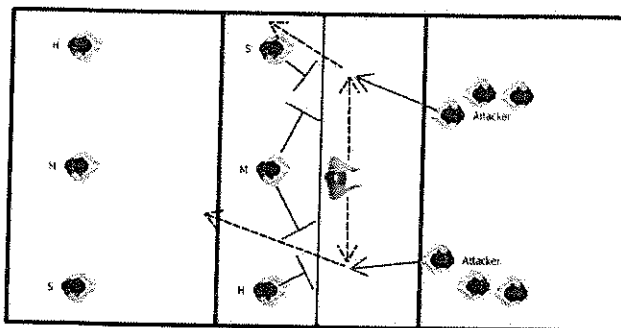
Each defense is set up differently, and this drill will help attackers read and recognize where to hit the ball.

**What you need** - Set up a defense in a standard formation for attack defense. Their job is not to return the ball, but to act as a deterrent for the hitter. The players not on defense should be attacking.

**How this drill works** - With the defense set up, the attackers now have to make a decision as they are approaching the net of where to hit the ball. This decision will be based on a couple of things: where the block is set up, and where the players are positioned.

When the player approaches and hits the ball, they

need to try and hit areas where the defenders are not. This is an accuracy drill. You can switch the defensive formations up to make this drill more difficult.



**Result** - The players will be able to read different defenses and they will be much more adept at finding holes in the defense.

### Recommended Resource



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### 2.12: Pass Marathon

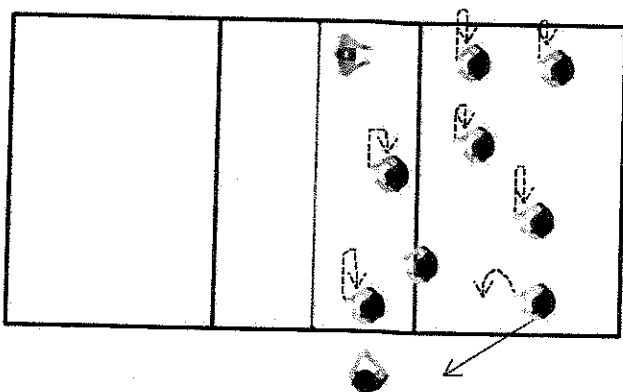
This is a great warm up drill for the shoulders and also to work on proper form for players when they are passing.

**What you need** - Each player should have a ball; all players will participate in this drill at the same time.

**How this drill works** - On the coaches whistle the player will toss the ball in the air and then pass it to themselves. They must continue to pass the ball to themselves, under control.

The player should focus on good body position, good control (not too high), lifting with the legs, a flat 'table top' and focus on proper contact with the arms. Those who need to work on passing will find this drill extremely valuable. If you have good passers, this drill could last a while.

Each time a person loses control of the ball, or catches the ball, or it hits the ground, they are out of the marathon. The last person to be able to continue passing the ball to themselves is line-free at the end of practice.



**Result** - Passing with control is essential for any good offensive team. Increase the skill level of the drill by forcing pairs to pass back and forth under control.



### 2.13: Apex Ball Catch

Contact with the ball at the height of an attacker's jump is important.

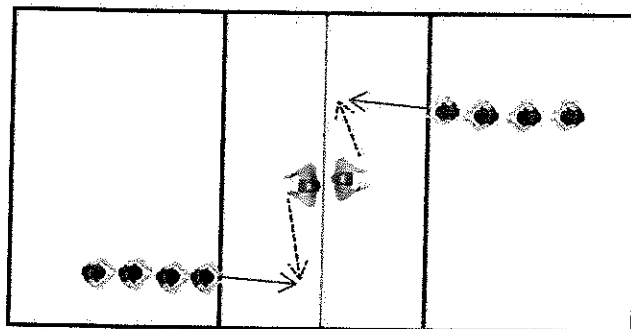
**What you need** - The coach can stand at the net, in

the middle. (Coaches can be on both sides for greater repetition). Players are lined up at the attack line.

**How this drill works** - The object of this drill is to get players used to reaching and capturing the ball at the height of their approach and jump. This is the best place to hit the ball on an attack.

The coach will slap the ball to signal for the player to get ready to approach. The coach will toss the ball (like a set), and the player will time the ball and use their standard approach. With proper timing, the player will catch the ball at the height of their jump - not when still rising, nor when falling from the peak of their jump.

This drill works on getting the right timing for an attack, and can be utilized as a warm up drill for practices or games.



**Result** - Hitting the ball at the attacker's apex, increases the angle of descent of the ball. This improves hitting consistency.



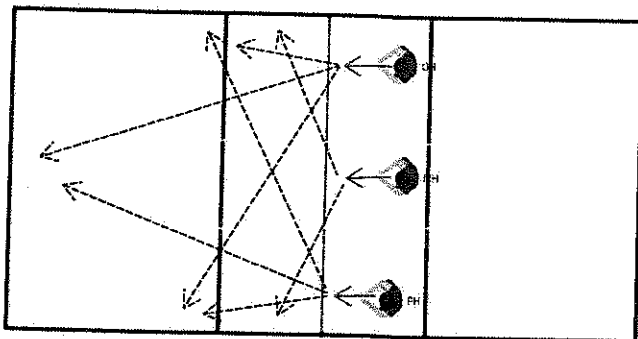
### 2.14: Hourglass Attack Drill

This is another, more difficult accuracy drill for hitters

**What you need** - Divide your team into four three-man teams (if you have the numbers) and they will

compete against each other in this drill. Each team should have a power, offside hitter and middle hitter. A taped hourglass should be made in the court (as seen below).

**How this drill works** - See diagram



Once the taped hourglass is in place, each side must place their hits to the outside of the hourglass. The power hitter and offside hitters must each hit three times – one sideline hit, one cross-court hit and one deep middle hit. The middle hitters must hit sharp right and sharp left to the sidelines.

Each time a player hits outside the hourglass, they get a point – inside the hourglass, they lose a point. The winning team gets to run one less set of lines than the other teams.

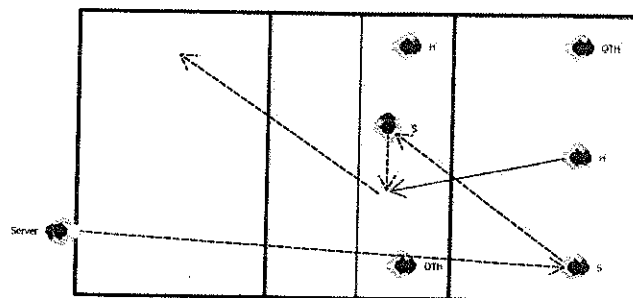
**Result** – Your players will be building their accuracy skills through this drill, along with the pressure of beating their teammates in this competitive game.



### 2.15: Back Attack

Works on attacks from the back row

**What you need** - Field a full side of players, and have them in their regular serve or attack receive positions. (See diagram) One server or attacker on the other side of the net. Other players can rotate in.



**How this drill works** - Ready for the hit or the serve the receiving team is going to field the ball and set up for a back row attack. The play should be called prior to the ball being served, and the setter should know which back row player is going to hit.

Coaches should watch for proper back row approach and hit, along with a set of the right height.

A back row attack is a great way to change the pace of the game, and to add a few different tricks to a team's strategy. In this drill, rotate the players each time two consecutive points are scored.

This drill can be started by either service return, or by digging an attack. Teams should practice both.

**Result** - Improving the back row attack game is going to help you round out the attack capabilities of your team.



### 2.16: Tennis Ball Throw

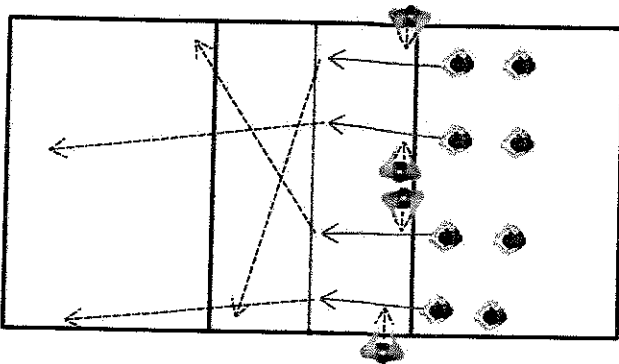
This is a good drill to continue to work on the technique of hitting the ball down.

**What you need** - Set up several different stations across the net for attackers to work on their approach technique.

**How this drill works** - Each group should have a coach prepared to give them a ball as they are approaching the net. When the drill begins, the player drops to the attack line, has the tennis ball handed to them, and then starts their standard approach to the net.

Once the player is in the air, they must use the same action they would to hit the volleyball, when they throw the tennis ball. They need to bring the ball back, keep their elbows high, and on the follow through, they need to snap the wrist and drive the ball down.

Players should pick their spots in order to make this drill as close to a hitting simulation as possible.



**Result** - This drill will help a player continue to develop their approach and contact technique for hitting.

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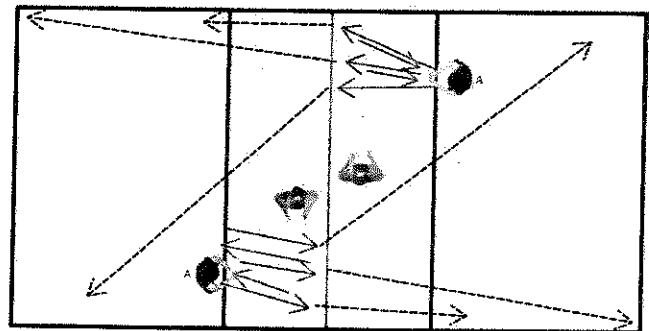
### 2.17: Tip, Cross, Line

This gets a player into a game-like mentality when they might need to hit, recover and then hit again.

**What you need** - You can set the drill up on both sides of the net. A coach or setter can be used to deliver the ball to the attacker.

**How this drill works** - The attacker will line up in their typical attack position and then the drill will begin. Each attacker will have three types of attack to execute in succession – A cross-court hit, a side-line hit and then a corner tip.

Once the first hit is done, the player must land, then retreat to their proper defensive position, and then when the coach signals, move back into their attack position to do the next attack. This drill is done continuously, and each attack, retreat, attack should be done consecutively.



**Result** - Players will get their first taste of making an attack and then retreating off the net for tip coverage or other defensive responsibilities.



### 2.18: Blind Blocking

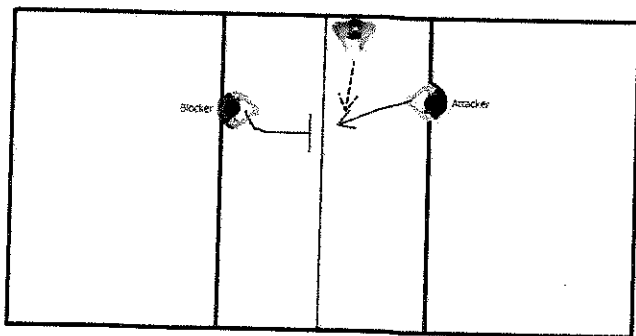
This teaches the player to read the attacker rather than watch the ball during a game.

**What you need** - Each of the players will be paired up with a player of similar skill, the coach will stand at the net to toss the ball to the attackers.

**How this drill works** - Younger players have a tendency to watch the ball during the game, and thus, it makes them unprepared to set up an appropriate block. This drill will assist the player in focusing on the attacker to set up a good block.

