

Drills focusing on Skills

Passing:

- Butterfly
 - 2 players begin near zone 1 with ball on both sides of the court in a line
 - 2 players begin in zone 5 ready to pass on both sides of the court in a line
 - One player is in setter position on both sides of the net
 - Players with ball will toss over the net to passer
 - Passer will pass the ball to the setter
 - The setter will catch the ball like she was going to set it
 - Rotation: (Follow your ball)
 - Tosser across the net to passing line
 - Passer to “setter”
 - Setter to tosser on the same side of the net
 - <https://www.youtube.com/watch?v=sHMU6mx1wqo>
- 2-line passing
 - Players get into two lines off the court, two players start on court
 - Coach serves the ball
 - Progression:
 - One player passes to partner, the other one catches
 - Pass to partner, pass to partner, catch
 - Pass to partner, pass to partner, pass over net
 - Pass to partner, set to partner, catch
 - Pass to partner, set to partner, pass over net
 - Pass to partner, set to partner, set over net
 - Pass to partner, set to partner, hit ball over net
- Neville's Pepper
 - Team of three on both sides
 - One team will receive all of the free balls for 3 minutes
 - The team receiving free balls is the only team to score points
 - They receive points by:
 - Winning the rally (+1)
 - Digging the ball (+1)
 - Other sides goal is to keep them from getting points
 - Side NOT earning points may rotate every time ball hits floor so all players are involved
- 5 and switch
 - 3 players on both sides of the court
 - Everyone else split up serving on both sides
 - Passers successfully get three touches and over the net. (Counts as 1)
 - Must do this 5 times to get out of the drill then new passers
 - Progression:

- Pass, Pass, Pass
 - Pass, Pass, Set
 - Pass, Set, Set,
 - Pass, Set, Hit
- Partner Passing
 - Progression:
 - Pass back and forth
 - Pass to self, pass to partner
 - Pass to self, touch ground, pass to partner
 - <https://youtu.be/pb09sQBpqq4>
- 2 ball passing drill
 - Both players start with a ball
 - One player starts with rolling the ball, other player starts with toss
 - Simultaneously, one will pass the ball to the other partner, while the other player is rolling the ball to the partner passing the ball
 - One player will be rolling and one will be passing every time
 - <https://youtu.be/QmROENweVSQ>

Setting:

- Doubles tournament
 - Split up the court using antenna to make mini courts
 - 2 players on each “mini court”
 - Play to 7 then switch opponents
 - Progression:
 - Set over net (Only one touch)
 - Set to partner, set over net
 - Set, set to partner, set over net
- Set to Self-Set to Partner
 - Players get a partner
 - Player sets to self, then sets to partner

Hitting:

- Hitting lines

Blocking:

- Ball, Setter, Ball, Hitter (BSBH)
 - Teams are divided into 6 vs 4
 - Pass perfect-hands up, BSBH eye sequence, read!
 - Hit it over on 1-front row turn and run in transition
 - Pass it so there will be a free ball/ down ball- back row steps up, front row backs up a step, then turns and runs
 - Free balls should be handled by the back row if at all possible, and the setter can release
 - On down balls the setter does not release
- Hitting lines with blockers

Serving:

- 10 Before 3. Team must make 10 serves before 3 misses
 - Once mastered, spot serving. Coach picks a spot and team must get 10 before 3 misses.
- Ace to Replace
 - https://www.youtube.com/watch?v=5Sodas0_NFg