

Gold Medal Volleyball Drills

Volleyball Clinic Staff

Gold Medal Volleyball Drills

*Sports
Support
Syndicate*



S-S-S

by the Coaching Staff of the
Gold Medal Coaches Clinics

Gold Medal Volleyball *Drills*

By the Faculty of the
Gold Medal Volleyball Clinics

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The Sports Group Inc.

Published by the
Sports Support Syndicate, Inc.

Gold Medal Volleyball Drills

First edition, first printing

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For permission for re-print, reviews, and research,
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Sports Support Syndicate
108 South 12th Street, Pittsburgh, PA 15203-1226 USA
office: 412-481-2497
orders: 800-869-0758
fax: 412-481-2540

The drills developed by Al Scates are from *Winning Volleyball Drills, Second Edition*, and are used through the courtesy of Wm. C. Brown Communications, Inc.

Cover photo and page 6 photo by Don West Fotografiks, PO Box 1752, Jamaica Plain, MA 02130.

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ISBN: 1-878602-88-8

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Key for Better Understanding of the Drill Diagrams and Jargon

C = Coach or Feeder

F = Feeder

B = Blocker

H = Hitter

S = Setter

Server = RB

P = Passer

T = Target

R = Retriever (often called Shagger)

A = Attacker or Hitter or Spiker

D = Defender or Passer or Digger

LF = Left Front

MF = Middle Front

RF = Right Front

LB = Left Back

MB = Middle Back

RB = Right Back or Server

W = Waiting player

P1 = Player One—but not numbered in any particular order of importance

P2 = Player Two—but not numbered in any particular order of importance

P3 = Player Three—but not numbered in any particular order of importance

Solid line = players path

Dashed line = path of ball

1st, 2nd, 3rd, 4th, etc. = progression of action

Beal's Individual Passing Drill(s)

Purpose: These individual passing drills are introductory and for learning forearm passing.

Personnel: The drills can often be performed by one person in a team setting or alone.

Objective: The drills allow for many repeated contacts in a short period of time.

Goal: Continue this drill for a specific time or number of contacts, say, 25.

Explanation: Pass the ball continuously to oneself, not allowing the ball to get any higher than five-feet above the head.

Coaching Tips: Flex slightly at the knees and the waist at contact.

Variation: Alternate a low, 6-inch pass with a high, 5-foot pass.

Variation: Pass continuously to yourself, turning 90 degrees after each contact. Pass the ball no higher than 5-feet above your head.

Variation: Pass continuously to yourself, squatting and touching the floor with your hand after each pass. Keep the height of the pass to a maximum height of 5-feet above your head.

Variation: Mark out a 5-foot square. Pass the ball continuously to yourself while staying within the limits of the square. Control the height of the ball.

When to Use: This drill and its variations are best used when a player is learning the skills. They can be performed at the beginning of practice, or they can be part of a progression before any team passing drill is attempted. After a player has some proficiency with the passing skill, the drills can be used as a review.

Author/Contributor: Doug Beal

Forearm Passing From a Toss Drill

Purpose: This drill is for practicing forearm passing in a controlled setting. It permits one person to practice without being concerned about his or her partner's ball control.

Personnel: Two players.

Equipment: One ball.

Explanation: One player is a tosser and stands at the net and tosses the ball to a partner/passer. The passer is 10 to 20 feet away from the tosser. The passer forearm passes the ball back to the tosser.

Goal: The completion of the drill can be based on time, say 2-minutes, or it can be based on a specific number of contacts.

Coaching Tip: The success of the drill requires that the tosser make accurate tosses.

Variation: After passing, the passer moves two-steps left, then two-steps right and returns to the starting point to pass the next ball. Later, have the player's initial move go the other direction.

Variation: After passing, the passer shuffles two steps back then two steps forward.

Variation: After passing, the passer does a roll.

When to Use: These are beginning drills. As with the setting drills, they are best used at the beginning of practice. They can be combined with the setting drills to develop a ball control progression.