The attacker prepares to approach, and the blocker is focused on that player in their attack position. Based on the angle of approach and how the attacker's body is positioned, the blocker can read and react to where the block should be set up. Watch for shoulder angle, the angle of approach (straight ahead, 45 degree, etc).

Instead of watching the ball and anticipating the block, the blocker will be watching the attacker and then setting up the block based on body language. You can add two blockers to this drill if you like.



**Result** - Improved blocking because of the ability to read the player's body rather than the ball.

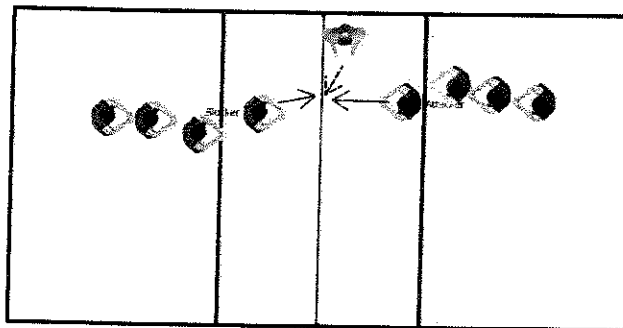


### 2.19: Overpass Drill

Sometimes the ball is set tight to the net and blockers and attackers need to be able to get up and make a play on that ball despite the closeness to the net.

**What you need** - A set of attackers and a set of blocker at the net. The coach will toss the balls up tight to the net.

**How this drill works** - Once the ball has been tossed up, the attackers and the blockers need to react to where the ball is on the net. A ball that is set tight to the net so either side can make a play on it is called an overpass. The attacker needs to decide if they need to make a defensive play (block), tip, or if they can hit the ball down to the floor. The blocker needs to decide if they must do the same. Coaches should be teaching the different tactics to players for dealing with overpasses, so their players can react accordingly.



**Result** - This is a fairly common occurrence in volleyball, so the more time spent on this drill, the better players will be prepared to handle it.





### 2.20: Attack Defend Footwork

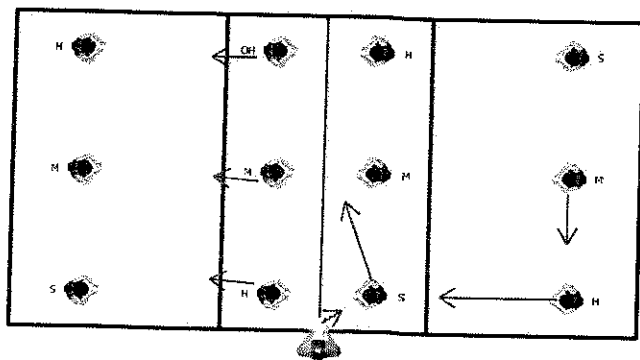
The footwork to make the transition from attack to defend is crucial. It can mean the difference between a point won or lost.

**What you need** - You can do this drill with players on both sides of the net. Once the drill begins, when the attackers set up on one side, the other is defending, etc.

**How this drill works** - This is a constant movement drill. When one side is executing one thing, the other side should be doing the other.

The coach will stand on the referee's podium with a ball. He or she will put the ball on one side or the other. With the ball on one side, the players get ready to attack – and the side without the ball gets ready to defend.

The ball is moved to the other side, and the defenders get in their attack position. This goes back and forth, and an emphasis should be placed on sound footwork to transition from the attack position to the defense position and vice versa.



**Result** - Players will develop more sound fundamental footwork to help them make the transition from offense to defense.

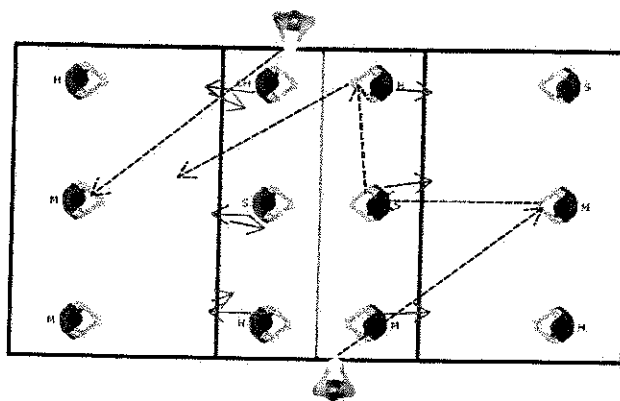


### 2.21: Attack Defend Game Situation

This expands on the drill above by adding the element of the ball

**What you need** - The drill prior run with both sides working off of one another, this one can be run with the team divided on each side of the net.

**How this drill works** - The coach(es) will be in the middle of the court at the net, and they will have two balls – three attackers are on each side of the net. The first ball is the attack ball, and the second ball is the defending ball. The coach will toss the ball up to one of the attackers to hit, and then the next ball will simulate a block or a tip. So the transition from offense to defense is immediate.



Each side will alternate so they are not going against each other.

**Result** - This drill adds on to the previous drill of working with the footwork of offense, defense transition, only this time putting the ball into play.

## Offense / Defense Tactics And Serving - Section 3

In this section we are going to get into some of the basic tactics of volleyball and we are also going to put in some basic serving drills. Learning the flow and tactic of volleyball increases with the level of play, and the drills in this section will reflect those differences.



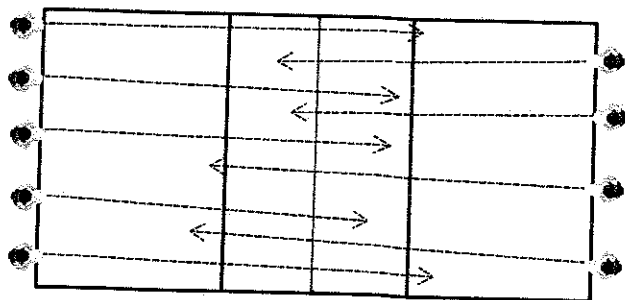
### 3.1: Over The Net

Service can be one of the most challenging aspects for younger players. Consistency is a must.

**What you need** - Line up the players on the service line each with a number of balls per side. The coach will be watching the technique and offering assistance to players that are struggling.

**How this drill works** - This is a basic serving drill that will provide players with repetition in serving. This type of drill is something that you might want to run every practice.

Coaches need to reinforce to players that getting a serve over the net is more important than hitting the ball hard. Showing the player the proper technique (overhand or underhand) is key, and then repetition is the next step. Players should understand that their side cannot score a point unless the ball goes over the net.



**Result** - Serving consistency is one of the hallmarks of a good team. This will dramatically increase the number of wins your team has during the season.

### Recommended Resource



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### 3.2: Three Hits

Getting three hits is something that should be worked on at the younger levels

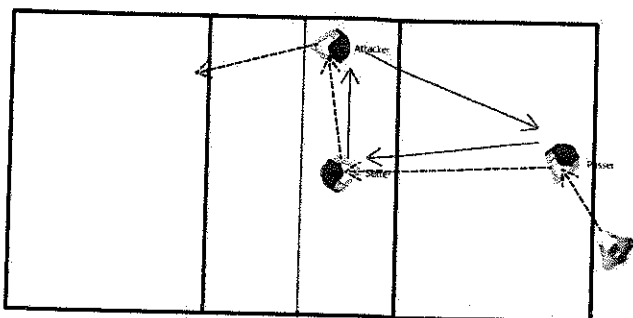
**What you need** - Divide the team into groups of three players each. The coach will begin the play.

**How this drill works** - Although at the earlier levels of volleyball getting the ball consistently over the net to the other side is sometimes a challenge, teams should work on getting the ball over using three hits.

The coach will toss the ball to his or her players and they will bump the ball up to the setter and the setter will set the ball to the attacker. There are three players per team and one will be the passer, another the setter and the other the attacker. With each attempt, the players will rotate positions.

The object of the drill is to get players familiar with

getting three hits on each side. Although they may not always get this, they will become accustomed to using three hits and may surprise you during a game when they are able to execute it.



**Result** - A better grasp of getting three hits from start to finish.



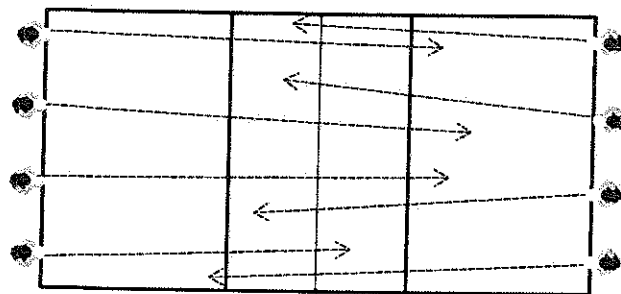
### 3.3: 10 Serves In

Serve consistency is essential to learn at the younger levels

**What you need** - Divide the team into groups of four. Line them up on the service line at each end of the court.

**How this drill works** - Each team has the responsibility to serve the ball to the other side, and the first one to ten serves in wins. This is a kind of the court game – so the winner stays on the court.

Each team will have one player serve at each time, and then rotate between players and alternate with the other side. The first team to 10 serves in stays on the court. The team that is on the court at the end of the game doesn't have to run a set of lines.



**Result** - This drill continues to reinforce the proper serving techniques and the importance of getting the serve in.



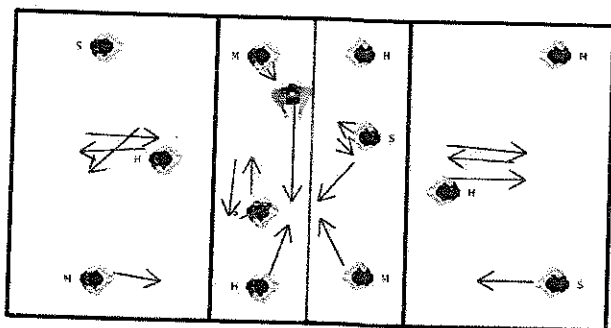
### 3.4: Prepare To Defend

This drill will help your players implement the defensive formation that you want

**What you need** - Have an entire team on each side of the net. The coach will be in the middle of the court at the net.

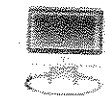
**How this drill works** - Each side will start in an attack set up. Upon the coach's signal, they will retreat into their defensive formation based on where the coach is standing. The area the coach is standing is where the attack is coming from. This defensive formation is based upon the type of defense the coach wants to run. The defensive formation on each side of the net should mirror each other.

The coach will move to another area along the net, and in the meantime the players will get back into the attack position. Then, once the coach stops, he or she will signal the players to defend, and they should prepare to defend based on where the coach is stopped.



**Result** - Players will learn their responsibilities on the court, and recognize where they are supposed to be, based on the attack.

**Recommended Resource**



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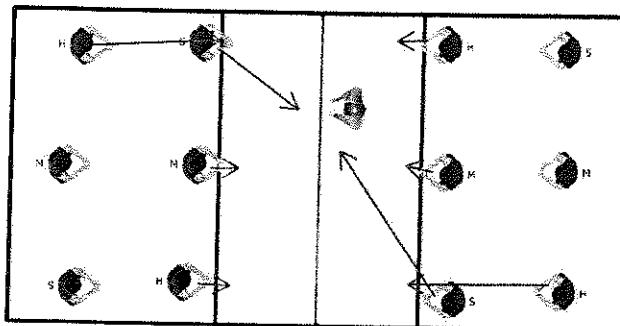
**3.5: Setting Up For Attack**

Going from defense position immediately into attack formation can be a difficult and confusing transition.

