

## USA

- Split the team into two teams
- One side will serve
  - Whichever side wins serve... (Team A)
    - Gets a freeball
    - If Team A wins the freeball they get a downball
    - If Team A wins the downball then they get a pancake
    - If Team A wins the pancake then they get a "U" or "S" or "A"
    - If Team B wins the downball then they get a freeball
    - If Team B wins the freeball then they get a downball
    - If Team B wins the downball then they get a pancake
    - If Team B wins the pancake then they get a "U" or "S" or "A"
  - If the team does not win the freeball and downball in a row then the other side gets a freeball
  - Have the teams rotate every few turns and restart with a serve

## Atonement

- Split the team into two teams
- The goal is to "atone" for your error
- If a player makes a mistake then they must "atone" their mistake
  - For example: If a player hits the ball into the net then the coach would toss a ball for the player to hit again until she successfully hits it over the net
  - Another example: If a player shanks a ball from a hit then the coach would continually hit balls at the player until she successfully digs it
- Have players rotate every few turns

## 9 vs 5

- Split the team in half
- First there is a serve
- Coach continues to toss freeball to the team on offense until the offense scores 9 points or defense scores 5 points
- After either offense or defense wins, the other side gets to serve
- Then both teams rotate and the game repeats

## Make 'Em Pay

- Split the team in half, or 6 vs 4
- Team starts in rotation coach gives them
- For each team, keep track of positive points scored through kills, aces, and blocks. Also track negative points given through service errors, getting blocked, hitting out/in net, getting aced in serve-serve, and ball-handling errors
- At the end of the drill, the teams must have a positive/negative point ratio of 2:1 or better, otherwise there are penalties.

### **Beal Drill**

- Coach makes a bad pass
- Setters set best option
- Hitters must attack the ball

### **Bounce**

- Split the team in half or 6 vs 4
- A team serves and a rally ensues.
- When the rally terminates, a coach on the side that has lost the rally bounces the ball into court
  - This counts as the first contact
- Only two contacts remaining, and the players should try to set and spike the ball
- The coach keeps bouncing balls to the team that loses the rally until a team wins three rallies in a row
- Three in a row is a point, and the team scores the point rotates

### **Games from 22**

- 6 v 6 or split team
- Start in rotations chosen by coach
- Set the score 22-22, and play standard volleyball
- First one to 25, win by 2, wins the rotation and gets to rotate
- Continue until making it through all rotations