Author/Contributor: Doug Beal

Two-Person Passing Drill

Purpose: Drill allows a great number of contacts in a short period of time to improve ball control.

Goal: Completion of the drill can be based on time or a specific number of contacts.

Personnel: Two players.

Equipment: One ball.

Description: Players should be separated by 15 to 20 feet and pass the ball back and forth to each other.

Coaching Tip: The players should concentrate on good body position, having their feet stationary at contact, and on shifting their weight forward at contact. The trajectory of the ball should be the same with each pass: no higher than 10 to 12 feet above the court.

Variation: Pass to yourself, turn 90 degrees to the left, then pass to your partner who does the same. Later, turn to the other direction.

Variation: Pass to yourself, turn 180 degrees, then pass over your head to your partner who does the same.

Variation: Pass to yourself. Do four 90-degree turns passing to yourself after each turn. Then pass to your partner.

Variation: Pass to yourself, then pass low to your partner.

When to Use: These are basic drills and may be performed by players at any skill level. They are best scheduled at the early part of a practice session.

Author/Contributor: Doug Beal

Pass Into a Corner Drill

Purpose: To practice passing when alone.

Equipment: A ball and a wall.

Personnel: Lone player.

Initiation of Play: Self-action.

Description: With the corner in front of you and to your right, throw a ball off the wall in front of you so it rebounds back as if it was being served near or at you. Move to the ball, and pass it with “settable” ball flight into the corner, as if to the Setter. Get the ball and do it again.

Contributor / Author: John Kessel

Front-Set to a Corner Drill

Purpose: Practice setting on your own.

Equipment: A ball and a wall.

Personnel: Lone player.

Description: Throw the ball off the wall to your left side, 90 degrees or so, so that it rebounds back at you as if it were coming in from a passer. You can work on low passes that you need to scoot under, higher passes that you could even jump set, or angled standard ball flight passes that you might need to move to. Get in position and set any kind of set you want to the front. Gather in the ball off the front wall and throw it again, and again.

Initiation: Self-action.

Contributor/ Author: John Kessel

Back-Set to a Corner Drill

Purpose: Practice back-setting and ball-handling when alone.

Equipment: One ball.

Personnel: Lone player.

Initiation of Play: Self-action.

Description: This is the same as the Front-Set Into a Corner Drill, but with a back-set. Stand with the wall behind you and to your left, and back-set the ball behind you. Turn and gather the ball up and throw it off the wall to you left again, and again. For setting lower sets, like a meter ball, stand with your back closer to the back wall, any distance from the wall to your left. The farther from the left wall, the more time you'll have to react to the incoming pass.

Contributor/ Author: John Kessel

Pass and Follow Drill

Purpose: This drill combines a number of elements; in particular, players must work on quick movement to get into position. It can be used as a conditioning drill because its completion is open-ended.

Personnel: A minimum of three players

Equipment: One ball.

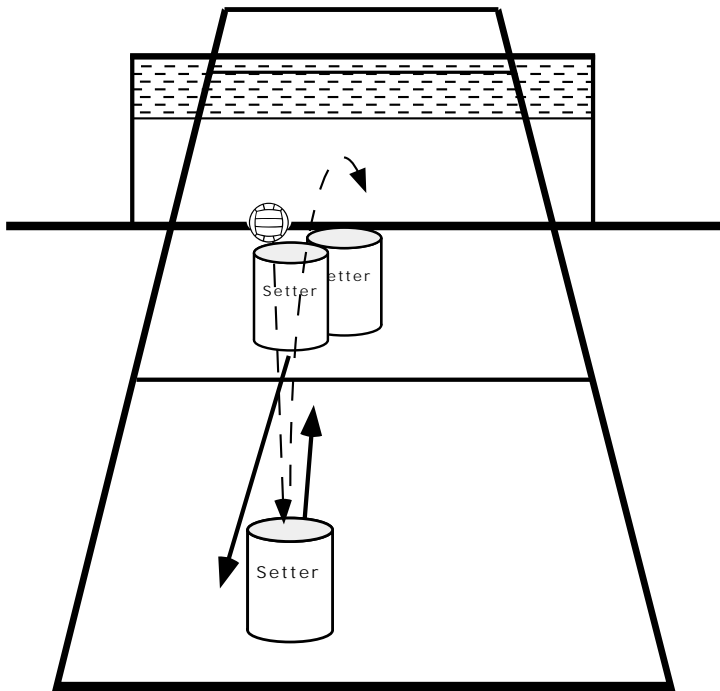
Description: There is one group of two players and then a single player. The two-player group is separated by 15-to-20 feet from the single player. P1 passes to P2, then P1 runs to the location of P2. P2 passes to P3, then P2 runs to the location of P3. P3 passes to P1, then runs to that position. The drill continues.