**What you need** - Start with the same two teams on either side of the court, but now they will start in the defensive position.

**How this drill works** - Each team will start in their defensive side of the ball, and they will then need to get into the offensive or attack position.

When the coach signals, (and sends the ball over the net) the players must correspondingly get into their places. The hitters need to get to the attack line to prepare to hit, the setter needs to get to the net, and the back row players need to get into position.



**Result** - Going from defense to offense may be more difficult than even going from offense back to defense. Practicing this should be a must.

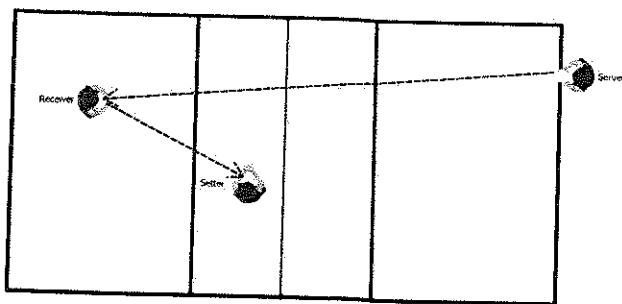


**3.6: Serve Receive 2**

This drill will help both the servers and the serve receivers.

**What you need** - Divide the team into two equal sides and have one side put together a serve receive formation.

**How this drill works** - Well, this drill will work on service and serve receive – two essential areas for team success.



The servers will serve the ball to the serve receivers, and they must field the ball and try to make a play back to the other side of the net. Right now, the emphasis is on two things – getting the ball over the net on the serve, and making a good pass to the setter on serve reception.

**Results** - This will help both sides work on essential skills of serving and serve reception.



### 3.7: Turn And Dig

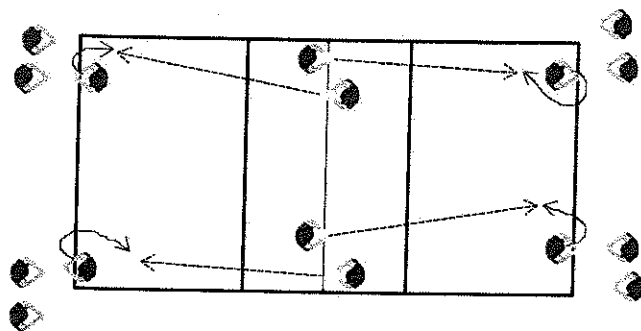
This is a great deal to help the reaction skills of players

**What you need** - You can set up four stations (using player help) with the team divided into four equal groups with one ball in each station.

**How this drill works** - You will have four players at the net, standing on opposite sides, on each side of the court. The players will be in their groups lined up at the back of the court on the service line.

The player that is at the net will be tipping the ball so the player at the back court can dig that ball. But, there is a catch. The player on the service line will have his or her back to the player at the net. When the player slaps the ball, the player on the service line will turn around and have to locate the ball that is being tipped or tossed to a certain place. A player must dig the ball successfully 10 times be-

fore they are complete.



**Result** - Great reaction and awareness drill for players.



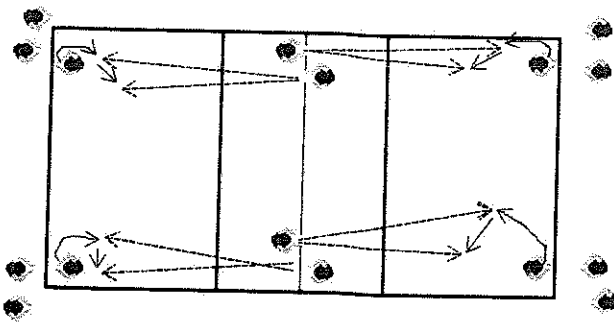
### 3.8: Dig And Tip Recover

This expands on the above drill, but adds an extra element.

**What you need** - Have the same set up as above.

**How this drill works** - It will work the same as the above drill, only we are going to add an extra step before the tip dig. Now, players will have to dig a hit, and then recover to dig a tipped ball.

Digging the ball takes a different reaction than digging a tipped ball. One puts you back on your heels and the other one puts you on your toes. This is a very common type of play in volleyball – you have to dig a spike and then recover to get to a ball that has been blocked back down on to your side.



After 10 double digs a player is done this drill.

**Result** - This is an essential drill for good transition and for good reaction to some of the situations that occur during the game.



### 3.9: Call The Hitter

This is a communication drill for setters and hitters

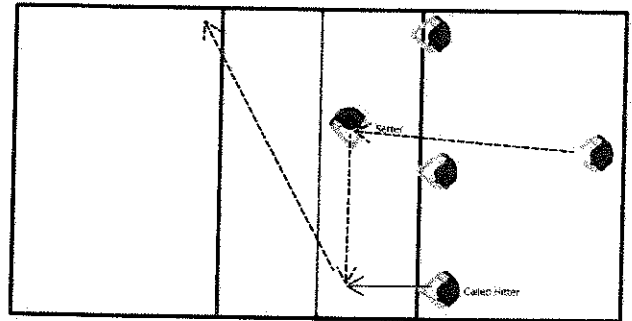
**What you need** - Set up a front line of attackers, along with a setter at the net. After the first part of this drill is mastered, you can add blockers so the setter has to read the defense to set up the right attack.

**How this drill works** - The pass will come up to the setter and he or she will call out to the hitters prior to the set so they know which player is going to get the ball. This works on communication for the players.

Although most offenses at higher levels will pre-determine the hit the team is going to go for during the play, sometimes a change of plan is necessary and your players will have to react to the situations on the floor. This is where the setter will benefit from good communication with the attackers.

Once the communication is down pat, you can add blockers and the attackers can try to out duel the

blockers by reading where the blockers are leaning to set their block.



**Result** - The communication between team members is crucial.



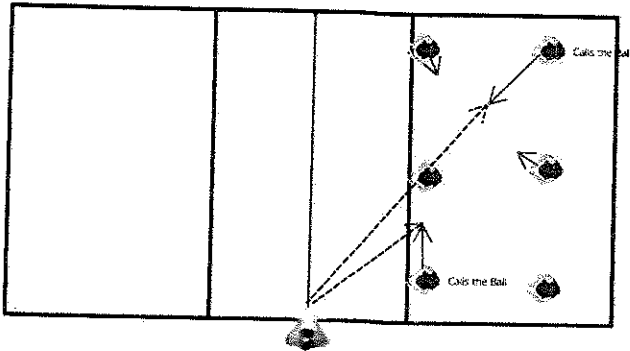
### 3.10: Team Communication

Seeing the ball hit a hole in the defense is frustrating for the coach. This drill will help to tighten that up.

**What you need** - The coach will be on the referee's platform and the player will be set up in a serve receive or a defensive formation.

**How this drill works** - Team communication can avoid so many lost points. Having players stare at each other after a ball goes between them (because each thought the other was getting it), is frustrating.

The coach will throw the ball into areas where the responsibility for getting the ball might be in question. The players must communicate amongst each other to cover that area and get the ball. Active communication should be encouraged among teammates.



Later you can do this drill with serves, and with hits.

**Results** - Better performance on the court for your team with good communication.



### 3.11: Serving Tape

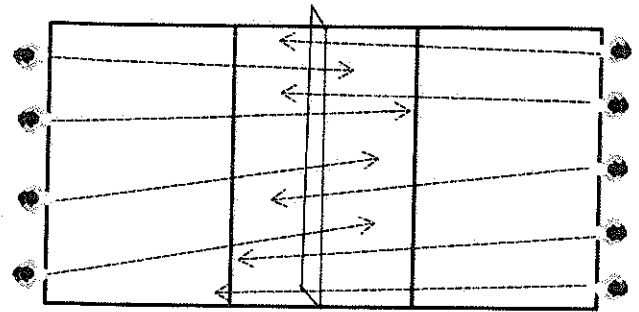
This will help players make their serves more consistent over the net.

**What you need** - You can line players up on each of the service lines. Have a tape line from antenna to antenna, about 3 feet off the top tape of the net.

**How this drill works** - The object of this drill is to encourage players to serve the ball overhand and to get the ball in between the top piece of tape on the net, and the tape line on the antenna.

Each time a player goes over the net, or hits the tape (upper or lower), they must do two finger tip push ups (good for hand strength).

Coaches should still be watching form proper form and that the players are under control when they serve. Although this is a consistency drill, technique is still important, and at this age, there are some players that need to work on their basic serving skills.



**Result** - Your players will continue to develop their serving skills, setting the stage for the next drill.



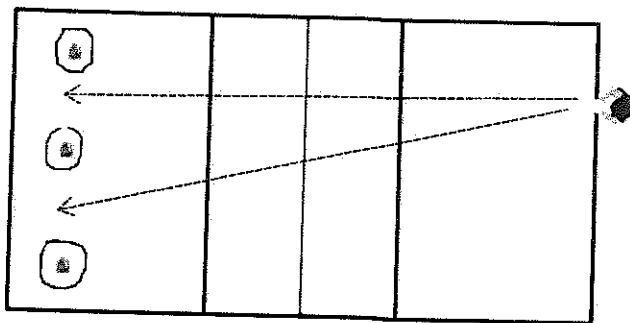
### 3.12: Miss The Chairs

Serving to certain areas is a good way to make the defense struggle to get the ball back for a good attack.

**What you need** - Set up three chairs in the back court of each side of the entire court. They should be in a position where a team might have a standard service reception. You can also put a tape circle in a 2 foot radius around the chair.

**How this drill works** - In simple terms, your players cannot hit the chair or the circle area with their serves. The object is to try and hit the lanes between the players with the serves.

If you can do this, you will create confusion among the defense and maybe win a few points from a team that does not have the communication skills that your team does.



Players that hit the tape circle area or the chair are required to do two finger tip push ups.

**Result** - Greater serving accuracy and the players will begin to learn to pick the weak areas of a defense to serve to.

### Recommended Resource



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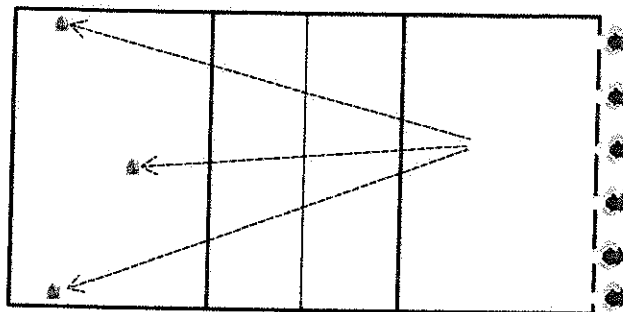


### 3.13: Target Service Drill

Improving the accuracy and consistency of serves is going to instantly make your team better.

**What you need** - Have three targets on the opposite side of the court: one along the line, one crosscourt and one short middle. Servers in groups of six can line up along the service line to take turns serving.

See diagram for further explanation.



**How this drill works** - Each server will have 10 serves to hit the targets. Each target has to be hit during the 10 serves. For each target that is missed, the player will do one set of lines. For each time the ball does not go over the net, the player will do two sets of lines.

Serving is one area that any team can improve on. With a rally point system, missed serves give up crucial points and coaches need to emphasize the importance in this area.

Coaches should focus on building the fundamentals of serving in this drill. Work on good contact, good trajectory and good toss and follow through.

**Result** - Any time you can improve the consistency of your serves, you are going to make your team better.



### 3.14: Prone Passing

Getting the ball low on defense and making a good pass is key to good defense.

