

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.

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.

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:

S S S T P P P

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.

Net

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.

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 passing.

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 players.

Result - Greater focus and control on the passes.

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.

2.8: 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.

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

3: Apex Ball Catch

Contact with the ball at the height of an attackers 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 attackers apex, increases the angle of descent of the ball. This improves hitting consistency.

1. Arm Swing warm up
 1. 5 thrown balls over net, elbow high, open and close hips
 2. 5 hit balls over, 2 handed toss, open and close hips, control, elbow high
 3. 5 hit balls under the net (try to hit center line); 2 handed toss, open and close hips, elbow high
 4. 5 hit balls at 10' line then bounces over the net, 2 handed toss, open and close hips, elbow high

2. Shuffle footwork warm up - Passer starts at 10' line, tosser at net.
 1. 5 turn and run. Passer turns and run toward end line, toss ball 20' off net.
 2. 5 right foot drop steps. Passer drops with right foot, shuffles back, toss ball 20' off net.
 3. 5 left foot drop steps. Passer drops with left foot, shuffles back, toss ball 20' off net.
 4. 5 short and long. Start with a long toss then move the passer for a short toss.

3. Throwing/Passing warm up
 1. 3 passers, one/two waiting to pass, others are throwing. After throwing, go to waiting line, feed into passing from the right side. Pass all three positions before rotating to target, then throwing line.
 2. Have to get so many to the target in a certain amount of time. Subtract points if throw in missed.
 3. Penalty is goal is not meet.

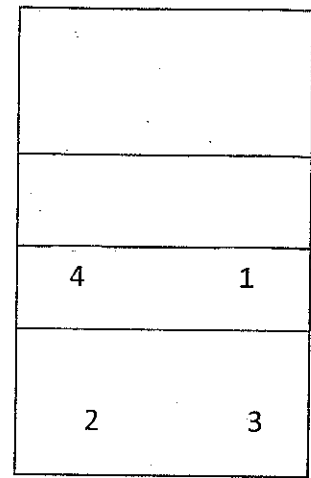
4. Two ball pass with partner
 1. Across net from partner each with a ball, one ball is bounced under the net at the same time the other ball is passed across the net.

5. Push up passing
 1. 3 Players lay in push up position. Bounce ball on floor. Players get up and play ball over.
 2. Additional players can be added to the other side but can't get up until the second contact has been made. Restrictions can be made such as: hitter has to back row attack, free ball has to go to zone 1, and losing team had punishment.

6. Scramble
 1. Three players at the net, duck under net run and chase ball tossed by Coach. Players have three hits to get ball back over. This works on out of system plays.
 2. Add 6 players on the other side. The three have to stay until they win, then the front row from the 6 side becomes the scrambling three.