See the illustration on the next page.

Goal: The drill may be performed for time, total number of contacts, or number of consecutive contacts without error.

When to Use: The drill is best used in the early part of a practice. It can be one of many passing and setting drills that emphasize ball control when the team is first warming up with the ball.

Author/Contributor: Doug Beal



Passing Circle Drill

Purpose: This drill works on a number of elements. It is a beginning serve / receive drill with players passing from the LB and RB positions. The continuous movement of the players introduces an element of conditioning.

Personnel: Ten to twelve players are needed, plus a coach.

Equipment: Three or more balls and a full-court.

Goal: Complete on time, number of contacts, or number of contacts going to the target. Skilled teams can base completion of the drill on the number of consecutive passes to the target.

Initiation of Play: The coach starts play. Tempo can be worked on because the coach controls the pace of the drill.

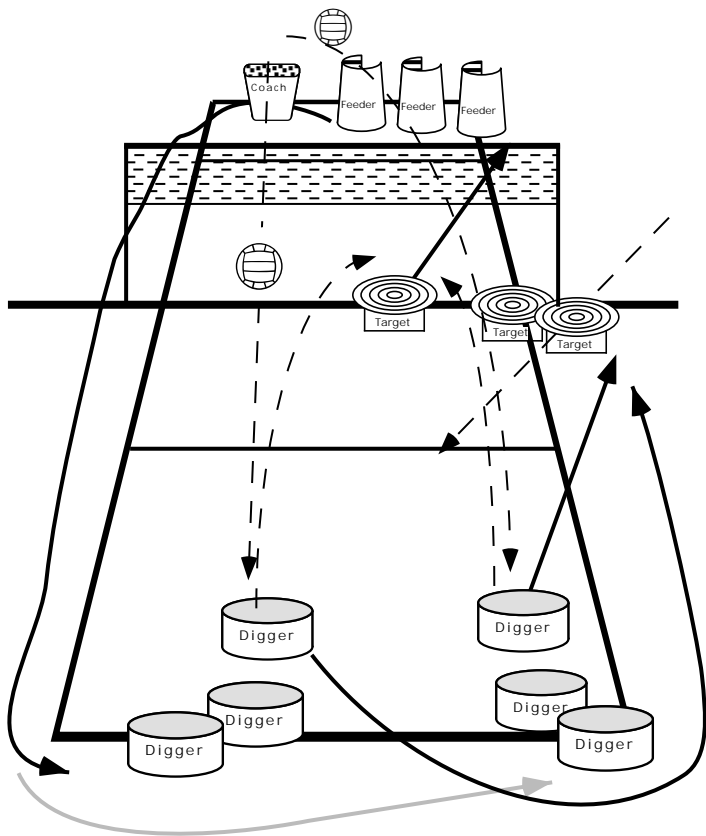
Description: Start with four groups of players. Three players can be in each group. The groups are located in these locations as follows: LB; RB; Targets; and Retrievers.

The coach, standing 10 to 30 feet from the net on the right side of the court, alternates playing the ball to the LB and RB. The ball can be tossed or served. The players pass the ball, then run to the rear of the target line. The Target, after catching the ball, runs with the ball to the rear of the retriever line. After the retriever hands the ball to the coach, the handler runs to the rear of either passing line. The retriever goes to fill in the shortest line of passers.