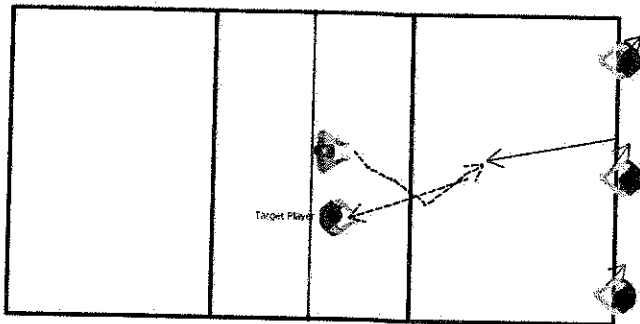
**What you need** - Have three players line up on the service line on their stomachs. The coach and a target player will be up at the net.

**How this drill works** - The players will be on their



stomachs and the coach will slap the ball to get the drill underway. The players do not know where the coach is going to toss the ball, so they all need to be ready to play the ball to the target.

The key for players is to stay low and to be ready to play the ball low. The coach is going to bounce the ball so it stays low, rather than toss the ball to the players. The players will need to try and get the ball to the target in this drill.



**Result** - This is going to help your players on plays when they need to scoop the ball from mishits, tips and back-court pushes.



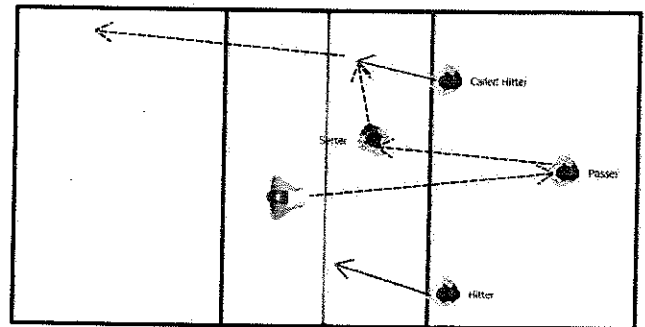
### 3.15: Double Attack

This is a basic play on offense that will add a little bit of confusion for defenses. What you need – You can set up two different attackers on the court, a setter will be at the net. You can also have a passer, with the coach tossing the ball to the passer to start the play.

**How this drill works** - This is going to be the first demonstration of a tandem hit for players at this level.

The coach will toss the ball to the passer, who must get the ball cleanly to the setter. The setter will then call out the player he or she is setting to, and they will hit the ball.

Both hitting players will approach the net and go through the standard approach and hit motions on this play. The key to this is for the setter and the hitters to be able to communicate and deceive the defense. The setter should try and mix the play up and change up who is hitting. You can add a third player into the (offside hitter) mix to make the drill more difficult.



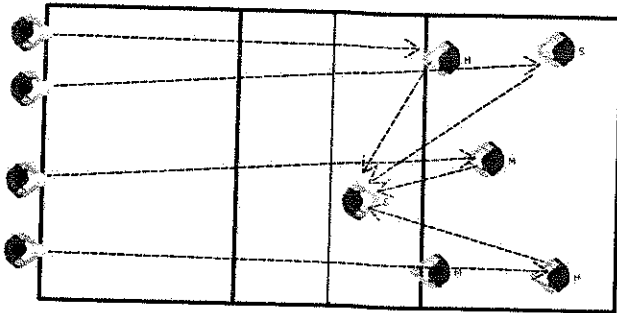
**Result** - This is a good experience for the attackers to learn, as this is a standard play at the high school and college level.



### 3.16: Serve Reception Drill

The first place to start a good attack is with the proper and accurate pass from your serve receivers

**What you need** - Set up a serve receive team, along with a setter at the net. Others on the team can be serving the ball to the other side. See the diagram for further description.



**How this drill works** - The players serving will vary the types of serves that they send over the net and the serve receive team is going to have to practice returning the serves with either a typical forearm pass, or an overhead face pass to their intended target.

Servers should also try to serve the ball to different areas of the court, in order to make the serve receive team also have to move to get to the ball.

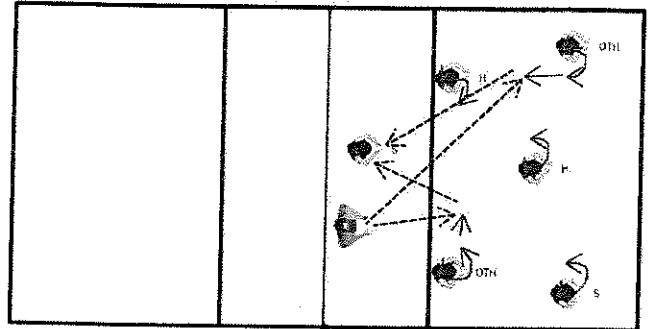
Coaches should watch for the proper technique in getting to the ball, and they should watch to make sure that players are making the right decision to either forearm pass or to make a face pass.

**Result** - Getting the right service reception is going to help your players control the ball a lot easier when they are on the court. Proper service reception sets up the best possible attack.



### 3.17: Sit And Recover

What you need – Include all six players on the floor. Coach will be at the net with balls. See diagram for set up.



**How this drill works** - Each of the players will take up their normal defensive position on the court. They will be sitting down on their bottoms with their backs to the coach (yellow).

Once the coach says “UP”, the players will get to their feet as quickly as possible to read where the play is going and to respond to it. Coaches can tip the ball to certain areas, they can try to hit the ball to certain area, or they can simulate the ball being passed or set deep.

The object for the players is to react to where the ball is going and then make a 3-hit play.

At first, coaches may want to focus on just making the first pass to the setter. Once all players improve at this skill, then you can go to a pass and a set. Then finally, players will graduate to a full three-hit drill.

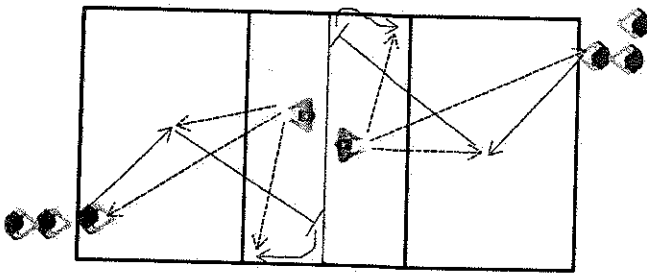
**Result** - Players develop read and recognition skills, along with the ability to still make plays when they are forced to react quickly.



### 3.18: Triangle Speed Drill

This simulates the quick action a player may have during the course of any game.

**What you need** - You can run this drill in two groups, one on each side of the net. Each side will need a coach (or a player) to work the balls from the net. See the diagram for further instruction.



**How this drill works** - This drill starts with the coach spiking the ball towards the player in the corner, then the player runs up to make a middle hit, then shuffles over to the power side and goes up to make a block, then turns 180 degrees and dives to make a save on a tipped ball.

The coach will spike the ball, then toss up the middle hit, then toss out the tipped ball to the sideline. Players that make an accurate pass, contact on the hit, make the block and then save the tip will be done the drill. All others must continue until they are able to succeed at each of the stations of the triangle.

This drill simulates the type of game play a player might expect: pass the ball, prepare to hit, make a block and then have to dive to recover a tip. This would be a common set of circumstances in volleyball, so it is wise to practice this.

**Result** - This drill will definitely build the quickness and agility of your players. You can increase the difficulty by making the triangle bigger and having

offside hits or power hits before having to make the tip recover.



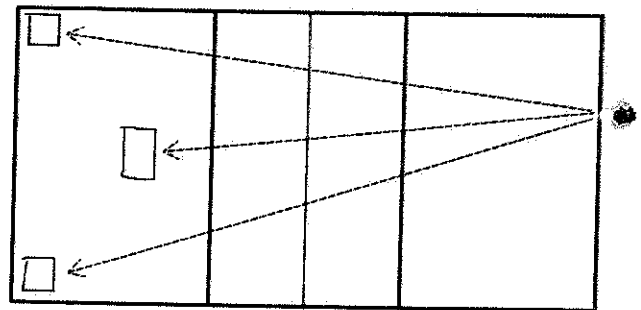
### 3.19: Serving Targets

This is going to help your players find the range on the court when you are serving.

**What you need** - You should tape off three areas for players to try and hit - back left corner, back right corner and right in the center of the court. Each box should be about 3 feet by 3 feet.

**How this drill works** - This is a simple accuracy drill that your servers can work on.

First, players should try to hit the left corner, then the right and then the middle. Each player must hit each of the targets completely before they can stop serving. Each time they serve the ball out of bounds, or hit the net, they have to go back to the last target they hit and hit that target again.



**Result** - Serving accuracy and consistency will give your team an advantage over teams that do not spend an ordinate amount of time on their serving skills.



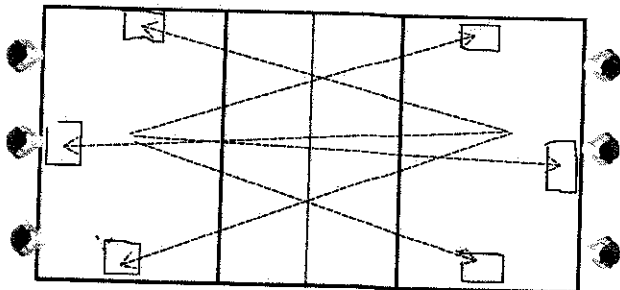
### 3.20: Location Hitting

This is a great drill for offenses to build their skills of hitting certain areas of the floor

**What you need** - On each side of the court you can tape three areas (about 3 feet by 3 feet) in places that are left open by traditional defenses. Divide the team into two sides and they will compete against one another.

**How this drill works** - The areas that are taped off are given a point value based on the difficult in getting the ball to those areas. Each offense is tasked with getting the ball into these areas with a planned hit. The hit must come as a result of a standard three hit attack.

The team that gets the most points after 10 attempts will be deemed the winner and will run one less set of lines when conditioning is done.



**Result** - This is an excellent drill to have your players learn to hit certain areas of the court on offense. The areas they are trying to hit are common areas that are difficult to cover with traditional defenses.



### 3.21: Blind Rally

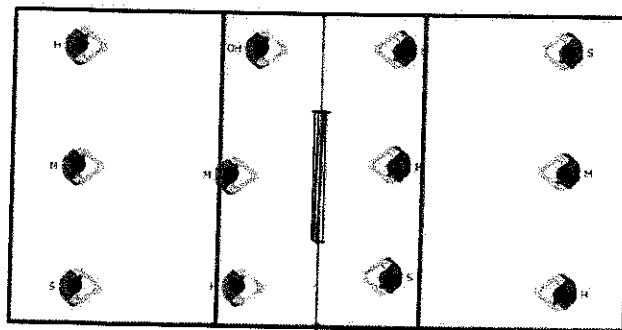
This is a great drill to help your players with their defensive anticipation

**What you need** - Divide the team into two equal sides. Place a large bed sheet or tarp over half or a quarter of the net (middle).

**How this drill works** - Does it have you stirring inside with anticipation? This is a great drill. Many players watch the ball and react too late to what the other team is doing. With a little bit of anticipation, they may be in better position to make plays.

By watching the play and where the ball is headed, and seeing the attackers get into position, the defensive players need to 'guess' where the ball might go from the position and direction of the players involved.

Run this drill as a game to 25 points. The winning team will not have to do lines at the end of practice.



**Result** - Your players will be able to build their anticipation skills and give themselves an edge over their opponents.