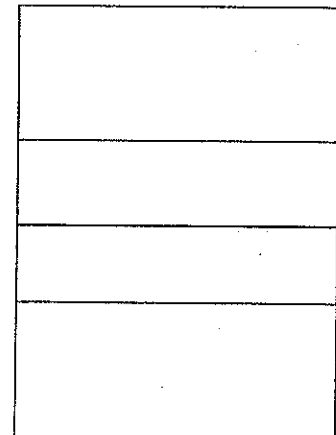
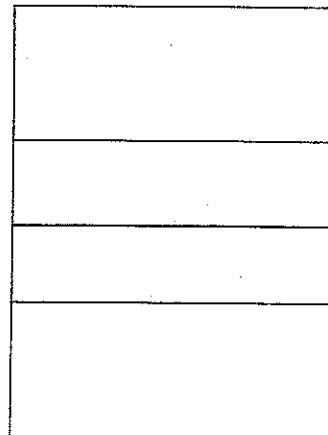
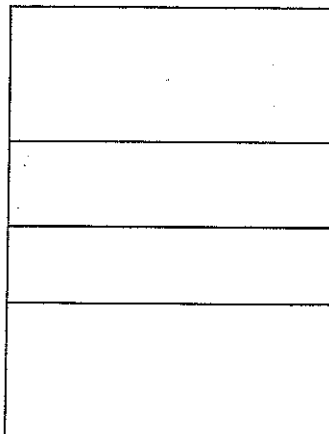
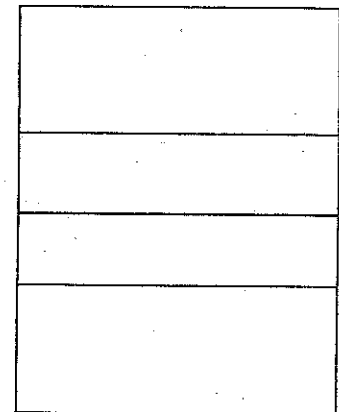
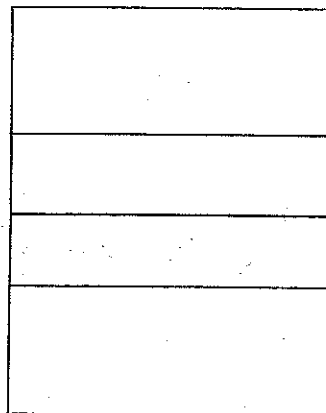
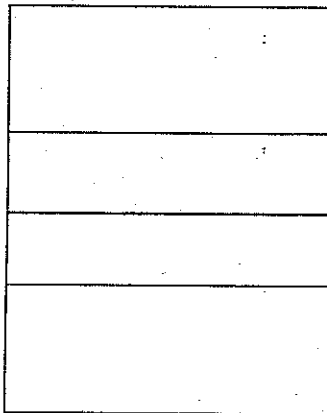
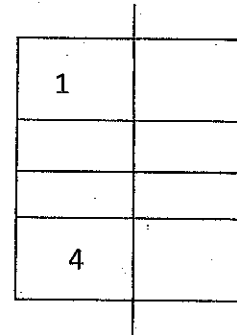
7. Nebraska

1. Coach swings
2. Player digs ball from coach, stays for ball coming from #4
3. Player sets
4. Approach tip to #2, plays ball up to #1



8. Four Square

1. Divide court lengthwise
2. Players should be in groups of two
3. Area 1 is for serving, team serves a ball into play
4. Play out the ball, only the players from the team can make contact.
5. Losing team rotates off, others move around
6. Court 4 in the winners court



Shuffle passing:

1. Do not cross feet. Stay low, shoulder over knees, knees over toes.
2. Keep hips turned towards the net.
3. Take one more step after passing.

Shuffle drills without balls:

Horizontal shuffle:

Letter E shuffle:

Letter W shuffle:

Partners pull around court:

Shuffle drills with a ball:

Side line shuffle into court:

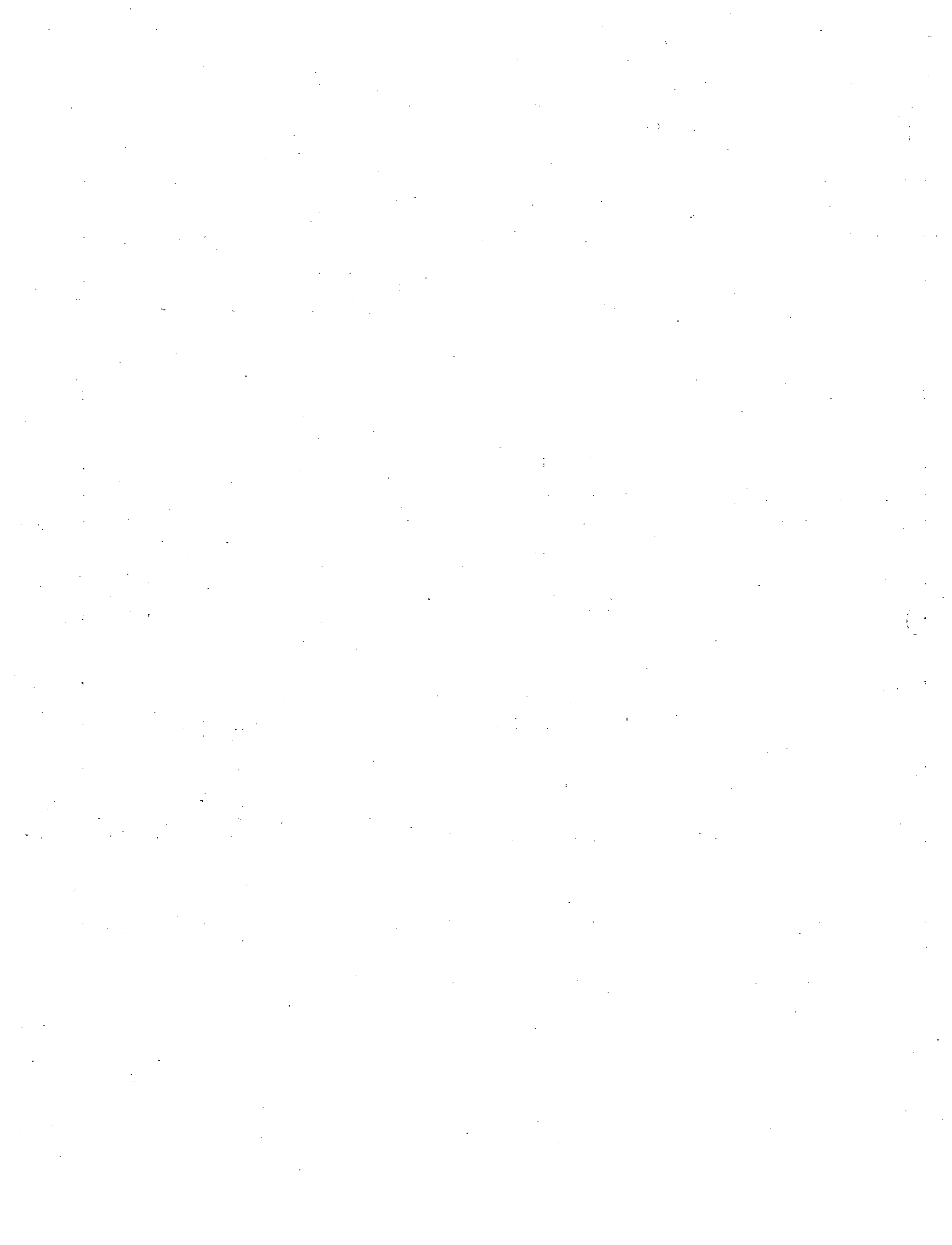
Middle of court to side line: Watch hips, turn to target

Corner shuffle on diagonal to middle of court: (both side) Watch hips, turn to target

Start at 10ft line middle shuffle on diagonal to corner:

Pass to partner under net, shuffle across:

Around the world: tosser stays at net, passer rotate around



THE OVERHAND SERVE

Serving remains one of the most basic skills but continues to give coaches headaches when trying to teach it. At the very core of serving is the problem of hitting a ball over a barrier that is several feet away. To accomplish this task, many different approaches can be taken.

1. Players can serve closer to the net and gradually step back with each successful serve
2. Players can serve off a wall and then give it a try on the actual court.
3. Players can simply practice their tossing of the ball, so the player gets the feel of how high and how far in front the ball needs to be placed.

Whatever approach you take in teaching your team to serve, it is very important that a player practice serving.

The first key to emphasize with your players is avoiding extra movements that hinder the specific goal at hand. Make the skill as simple as it really is – getting the players to focus on the target and exhale as they prepare themselves physically to initiate the serve.

The toss sometimes causes players more problems than it really should. Teach your players to toss the ball with one hand, normally the hand opposite the serving arm. This will free the serving arm to prepare for striking the ball. Players should toss the ball in front of the hitting shoulder, slightly higher than their maximum reach to allow the arm sufficient time to gather the necessary momentum to strike the ball.

Foot position. The server should have the foot opposite her serving arm slightly in front when contacting the ball. The ball should be tossed slightly in front of the server, so that if the ball were let drop to the floor, it would land where the server would take her next step.

Serving arm. The serving arm should follow a simple throwing motion – with the elbow high and drawn back with preparation for the hand to strike the ball at the top of the server's reach and follow-through. The ball should be contacted through its center to allow for the preferred "knuckleball" effect.

Serving hand. The server's hand should remain open (fingers slightly apart) and strong. To teach your girls to keep their hand "strong" have them make a fist, then open their hand with the arm and hand remaining tight.