Rotation: Passer (either RB or LB) to Target to Retriever / Handler to Passer, etc.

When to Use: This drill is best to use in the middle of practice. The players should have had some contacts prior to the drill and be well warmed up.

Author / Contributor: Doug Beal



Two-Person Setting from a Toss Drill

Purpose: Practice setting skills and setting accuracy.

Personnel: Two players.

Equipment: One ball.

Explanation: One person is near or at the net, while the other person is deep in the court, on the same side of the net. Their distance apart is determined by the variation of the drill.

The player at the net tosses to the player sitting 10 feet away who then sets the ball back to the tosser/target. The player at the net catches the ball.

Variation: The Setter can stand or sit.

Variation: The tosser at the net bounces the ball to a player 15 feet away. This player moves to the ball and sets it back. Bounce the ball so the setting player must move to the ball.

Variation: Both players sit 10 feet apart and set back and forth. As the players become proficient, increase the distance between the players.

Goal: Continue the drill for a specific time period or for a number of contacts.

When to Use: Best if done at the beginning of practice. Can be used as part of a warm-up.

Author/Contributor: Doug Beal

Two-Person Setting Drill

Purpose: Practice ball control and foot movement while overhead passing.

Personnel: Two players.

Equipment: One ball.

Description: One player is at the net while the second player is deep in the court. Setting partners are separated by 15-to-20 feet. This drill involves setting back-and-forth, and involve some movement between contacts. Start by setting the ball to yourself, 5-feet above your head, then setting the ball to your partner who does the same.

Goal: Each variation may be performed for a set time or number of contacts.

Variation: Set to yourself, turn 180 degrees, set yourself again, turn another 180 degrees, then set your partner who does the same. Or, turn 90-degrees between each contact. Also, turn to the other direction and set over the shoulder.

Variation: Set to your partner, squat and touch the floor, keeping your eyes on the ball. Be ready for the next contact.

Variation: Instead of squatting and touching the floor, move laterally two steps, then to the other side two-steps and back to the starting position before the next contact.

Variation: Set your partner, do a roll, then return to your starting position. Your partner returns the set then does the same.

When to Use: Use this drill at the beginning of the practice session and possibly as part of warm-up.

Author / Contributor: Doug Beal

Three-Person Setting Drill

Purpose: This drill works on ball control, movement, and team play. Communication among players is essential for the correct execution of the drill.

Personnel: Three players.

Equipment: Two balls, half court.

Description: Two net players are 10 to 15 feet apart while the third player is approximately 15 feet away. All players are on the same side of the net. P1 tosses to P3 who sets it back to P1. After setting the ball P3 moves laterally to face P2 who has tossed a ball to P3, who then sets it back to P2. P3 then returns to the starting point to set another ball tossed by P1.

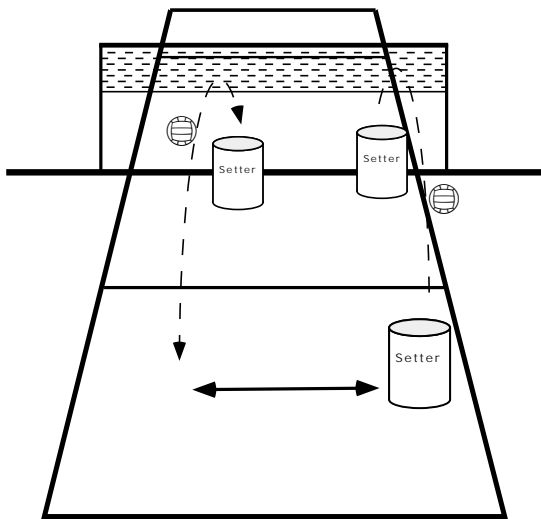
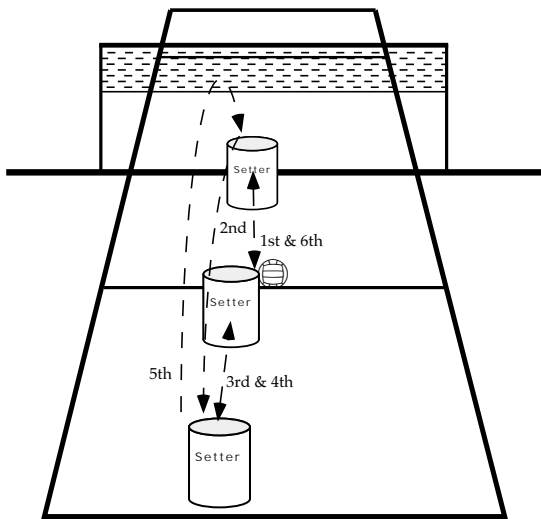
Rotation: Players rotate after a specific number of sets by P3.