### 3.22: Three vs. The D

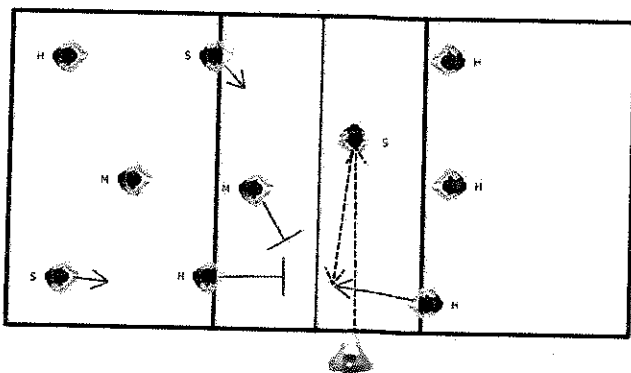
This is a great defensive drill that pits three hitters (and a setter) versus a full defense

**What you need** - Field a full defense on one side and three hitters with a setter on the other side.

**How this drill works** - This is a challenging drill for the defending team, because they have to defend against a free hit by the offense. The coach will start the drill by tossing the ball to the setter and then he or she will set the ball to one of the hitters.

The defense must read where the setter is positioned, and anticipate through the attack position where the ball is going to go.

Offense is pitted against the defense and the loser does lines.



**Result** - Your defense will build their defensive tactics and their ability to read opposing offensive sets.

### Recommended Resource



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## Running a Practice – Use the Practice Plans!

This is the section where we have constructed 25 general practice plans that you can follow. They are a minute-by-minute structured practice that you can take to run your practices. But, before we begin, here are a few tips on using the practice plans, and practices in general.

- The practice plans are a guide for your practices – you don't have to use them all, and you can substitute other drills in to each plan if you want.
- While we provide one drill in the practice plans per time slot, you can add drills as you see fit to work with your team.
- It is important for repetition and skill development to keep players moving – so if you can have several stations of the same drill at one time.

### Running a good practice!

Keeping players moving while having the right amount of instruction is key. That's why we have helped you running the practices by including these plans.

### More practice tips

- Have enough conditioning time included in all of your practices. Volleyball is a game that is constantly on the go and you need to make sure your players are in great shape. They won't like the extra time included in the practice plans for conditioning, but it will improve their game performance.
- Take enough time during the practice to make sure that proper instruction is given. While our drills keep the practice going, they are placed with

the belief that players are being given instruction during this time as well. It takes only doing something twice to develop a bad habit, but seven times to develop a good habit – instruct properly first!

- Give ample rest times and water times. Don't overlook these in the practice plan. Good rest time and replenishing fluids is going to help the body rejuvenate and prevent long-term injuries.
- Keep the practices fun! You don't want players to lose interest because things are too intense. Make sure – especially at younger ages that the children are having fun. That is what keeps them in volleyball programs for the years to come.

**Following are practice plans for you to use in your practices!**

**Beginner Practice Plan #1**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Get them in the court
:35 to :38	Water break	-	-
:38 to :45	Table top	1.1	Good form for passes
:45 to 1:00	Moving table top	1.2	Good footwork is key
1:00 to 1:10	3-6-9	1.6	Understanding distances for passing
1:10 to 1:20	Angle block	2.1	Make sure hands are in right position
1:20 to 1:30	Slide block	2.5	Good footwork and watching the attacker
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Snap the wrist	2.3	Bounce before the wall
1:45 to 1:55	Continuous passing	1.5	Vary the pass types
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #2**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Get them in the court
:35 to :38	Water break	-	-
:38 to :45	3-6-9	1.6	Understanding distances for passing
:45 to 1:00	Approach drill	2.2	3 steps and good reach
1:00 to 1:10	Target hitting	2.6	Watch technique for good angles
1:10 to 1:20	Angle block	2.1	Make sure hands are in right position
1:20 to 1:30	Slide block	2.5	Good footwork and watching the attacker
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Table top	1.1	Good form for passes
1:45 to 1:55	Moving table top	1.2	Good footwork is key
1:55 to 2:00	Cool down	-	Ease out the shoulders



**Beginner Practice Plan #3**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Get them in the court
:35 to :38	Water break	-	-
:38 to :45	Table top	1.1	Good form for passes
:45 to 1:00	Moving table top	1.2	Good footwork is key
1:00 to 1:10	3-6-9	1.6	Understanding distances for passing
1:10 to 1:20	Continuous passing	1.5	Vary the pass types
1:20 to 1:30	Snap the wrist	2.3	Bounce before the wall
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Serve receive 2	3.6	Good position is important
1:45 to 1:55	Pepper	1.3	Who can last to the end?
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #4**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Get them in the court
:35 to :38	Water break	-	-
:38 to :45	Approach drill	2.2	3 steps and good reach
:45 to 1:00	Target hitting	2.6	Watch technique for good angles
1:00 to 1:10	Blocking side	2.4	Watch to see where the players go
1:10 to 1:20	Over the net	3.1	Get the ball over!
1:20 to 1:30	Three hits	3.2	This is key at this level
1:30 to 1:35	Water break	-	-
1:35 to 1:45	3-6-9	1.6	Understanding distances for passing
1:45 to 1:55	Pepper	1.3	Who can last to the end?
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #5**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Get them in the court
:35 to :38	Water break	-	-
:38 to :45	Angle block	2.1	Make sure hands are in right position
:45 to 1:00	Slide block	2.5	Good footwork and watching the attacker
1:00 to 1:10	Prepare to defend	3.4	Players need to be ready to receive the ball
1:10 to 1:20	Approach drill	2.2	3 steps and good reach
1:20 to 1:30	Target hitting	2.6	Watch technique for good angles
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Table top	1.1	Good form for passes
1:45 to 1:55	Moving table top	1.2	Good footwork is key
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #6**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Turn and dig	3.7	Good, quick reaction
:45 to 1:00	Dig and tip	3.8	Build on last drill
1:00 to 1:10	Around the world passing	1.11	Good drill for footwork and control
1:10 to 1:20	Butterfly passing	1.15	Players must get into position quickly
1:20 to 1:30	Walking setters	1.9	Watch concentration for setters
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #7**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Pipeline passing	1.7	Good lateral movement is key
:45 to 1:00	3 station passing	1.10	Good form and controlled passing
1:00 to 1:10	Blind rally	3.21	Anticipation is essential
1:10 to 1:20	Location hitting	3.20	Healthy competition is excellent
1:20 to 1:30	Harass the passer	1.21	Focus is essential
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #8**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	Harass the passer	1.21	Focus is essential
:45 to 1:00	Serving tape	3.11	Under the top, above the net
1:00 to 1:10	Miss the chairs	3.12	Serve to where players aren't
1:10 to 1:20	Around the world passing	1.11	Good drill for footwork and control
1:20 to 1:30	Butterfly passing	1.15	Players must get into position quickly
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Turn and dig	3.7	Good, quick reaction
1:45 to 1:55	Dig and tip	3.8	Build on last drill
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #9**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	M passing	1.16	Reaction to hit and then tip
:45 to 1:00	Keep it up	1.17	The ball needs to stay in the air
1:00 to 1:10	Passing circle	1.19	Rotate the people, not the ball
1:10 to 1:20	Turn and dig	3.7	Good, quick reaction
1:20 to 1:30	Dig and tip	3.8	Build on last drill
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Pipeline passing	1.7	Good lateral movement is key
1:45 to 1:55	3 station passing	1.10	Good form and controlled passing
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Beginner Practice Plan #10**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	10 hits	2.7	Good form and get 10 hits
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	Blind rally	3.21	Anticipation is essential
1:10 to 1:20	Location hitting	3.20	Healthy competition is excellent
1:20 to 1:30	Harass the passer	1.21	Focus is essential
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders



**Intermediate Practice Plan #1**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Three vs. D	3.22	Get the competition going
:35 to :38	Water break	-	-
:38 to :45	Serving tape	3.11	Under the top, above the net
:45 to 1:00	Miss the chairs	3.12	Serve to where players aren't
1:00 to 1:10	Tip, cross, line	2.17	Must hit each of the areas
1:10 to 1:20	Call the hitter	3.9	Good for communication
1:20 to 1:30	Team communication	3.10	More communication skills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Turn and dig	3.7	Good, quick reaction
1:45 to 1:55	Dig and tip	3.8	Build on last drill
1:55 to 2:00	Cool down	-	Ease out the shoulders

*Intermediate Practice Plan #2*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	Pipeline passing	1.7	Good lateral movement is key
:45 to 1:00	3 station passing	1.19	Good form and controlled passing
1:00 to 1:10	Blind blocking	2.18	Watch the player, not the ball
1:10 to 1:20	Blind rally	3.21	Anticipation is essential
1:20 to 1:30	Location hitting	3.20	Healthy competition is excellent
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Intermediate Practice Plan #3**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	10 hits	2.7	Good form and get 10 hits
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	Harass the passer	1.21	Focus is essential
1:10 to 1:20	A/D footwork	2.20	The footwork is essential
1:20 to 1:30	A/D game sit	2.21	Add the ball in now
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Hourglass attack	2.14	Get the ball to the outside
1:45 to 1:55	Double attack	3.15	Good diversion is important
1:55 to 2:00	Cool down	-	Ease out the shoulders

*Intermediate Practice Plan #4*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Harass the passer	1.21	Focus is essential
:35 to :38	Water break	-	-
:38 to :45	M passing	1.16	Reaction to hit and then tip
:45 to 1:00	Keep it up	1.17	The ball needs to stay in the air
1:00 to 1:10	Passing circle	1.19	Rotate the people, not the ball
1:10 to 1:20	Around the world passing	1.11	Good drill for footwork and control
1:20 to 1:30	Butterfly passing	1.15	Players must get into position quickly
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Turn and dig	3.7	Good, quick reaction
1:45 to 1:55	Dig and tip	3.8	Build on last drill
1:55 to 2:00	Cool down	-	Ease out the shoulders

*Intermediate Practice Plan #5*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Three vs. D	3.22	Get the competition going
:35 to :38	Water break	-	-
:38 to :45	Find the hole	2.11	Read the defense and hit the open spots
:45 to 1:00	A/D footwork	2.20	The footwork is essential
1:00 to 1:10	A/D game sit	2.21	Add the ball in now
1:10 to 1:20	Hourglass attack	2.14	Get the ball to the outside
1:20 to 1:30	Double attack	3.15	Good diversion is important
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

*Intermediate Practice Plan #6*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Pipeline passing	1.7	Good lateral movement is key
:45 to 1:00	3 station passing	1.19	Good form and controlled passing
1:00 to 1:10	M passing	1.16	Reaction to hit and then tip
1:10 to 1:20	Blind rally	3.21	Anticipation is essential
1:20 to 1:30	Location hitting	3.20	Healthy competition is excellent
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

*Intermediate Practice Plan #7*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	Tip, cross, line	2.17	Must hit each of the areas
:45 to 1:00	Find the hole	2.11	Read the defense and hit the open spots
1:00 to 1:10	Blind blocking	2.18	Watch the player, not the ball
1:10 to 1:20	Around the world passing	1.11	Good drill for footwork and control
1:20 to 1:30	Butterfly passing	1.15	Players must get into position quickly
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Turn and dig	3.7	Good, quick reaction
1:45 to 1:55	Dig and tip	3.8	Build on last drill
1:55 to 2:00	Cool down	-	Ease out the shoulders