Coaching Cues

You may find the following cues helpful reminders for your players during practice:

1. Avoid extra movement.
2. Opposite foot in front
3. Toss in front of your hitting shoulder.
4. Keep elbow high and back
5. Contact middle of ball with strong, open hand
6. Follow through

PASSING

Passing is the foundation of a team's offense. The components of passing involve footwork and movement, platform orientation, and timing. While all three components work together to create an efficient passing motion, each area can be trained independently and focused on specifically.

Footwork and Movement. The best passers in the world pass with their feet shoulder-width apart, right foot slightly in front of the other, knees flexed, and weight on the balls of the feet. We refer to this position as the passer's base. A strong base allows the player to enjoy ball control, because a strong base allows the player to pass with the legs and hips. Good footwork and movement skills help a player achieve this strong base more often and be in a balanced position.

The distance players need to travel to pass the ball will determine which footwork they use. There are two options:

1. A shuffle step (for short distances)
2. A crossover step (for longer distances)

It is important that a player be taught to move to the ball with their hands apart, hips pointed toward the target and contacting the ball within their body (not reaching).

Platform Orientation (arm position). The passing base gives the passer stability, and a properly formed platform (arms) gives the passer flexibility to adjust. The platform is formed by joining the hands together at the palms, thumbs parallel, wrists rotated forward and down, and elbows locked. The platform is extended away from the body as the athlete bends at the waist and shrugs the shoulders, trying to touch shoulders to ears. The shoulders should be over the knees. The head remains still, with eyes, rather than head, moving to see the ball.

Platform Fundamentals:

1. The platform is formed early, behind the ball, and not swung to meet the ball.
2. The platform should stay in front of you—away from your torso.
3. The shoulders are rotated to re-direct the ball to the target, rather than the platform swinging to direct the ball.
4. After contact, the passer will follow through to the target by lifting the platform slightly. The least amount of platform motion is desired because motion increases the chance of error.

Coaching Cues:

You may find the following cues helpful reminders for your players during practice:

1. Move level with weight on inside balls of feet.
2. Form and extend platform early.
3. Lock elbows and press wrists down.
4. Use the hips and legs to pass, not the arms.
5. Position shoulders to redirect ball. Don't swing the platform.
6. Keep head down and follow ball with eyes.

SETTING

One of the most difficult skills for beginning players to learn is setting. In the younger grades, the size of the girls hands and the strength needed to set the ball up, makes this even more difficult. All players need to be taught how to set.

Correct Hand Position. Contacting the ball properly will reduce the risk of being called for an illegal hit. The basic setting position has your hands just above the forehead level, slightly cupped. All of your fingers should be spread wide, and your hands shouldn't be more than a couple of inches apart. Don't flap elbows out to the side. Keep them at about a 45 degree angle to your body and in your field of vision.

To approximate the perfect hand-setting position, hold a ball in your hands as described above and have your training partner take it out while your hands are still. The remaining position is the ideal setting position. Another check: if a ball were to slide through your fingers (for instance, if your hands are too far apart) it should bounce off your forehead, not your nose or the top of your head.

All ten fingers should contact the ball simultaneously to help stabilize it. Your hands should be firm but not rigid, with some flexibility. The ball should contact your fingers at the 'tips' or 'pads' and not be allowed to fall down into the palms.

There should be an instance of "give" in your wrists and fingers when the ball is released. Watch a setter with "soft hands" and you'll understand the balance between rigidity and flexibility.

Players can practice getting the perfect hand position by having a partner throw them a ball and "catching" it in your setting position. Check your players by making sure all ten fingers are on the ball and that the curve of the hands allows the ball to fit perfectly into them.

Releasing the Ball. The release is one fluid motion using the legs, arms and wrists to propel the ball to the target. The legs and arms contract and extend while the wrists follow through to give you optimal strength, balance and accuracy on the set. After follow-through, the player's hands should be in the direction of the set; not to the side (or butterfly swimming stroke), but following through so they end up forward. The farther the set has to go, the more the player will need to use her legs to push the ball out.

Beginners can practice the release by sitting on the floor and practicing catching and releasing from a toss with a partner.