Variation: Use three players and one ball. The players form a line 10-to-15 feet apart from each other. The player in the middle, P2, sets to P1, P1 sets to P3, and P3 sets to P2, who has turned to face P3. P2 returns the set to P3 who sets across to P1, P1 sets to P2, and the cycle continues. Another variation has the middle player making a back-set.

Goal: The drill continues until a specific number of contacts by P2, then the players rotate.

When to Use: Use as a part of group setting drills. Best if used at the beginning of practice. The setting in a line is more of an advanced variation.

Author/Contributor: Doug Beal



Set and Follow Triangle Drill

Purpose: This drill has more than one aspect. The movement required develops conditioning. And since the drill can present a group goal, this is a team drill. As always, ball control is important.

Personnel: A minimum of four players.

Equipment: A ball and half the court.

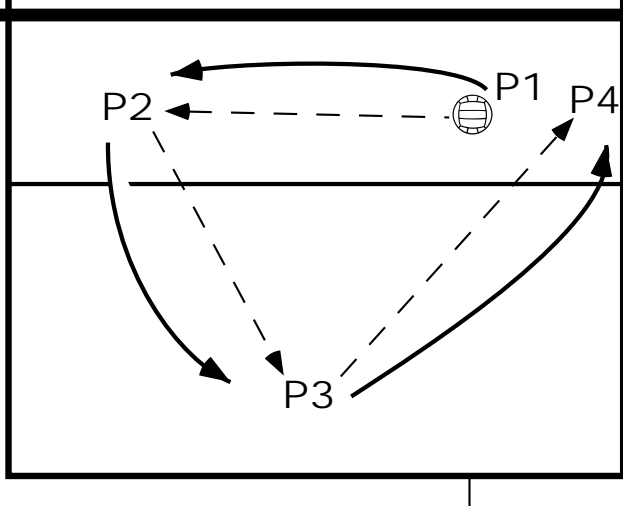
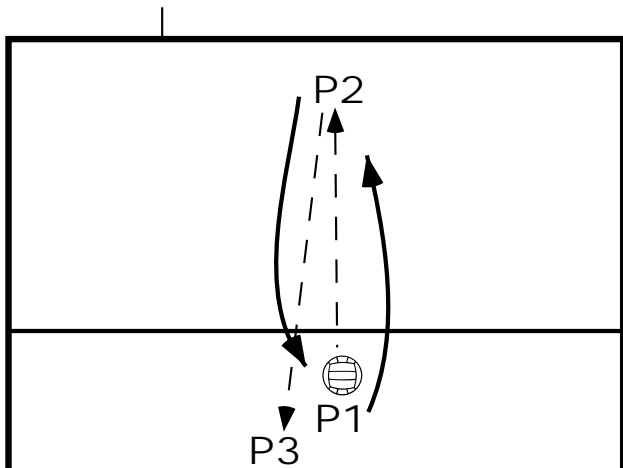
Description: Start in a triangle with players in three corners from 10-to-30 feet apart. P1 sets the ball to P2, then P1 runs and gets in line behind P2. P2 sets the ball to P3, then runs and gets in line behind P3. P3 sets the ball to P4, then gets in line behind P4's location. The drill can be done with more players by distributing players evenly at the corners.