*Intermediate Practice Plan #8*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	10 hits	2.7	Good form and get 10 hits
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	Harass the passer	1.21	Focus is essential
1:10 to 1:20	Blind rally	3.21	Anticipation is essential
1:20 to 1:30	Location hitting	3.20	Healthy competition is excellent
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Around the world passing	1.11	Good drill for footwork and control
1:45 to 1:55	Butterfly passing	1.15	Players must get into position quickly
1:55 to 2:00	Cool down	-	Ease out the shoulders



*Intermediate Practice Plan #9*

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Three vs. D	3.22	Get the competition going
:35 to :38	Water break	-	-
:38 to :45	Hourglass attack	2.14	Get the ball to the outside
:45 to 1:00	Double attack	3.15	Good diversion is important
1:00 to 1:10	Tip, cross, line	2.17	Must hit each of the areas
1:10 to 1:20	Call the hitter	3.9	Good for communication
1:20 to 1:30	Team communication	3.10	More communication skills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on communication
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Intermediate Practice Plan #10**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	10 hits	2.7	Good form and get 10 hits
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	M passing	1.16	Reaction to hit and then tip
1:10 to 1:20	Keep it up	1.17	The ball needs to stay in the air
1:20 to 1:30	Passing circle	1.19	Rotate the people, not the ball
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Pipeline passing	1.7	Good lateral movement is key
1:45 to 1:55	3 station passing	1.10	Good form and controlled passing
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #1**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	Blind rally	3.21	Anticipation is essential
:45 to 1:00	Location hitting	3.20	Healthy competition is excellent
1:00 to 1:10	Tip, cross, line	2.17	Must hit each of the areas
1:10 to 1:20	Around the world passing	1.11	Good drill for footwork and control
1:20 to 1:30	Butterfly passing	1.15	Players must get into position quickly
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Hourglass attack	2.14	Get the ball to the outside
1:45 to 1:55	Double attack	3.15	Good diversion is important
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #2**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Three vs. D	3.22	Get the competition going
:35 to :38	Water break	-	-
:38 to :45	Harass the passer	1.21	Focus is essential
:45 to 1:00	Keep it up	1.17	The ball needs to stay in the air
1:00 to 1:10	Passing circle	1.19	Rotate the people, not the ball
1:10 to 1:20	Hourglass attack	2.14	Get the ball to the outside
1:20 to 1:30	Double attack	3.15	Good diversion is important
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #3**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Blind blocking	2.18	Watch the player, not the ball
:45 to 1:00	Serving tape	3.11	Under the top, above the net
1:00 to 1:10	Miss the chairs	3.12	Serve to where players aren't
1:10 to 1:20	Blind rally	3.21	Anticipation is essential
1:20 to 1:30	Location hitting	3.20	Healthy competition is excellent
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Pipeline passing	1.7	Good lateral movement is key
1:45 to 1:55	3 station passing	1.10	Good form and controlled passing
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #4**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	M passing	1.16	Reaction to hit and then tip
:45 to 1:00	Keep it up	1.17	The ball needs to stay in the air
1:00 to 1:10	Passing circle	1.19	Rotate the people, not the ball
1:10 to 1:20	Call the hitter	3.9	Good for communication
1:20 to 1:30	Team communication	3.10	More communication skills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	10 hits	2.7	Good form and get 10 hits
1:45 to 1:55	Wipe off	2.9	Keep the ball in the court
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #5**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Hourglass attack	2.14	Get the ball to the outside
:45 to 1:00	Double attack	3.15	Good diversion is important
1:00 to 1:10	Three vs. D	3.22	Get the competition going
1:10 to 1:20	Call the hitter	3.9	Good for communication
1:20 to 1:30	Team communication	3.10	More communication skills
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #6**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Net Save	1.14	Watch ball then react
:45 to 1:00	Deep pass	1.18	Hit the targets deep
1:00 to 1:10	Around the world passing	1.11	Good drill for footwork and control
1:10 to 1:20	Apex ball catch	2.13	Catch at top of approach
1:20 to 1:30	Back attack	2.15	Practice solid back row attacks
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders



**Advanced Practice Plan #7**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	Harass the passer	1.21	Focus is essential
:45 to 1:00	Serve reception	3.16	Choose forearm pass or face pass
1:00 to 1:10	Miss the chairs	3.12	Serve to where players aren't
1:10 to 1:20	Target Service	3.13	Now hit the targets
1:20 to 1:30	Pass marathon	2.12	Control is the key to winning
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Net Save	1.14	Watch ball then react
1:45 to 1:55	Deep pass	1.18	Hit the targets deep
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #8**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	M passing	1.16	Reaction to hit and then tip
:45 to 1:00	Sit and recover	3.17	Quick read and reaction
1:00 to 1:10	Dig and Dash	1.13	Tip on opposite side of the net
1:10 to 1:20	Net Save	1.14	Watch ball then react
1:20 to 1:30	Serve reception	3.16	Choose forearm pass or face pass
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Pipeline passing	1.7	Good lateral movement is key
1:45 to 1:55	3 station passing	1.10	Good form and controlled passing
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #9**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Target Service	3.13	Now hit the targets
:35 to :38	Water break	-	-
:38 to :45	10 hits	2.7	Good form and get 10 hits
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	Deep pass	1.18	Hit the targets deep
1:10 to 1:20	A/D footwork	2.20	The footwork is essential
1:20 to 1:30	A/D game sit	2.21	Add the ball in now
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Apex ball catch	2.13	Catch at top of approach
1:45 to 1:55	Back attack	2.15	Practice solid back row attacks
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #10**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Apex ball catch	2.13	Catch at top of approach
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	Harass the passer	1.21	Focus is essential
1:10 to 1:20	Net Save	1.14	Watch ball then react
1:20 to 1:30	Deep pass	1.18	Hit the targets deep
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Serve reception	3.16	Choose forearm pass or face pass
1:45 to 1:55	Double attack	3.15	Good diversion is important
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #11**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Target Service	3.13	Now hit the targets
:35 to :38	Water break	-	-
:38 to :45	Turn and dig	3.7	Good, quick reaction
:45 to 1:00	Net Save	1.14	Watch ball then react
1:00 to 1:10	Around the world passing	1.11	Good drill for footwork and control
1:10 to 1:20	Harass the passer	1.21	Focus is essential
1:20 to 1:30	Pass marathon	2.12	Control is the key to winning
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #12**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	Sit and recover	3.17	Quick read and reaction
:45 to 1:00	Dig and Dash	1.13	Tip on opposite side of the net
1:00 to 1:10	M passing	1.16	Reaction to hit and then tip
1:10 to 1:20	Butterfly passing	1.15	Players must get into position quickly
1:20 to 1:30	Target Service	3.13	Now hit the targets
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Scrimmage		Work on basic attack and defense skills
1:45 to 1:55			
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #13**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Walking setters	1.9	Watch concentration for setters
:35 to :38	Water break	-	-
:38 to :45	Serve reception	3.16	Choose forearm pass or face pass
:45 to 1:00	Serving tape	3.11	Under the top, above the net
1:00 to 1:10	Target Service	3.13	Now hit the targets
1:10 to 1:20	Sit and recover	3.17	Quick read and reaction
1:20 to 1:30	Dig and Dash	1.13	Tip on opposite side of the net
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Net Save	1.14	Watch ball then react
1:45 to 1:55	Deep pass	1.18	Hit the targets deep
1:55 to 2:00	Cool down	-	Ease out the shoulders

**Advanced Practice Plan #14**

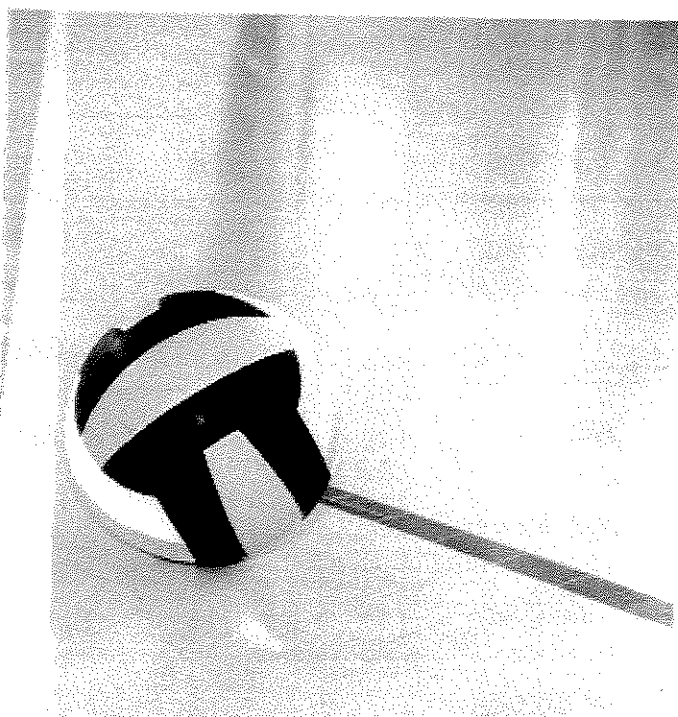
TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	Serve reception	3.16	Choose forearm pass or face pass
:35 to :38	Water break	-	-
:38 to :45	Harass the passer	1.21	Focus is essential
:45 to 1:00	Sit and recover	3.17	Quick read and reaction
1:00 to 1:10	Miss the chairs	3.12	Serve to where players aren't
1:10 to 1:20	Pass marathon	2.12	Control is the key to winning
1:20 to 1:30	Net Save	1.14	Watch ball then react
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Apex ball catch	2.13	Catch at top of approach
1:45 to 1:55	Back attack	2.15	Practice solid back row attacks
1:55 to 2:00	Cool down	-	Ease out the shoulders



**Advanced Practice Plan #15**

TIME	DRILL	SEC. #	COACHING TIPS
00 to :10	Warming up shoulders and light stretch	-	Must warm up shoulders
:10 to :15	Full body stretch	-	Shoulders, legs, groin, and lower back
:15 to :25	Jog around the court, maybe some sprints	-	Limbering up and preparing for drills
:25 to :35	10 serves	3.3	Good start for older players
:35 to :38	Water break	-	-
:38 to :45	10 hits	2.7	Good form and get 10 hits
:45 to 1:00	Wipe off	2.9	Keep the ball in the court
1:00 to 1:10	Sit and recover	3.17	Quick read and reaction
1:10 to 1:20	Dig and Dash	1.13	Tip on opposite side of the net
1:20 to 1:30	Target Service	3.13	Now hit the targets
1:30 to 1:35	Water break	-	-
1:35 to 1:45	Hourglass attack	2.14	Get the ball to the outside
1:45 to 1:55	Serve reception	3.16	Choose forearm pass or face pass
1:55 to 2:00	Cool down	-	Ease out the shoulders

VOLLEYBALL  
*Conditioning*



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## Volleyball Conditioning System

### Introduction

There is nothing more important in volleyball than conditioning drills, other than basic technique. Even if players understand the formations and have perfect technique, they will never win games and become successful if they are not strong enough to dominate their opponents. To become strong, players must engage in weekly conditioning workouts that focus on developing agility, vertical leaping skills, and quickness.

### Workout Plan

Volleyball conditioning does not require a gym or an arsenal of expensive equipment, but it does require dedication and commitment. Players should be conditioning a minimum of three times per week for 15 to 20 minutes. It is best to condition before practice begins in order to protect muscles. Each workout should begin with a very light warm-up, such as a slow 2 lap jog to wake up the muscles.