To practice the release, have players set back and forth with a partner and eventually work at setting to different spots on the net from different areas of the court – using their legs to get the different power needed depending on how far the set needs to go.

Getting to the Ball. Good footwork enables a setter to get the proper leverage and propel the ball long distances. Setting is a whole-body motion that includes the ankles, knees and hips as well as the arms and hands. Correct foot position creates the foundation for the balance you need.

Teach your players to not set on the run. The key to a good set is to move to the ball as quickly as possible, get under it, get planted and then set. Players should be taught to *not* put their hands up while running to the ball. Foot position is almost always right foot slightly forward, which will be the foot closest to the net.

To practice getting to the ball, toss ball to various spots on the court and work on players running to them and getting under the ball, then putting their hands up.

Facing (squaring to) the Target. Once your feet are in the correct position, squaring your body will help guide the set to the hitter you've chosen. Squaring to the target has two purposes: First, it allows the ball to run a true course to the target and gives you good guidance on what direction the ball will take. Second, it allows the hitter to easily read the set and prepare her approach. To practice this, have a partner throw the setter the ball and the setter moves to the target position and sets the ball to a hitting position.

Coaching Cues

You may find the following cues helpful reminders for your players during practice:

1. Keep hands shaped to the ball.
2. Contact ball above forehead
3. Elbows in
4. Foot closest to the net slightly forward.
5. Shoulders square to target.
6. Use full arm extension on release
7. Release ball forward (no swimming)

HITTING

The spike! It is one of the most dramatic and dynamic single moments in volleyball. It is also one of the most difficult motor skills in all the sport. Teaching your team to spike requires patience and time! Breaking the skill down into its separate parts will help your team learn more effectively. The approach, jump, arm swing and contact are all important parts of the spike.

Approach. A basic four-step approach is the building block. The correct step order for a right-handed player is right-left-right-left with the last steps being a quick together step (left foot slightly forward). Usually the spiking approach starts behind the 10 ft. line. The approach can be practiced separate from the arm swing for each player to learn the best starting point from the net.

Jump. The approach ends when the player leaves the ground in a vertical leap. The jump begins with the third and fourth steps, as both feet hit the ground and the player bends her knees. The player rocks forward on the balls of the feet and springs upward to attack the ball. The player leaves the ground off both feet (left foot forward), much like throwing a baseball. This gives spikers some mechanical advantage with their body – it opens their body to receive the ball. After hitting, the player should return to the ground in approximately the same position from where she began her leap. The idea is to jump straight up and down. A forward jump will carry you into the net.

Arm swing. The arms play an important role in hitting, not only when striking the ball, but also helping the player lift off the ground. (See diagram on next page). As a player begins their approach, their arms should be relaxed but ready to move. When the player transitions from the second to third step, arms should swing back behind the body at a 90 degree angle, close to parallel to the floor. As the final step is taken, arms swing forward and continue sweeping up as the jump begins. Swinging the arms in the approach will increase the vertical leap and get the hitting arm ready for contact. Both arms should reach for the ball, with the non-hitting arm dropping away before the ball is contacted. To practice using your arms for lift, have a teammate throw a ball up as a set. Take your approach using your arms and jump as if you are attacking the set. Instead of hitting the ball, practice reaching both arms up high and catching the ball over your head – at the top of your reach.

Contact. Now that the player is in the air and their arms are fully involved, it's time to get ready for the actual hit. Players draw their hitting arm back, elbow up and the wrist should go over the top of their head (like brushing their hair). Players keep their hand open and contact the ball with as much of their hand as possible. When contact is made with the ball, the spiker should snap their wrist over the top of the ball to create a top spin that helps drive the ball toward the floor. To practice contacting the ball, players can use a tennis ball or pair of rolled up socks and throw them over the net using spiking footwork and a snapping wrist motion. After snapping the wrist, players should learn to allow the arm to follow through.

Coaching Cues:

You may find the following cues helpful reminders for your players during practice:

1. Right-left-right-left footwork.
2. Foot opposite hitting arm in front at take off.
3. Jump off both feet.
4. Jump up, not forward
5. Both arms up on liftoff
6. Draw back hitting arm, wrist over head
7. Reach high, open hand, snap, follow through