The workout should be done continuously so as to fatigue the muscles quicker and achieve better results. The less the time between sets or exercises, the faster the muscles will become completely fatigued and the stronger they will become after rebuilding.

The workout should end with a cool-down and stretching, which should last at least 5 minutes. If possible, allow a 10 minute cool-down and stretching period. If the workout is followed immediately by volleyball practice, the cool-down and stretching period should be included after the entire practice is complete.

Stretching after a workout is essential because it promotes healthy rebuilding of muscle tissue and reduces the chances of post-workout soreness, which comes from a build-up of lactic acid in the muscle tissue. This lactic acid, the by-product of breaking down the microscopic muscle fibers used in conditioning, can be dispersed by proper stretching.

### Set and Repetitions

Each player must work their body beyond what feels comfortable, although pain is never a good sign with conditioning. If a team is very new to conditioning, players should do no more than two sets of an exercise with no more than 12 repetitions of each move per set. For more advanced teams, three sets of all exercises is important to achieve maximum performance levels. Repetitions can be increased up to 15 as the coach sees fit.

When players are reaching a plateau or no longer feel the impact of their workouts, coaches should lead players through a more advanced conditioning program. Changes can be very small but have a very big impact. The easiest way to increase difficulty is to increase the number of repetitions of an exercise or to increase the resistance of the exercise. For players without access to free weights or weight machines, increasing repetitions or using body weight resistance is a hassle-free way of staying strong and fit.

### Exercises

### **Squats**

Squats are one of the simplest exercises but also one of the most effective for building lower body muscle and strength. To do squats, players keep their backs straight and their shoulders rolled back. They widen their feet just beyond shoulder-width apart with the knees and toes facing forward. Some athletes prefer to clasp their hands behind their backs or put their hands on the small of their backs to maintain a good back and shoulder position.

Players bend the knees, making sure to keep the knees over the toes and not letting the knees expand past the ankles. This often means that the majority of the player's weight is over their heels and in their glutes. This improves the move and isolates the glute muscles, which are essential in vertical leaps.

At the bottom of this exercise, it will be necessary for players to bend forward at the waste to keep the weight on the heels and to prevent themselves from falling over. The mistake to avoid is to bend at the shoulders or the mid back instead of at the waist. The back should remain straight; it is simply tilted forward but the spine remains straight, not curved.

When players have lowered down until their quadriceps and hamstring muscles are parallel to the ground, they can raise slowly back up, making sure not to wobble or put undo pressure on the knees or ankles. When players raise back up, they should not straighten their legs so completely that they lock out their knees. This causes unnecessary pressure on the knees and promotes fainting.

To make squats more difficult, try one of these variations:

1. Use free weights to add resistance. Players can hold small dumbbells in their hands as they squat. Dumbbells should be held at the shoulder level so as to not affect the back during the exercise.
2. Use only one leg. Players can significantly increase the difficulty of the move if they hold one leg out in front. It becomes much more difficult to lower all the way down on one foot, so players must watch out that they do not let the knee bend over the ankle in an attempt to sink lower into the move or to keep from falling over. To prevent this from happening, players must remember that it is acceptable to bend forward at the waist.
3. Do squats against the wall. Players can put their backs against a wall and sink into a squat. This ensures that the glutes and hamstrings are isolated and allows the player to hold the move for much longer, increasing the affect it has on the muscles. To make the move work the quadriceps as well, players should focus on putting constant pressure against the wall, as if they were trying to push a door open with their backs.
4. Hold the squat longer at the bottom. Increasing the amount of time players spend in the actual squat position can go a long way toward increasing the difficulty of the move. Coaches should time players as they sink down. If they are doing squats without the wall, players should hold each repetition between three and five seconds. If players are doing the wall variation, they should hold the squat for at least 30 seconds.

### **Squat Jumps**

Squat jumps are similar to squats, but with a jump for added difficulty and strength-building. Players begin the same way for squat jumps as squats, with a straight back and their shoulders rolled back. Often times the arms are crossed behind the back or clasped for balance purposes.

Players lower into the squat, remembering to keep their knees aligned over their ankles. They should sit back into the move like in the regular squat, with their weight over the heels more than the toes. This will keep the knees properly aligned.

At the bottom of the squat, players should explode off the ground, rolling through the entire foot and jumping into the air. The purpose of the jump is to increase quadriceps strength, and players should strive to jump as high as possible, straightening their legs completely in the air and reaching up, as if they were blocking a hit from the other team.

The arms are incredibly important on this move. There are two philosophies, and coaches are encouraged to have players try the drill both ways. The first philosophy is that the arms stay behind the back, forcing the legs to do all the work and increasing the effectiveness of the workout. The second philosophy is that the arms should be available to help with the jump, so they are allowed to come back and swing forward as the player jumps. This teaches the importance of using the arms and the extra momentum they can provide.

To teach players to jump using their arms, they should do several squat jumps without the arms, like normal. Then add the arms. The arms should be behind the player at the bottom of the squat. As the player jumps, the arms should swing through to the front, passing the player's sides and following through into the air. The most common mistake players make is to not finish the follow through on their arms, which actually hurts their upward motion more than helps it.

Players must let their arms come all the way through until they are straight up, as if they were blocking an attack. Shortly after passing the player's side, the player should be in the air, and the arms help propel the body upward and prolong the leap.

The major mistake to avoid with squat jumps is allowing the back to fall too far forward at the bottom of the squat. As players get tired, they will naturally bend farther forward at the waist to take some of the work off their legs, but this gives them less momentum as they jump and will wear them out faster.

To make squat jumps more difficult, try one of these variations:

1. Add light dumbbells. When using dumbbells with this exercise, players will have to use the "no arms" version to avoid injuring their shoulders. Players can place weights near their shoulders and do the same lower body movement.
2. Bring the feet together in the air. At the top of the jump, players can bring the legs together and cross them, uncrossing them before landing. This makes the movement feel almost like a "beat" and takes just a second. It works the inner thighs and helps fatigue the players faster.

Coaches and players should remember one last important thing about squat jumps. As they land, players must roll through the ball of their foot to avoid injury to the feet and ankles. Players should land on their tip toes and roll through the foot until they are standing back on solid ground. To land with flat feet or straight knees is disastrous to the body and should be avoided at all costs.

### Mountains

Mountains are the perfect endurance-building and quickness-increasing exercise. It is extremely simple but also very effective. This is a sprinting exercise that works well in a gymnasium with painted lines for markers. Players begin at one end of the gym in a straight horizontal line.

They start running at a sprint to the first painted line and touch the ground with their hand. They then turn around and run back to the starting point as fast as possible, also touching the ground when they arrive.

From there, players run to the next painted line and touch the ground before turning around and running back to start, again touching the ground. This goes on until the players are sprinting from one end of the court to the other and back with just the touch of the ground for a break. Figure 1 shows the pattern most commonly used by coaches and players.

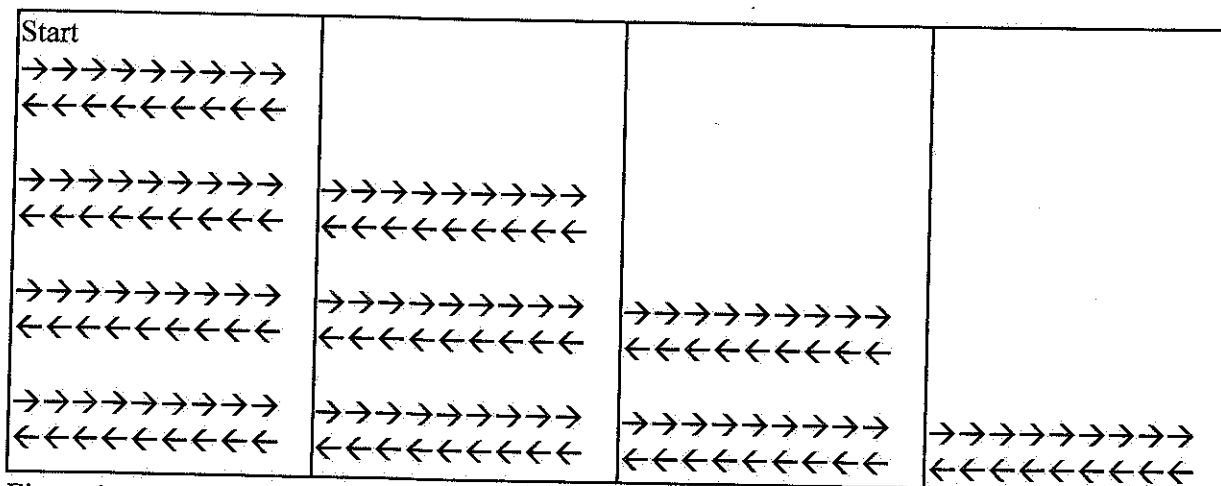


Figure 1

There really is no way to increase the difficulty of this drill, but it is sufficiently tiring that most players will not need to up the intensity. Coaches should be constantly pushing players to run harder and faster, which is the best way to increase the level of workout received from this drill. Players are encouraged to use their arms to help as they run.

### Military Running

Military running is also used to increase quickness and decrease reflex time. To do this exercise, players start with their legs a bit farther than shoulder-width apart with knees slightly bent. Players begin to "jog" in place somewhat, with their legs doing all the work. In this drill, the upper body does not do any work until the floor

section. When standing, the legs do all the work. Players must jog using only their toes, almost mimicking the movement of jumping rope, but as quick as possible.

This move ends up looking like players are simply tapping the floor with the ball of their feet and switching to the other foot. This forces their muscles to respond quickly and fatigue just as quickly.

Military running works the leg muscles primarily, including the quadriceps, hamstrings, and glutes. Depending on how high on the toes the players are, it can also work the calf muscles. This move is also a cardiovascular workout because of the prolonged activity that raises the heart rate.

Coaches can begin just with 30 seconds of military running, but there are several variations that really make the exercise more complete. After 30 seconds of running upright, players should drop to the ground and do two push-ups with good form. Good form means a straight back, without the buttocks sticking up or sinking down. The arms must make a 90 degree angle at the bottom of the pushup and the head should be aligned with the spine, looking straight down.

After the two push-ups, players jump back to their feet and engage in another 30 seconds of military running. This drill, including the push-ups, decreases reaction time and keeps the heart rate high, ensuring a workout for both the heart and the other major muscles in the body.

To make military running more difficult, try one of these variations:

1. Players can do military running through obstacles, such as running through tires or around cones. The purpose of every obstacle is to force players to move their entire bodies while maintaining the quick pattern of their feet.
2. Run in different directions. Military running sideways increases the difficulty immensely and mainly works the side to which the player is moving. For this reason, it is important to do side military running going both directions. Military running can also be done backwards, which puts the emphasis of the exercise on the glutes and calves. This also requires more thinking from players and keeps them from getting mentally fatigued.
3. High knees. Military running can be combined with high knees, where players pull their knees up as high as possible as they run in place. Because of the short time between strides, players won't be able to bring their knees up very high, but it will increase the workout and put more emphasis on the glutes and quadriceps.

### **Push-Ups**

Strong upper bodies will help players hit harder, have stronger blocks, and get more momentum on jumps. Push-ups, though simple and often boring, are the best way to target the entire upper body in one movement.

There is a reason that push-ups are included in every basic workout plan. They are a relatively easy movement to do and they get great results. To do a push-up, start in the plank position with the hands directly under the



shoulders and the hips aligned in back. The players should be on the balls of their feet with the feet about hip-width apart.

Players bend the arms, lowering their bodies closer to the ground. Players must remember to keep their bodies in line as they get lowered to the ground. This means that the head is in line with the rest of the spine and facing straight down. The shoulders stay pushed back and don't hunch forward. The hips stay in line with the rest of the body and do not tilt upward or sink down. The knees stay straight and strong and do not bend or touch the ground.

Players should lower into the push-up until their arms make a 90 degree angle with the floor. The closer in the arms are to the body, the harder it will be to reach that 90 degree angle, so players must adjust based on their current strength and their body size until they find a comfortable hand placement.

Push-ups work nearly all the muscles in the upper body, including the biceps, triceps, pectoral muscles, and upper back or dorsal muscles. They also engage the core muscles and work the glutes and hamstrings.

To make push-ups harder, try one of these varieties:

1. One leg push-ups. Instead of keeping both feet on the floor, pick up one leg during the push-up. This will require the other leg to spread slightly farther out to keep players from falling over and losing their balance. It engages the glutes and hamstrings specifically and requires core muscles to stay in the correct position.
2. Tricep push-ups. To focus the work on the triceps, bring the arms in close to the body and place the hands at chest level. This variation requires the players to start lying on their stomachs and pushing up after their arms are in the correct position. The elbows should face backward in this position and the shoulders should be rolled as far back as possible. Players lower into the move just as a normal push-up, but the range of motion is severely decreased, so they should not expect to go as low.
3. Decline push-ups. Players do the same push-up move but with their feet elevated, which puts more weight on the hands and increases the resistance to the move. To elevate the feet, players can rest the front of the ankles on a low step or bench. It is very easy to let the hips push upward in this move, so players must remember to keep the body in line.
4. Weighted push-ups. Players can increase the resistance of the move by placing a small dumbbell on their upper back. This move can also be accomplished with a partner. The partner can put pressure on the person's back and act as a weight, resisting them when they push up from the lowered position.
5. Push-ups to elbows. Players start in the regular push-up position and do eight regular push-ups. Then, they lower one arm down to the elbow and then the other arm, so they are now resting on the balls of the feet and the forearms. Players then push back up into the regular push-up position. This must be done starting the elbow drop with both arms, because the arm that starts pushing the body back into the standard position gets a much bigger workout than the other arm.
6. One arm push-ups. Perhaps the most difficult of all variations, this one requires the use of only one arm. Players start with their feet wider apart than normal to compensate for the use of only one arm. Keeping the body in line, they lift one arm and place it behind the back. Using only the arm left on the ground, players engage in a regular push-up.

### Abdominal Curis

Though it may not seem like having strong abdominal muscles will help in volleyball, a strong core is the key to any competitive game. Without a strong core, players will not be able to hit as hard, jump as high, or keep their balance as well when switching directions quickly. Basically, a strong core means a better game.

There are many different ways to work abdominal muscles, and many variations will be provided below. The basic ab workout is the curl or crunch. This starts with players lying on their backs with their knees bent and their feet flat on the floor. Players should place their hands behind their heads or at the base of the neck.

To start the curl, players should roll the hips upward slightly so there is no room between the lower back and the floor. This not only protects the lower back during the workout, it also engages some rarely used deep abdominal muscles that increase the effectiveness of the workout.

Players begin the curl with their shoulders pushed back, as if they are trying to pull their shoulder blades together in their back. Then, players lift their upper body off the floor. Most athletes can raise their shoulders and heads off the floor and maintain good form. Players should keep the shoulders rolled as far back as possible and not let the upper back arch over to reduce the workout.

There are many ways to cheat with abdominal curls, so coaches must watch that their players maintain good form. The first way to cheat is to let the elbows sink in toward the face, which allows the upper body to curl and reduces the work the abdominals must do.

The second way of cheating is to use the hands to pull up the head and neck, which is not only cheating but can also hurt the head and neck. Coaches should always advise players against using their hands to help them up, as this often leads to very sore neck muscles.

Another way to cheat is to use the quadriceps to help pull the body up. This is often denoted by the feet raising off the ground slightly as the upper body raises and then lowering as the upper body reaches the top of the curl.

The basic move requires the players to engage their abdominal muscles primarily to raise their neck and shoulders off the ground without the assistance of other large muscle groups. When done properly, abdominal curls will fatigue players after around 50. These can be split into sets if coaches prefer.

Try these variations to increase the difficulty of abdominal curls:

1. Reverse curls. Instead of raising the neck and shoulders, raise the feet and hips. Leave the head on the floor and raise the feet off the floor, trying to pull the lower abdominal muscles in so that the hips come off the floor. Players must remember not to use the quadriceps muscles to get the legs off the floor on this move.
2. Double curls. Raise both the neck and shoulders as well as the hips and feet off the floor at the same time. This engages all the abdominal muscles and gives a better workout.

3. Curls with the legs straight up. Instead of having the legs on the floor, players can put their legs straight in the air and raise up to meet their toes. This works the abdominals in a different way.
4. Oblique curls. Instead of targeting the front abdominals, players can turn their hips to one side and do the same curl motion. This targets the side abdominal muscles known as the obliques.

### **Lunges**

Lunges are another great leg exercise that are similar to squats but work the legs in a different way. Lunges start with the players standing with their feet together and their backs straight. Shoulders should be rolled back so that the body is open and in good alignment.

Players step forward with one leg and bend the front leg until the legs make 90 degree angles. As with squats and all leg exercises, the knee should never go past the ankle when at the bottom of the move. If necessary, players can extend their step so that there is enough room to sink all the way down without endangering their knees or ankles.

After reaching the bottom of the move, players push off the front leg and bring themselves back to the starting position. Players should alternate which leg goes forward, because that is the leg that gets the greatest workout.

This move works the quadriceps, hamstrings, calves, and glutes. It is a great, simple move for players needing to improve their vertical jumping, because it works every muscle used in those jumps.

To increase the difficulty of the lunges, try one of these variations:

1. Reverse lunges. Instead of stepping forward, players step backwards and push forward to come back to start. This puts more work on the glutes instead of the quadriceps, so coaches can mix things up to get a good workout for all the muscle groups.
2. One leg lunges. This move isolates one leg at a time and gets great results. Players put one leg up on a bench or short table. They bend the front leg, the only one on the ground, just like they were doing a regular lunge. This move requires the core muscles as well as the leg muscles, because it is much harder to hold the lowest position with only one leg on the floor. Players then stand back up on that leg and are back in the start position.
3. Lunges with weights. Players can easily hold dumbbells in their hands while doing lunges to add resistance to the process. If dumbbells are not available, players can use any weighted object, such as a large book.
4. Walking lunges. With walking lunges, instead of stepping back to start after hitting the lowest position, players bring the back leg forward to meet the front leg. The player has now taken a giant step and is ready to start another lunge. Players can either alternate which leg goes in front or maintain the same leg, but both legs need to go in front at some point to ensure that both legs get worked equally.

### **Running Sprints**

There is no better way to increase endurance and build muscle than running sprints, and chances are, players will be aware of sprints and somewhat dreading them. They are an exercise that tires players quickly, but they work the heart extremely well and teach fast-twitch muscle patterns that are necessary in a quickly changing game like volleyball.

When running sprints, players should start the exercise by jogging lightly to warm up the muscles. This drill can be easily done in a gym with the players running in a large oval. After 2-3 laps to warm-up and get the muscles ready, players should begin a series of 7-10 sprints.

These sprints require players to run at their full speed for the long sides of the ovals and walk during the short curves. This gives them a little time to recover between bursts of energy but still keeps their heart rates up and their muscles working.

If players are not ready for a full sprint drill, they can run or jog the long sides of the oval and walk the short curves. No matter how fast they are going, the short bursts of energy required will burn fat and build muscle faster than ordinary running alone.

To ensure proper form, players should run "through" their feet, making sure to land each step on the balls of their feet and not flat-footed. This will help protect the knees and shins, which are often injured in running drills. Although this drill is called a "sprint," players must not exceed the speed at which they can run without pain. Some players try to run faster than their bodies will allow and injure a quadriceps muscle, which takes a long time to heal and is very painful.

Coaches must also encourage players to use their arms effectively in sprints. The arms should work opposite the legs. This means that when the right leg is running forward, the left arm should be in front. This helps increase momentum and maintain balance.

To increase the intensity of sprints, try these variations:

1. Jog the short curves. Sprinting the long sides and jogging the short curves will significantly increase the intensity of the workout, because the players never have the chance to fully recover. This should be eased into gradually so as to not injure players.
2. Sprint only half the long side of the oval. By shortening the sprint, players are able to get more sprints in during the workout and will fatigue quicker. They can sprint the first half of the long side, walk or jog the second half, sprint around the short curve, walk or jog the first half of the second long side, sprint the second half of the long side, and walk or jog the second short curve. This gets in three sprints where there were previously only two.

### **Plank**

The plank exercise seems simple and even boring, but it, like the push-up, works nearly every muscle in the body. There are tons of variations to keep people from getting bored, and it is effective at working the abdominals, arms, quadriceps, hamstrings, and glutes.

To start, players lie on their stomachs with their hands under their shoulders. They push up on their elbows and raise up onto their toes, such as a modified push-up position. Players can hold this position, making sure that the hips stay in line with the back, or they can push up to their hands and hold the plank position that way. Most of the varieties listed work best with the elbows on the ground, but coaches may modify the suggestions however is best for their team.

While in the plank position, players should engage their abdominal muscles by pulling their navels to their spines. This is different than just sucking the stomach in because it should feel like the players are actually compressing their entire stomachs instead of just one section of it, which is what happens when people suck in.

To increase the difficulty of the basic plank position, try these varieties:

1. **One leg plank.** In this variation, players lift one leg off the ground while they hold the plank position. This puts extra work on the abdominal muscles as well as the glutes, hamstrings, and quadriceps of the leg in the air. Players must remember in this position to keep their hips in line with their body.
2. **Crossed leg plank.** This variety is similar to the one leg plank, but players take that leg that is raised and slowly move it out to the side and back in until it crosses the body. This works the leg that is in the air as well as the abdominal muscles.
3. **Rock back and forth.** While on the elbows with both feet on the ground, players should rock slightly forward and backward. This engages the abdominal muscles more completely as well as the quadriceps.
4. **Pendulum plank.** This variation starts in the regular plank position but requires the players to push their hips in the air, forming a ^ shape with their bodies. The players should hit the top of the pendulum and come back to start. This works the arm muscles and the abdominal muscles.
5. **Leg lift plank.** This variation again requires the player to be on one leg, but instead of moving the leg side to side, players move the leg up and down. This isolates the glutes and gives a difficult workout.

## Conclusion

Although weight rooms and specialized equipment help during the conditioning routine, volleyball players can easily get stronger, jump higher, and attack harder just using body weight resistance and variations on basic exercises. Every workout session should begin with a warm-up and light stretching period and should consist of 15 to 20 minutes of constant conditioning. After the conditioning, players should either move into regular volleyball practice or go through a cool down session, with stretches held longer and a focus on breathing and relaxing.

For volleyball players, the main muscle groups to focus on include the legs, abdominals, and arms. With the workouts listed above, players will see a gradual improvement of their physique, their stamina, and their overall performance level.