Initiation: Start the drill with the corner with the two players.

Variation: More than one ball can be used to make the drill more challenging.

When to Use: This drill can be used at any time in practice. Use as part of a combination of setting drills at the start of practice or in the middle of practice to change the tempo of practice.

Author/Contributor: Doug Beal



Two Set Circle Drill

Purpose: Conditioning and ball control. A first step in practicing team play, stressing good communication.

Personnel: The entire team.

Equipment: Two or more balls, full court.

Description: The team is divided into four groups. One group is stationed at LB. The second is at the net, at the setter position. the third group is a target at LF.

The coach tosses the ball over the net toward the LB. The LB moves to the ball, sets to the Setter, and runs to the setter line.

The Setter sets to the LF (the Target) and runs to the target line.

The Target runs and hands the ball to the coach. After handing the ball off, those players run to the LB line.

Goal: The drill can be practiced for a set time or a number of consecutive, accurate sets.

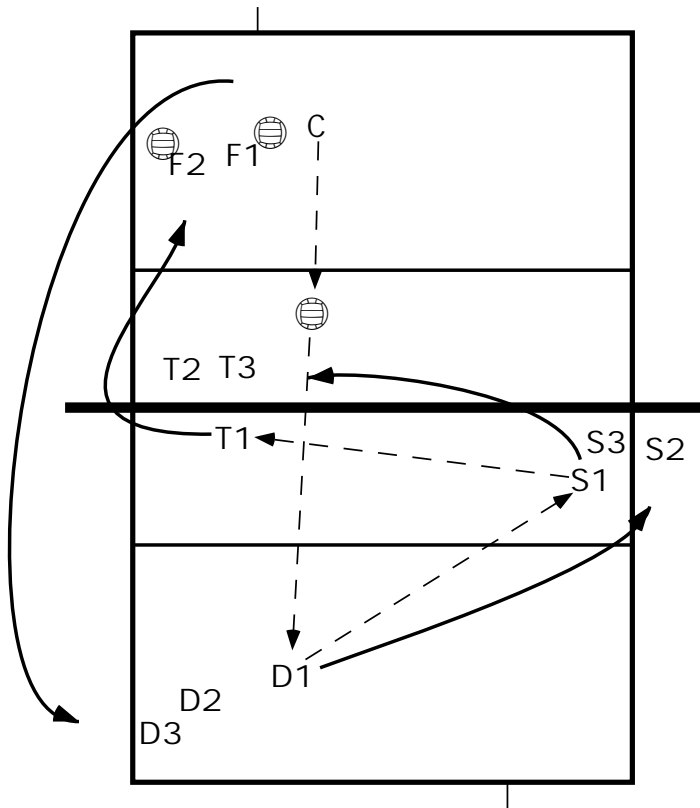
Initiation: The coach tosses the ball over the net.

Variation: Permit the fist contact to be from RB, with the Targets moved to RF.

Coaching Tip: Communication should be stressed, with each player calling for the ball. In addition, the Setter and Target should communicate to the person setting to them by calling that person's name or telling them where to set.

When to Use: This drill is an intermediate to an advanced drill. It is best used after a team is well warmed-up, toward the middle or end of a practice.

Author/Contributor: Doug Beal



Three in the Back Court Drill

Purpose: Ball control and intensity.

Personnel: A coach and three players.

Equipment: Numerous balls and half-court.

Description: The players are positioned at LB, MB and RB. The coach hits from the center or RF. The coach starts play by hitting the ball to one of the defenders. The defender digs the ball to the position of the coach who immediately attacks the ball again to a defender. The coach continuously attacks the ball to the defenders who dig it back to the coach. The coach can attack with hard or off-speed shots.

Initiation of Play: Coach starts by hitting.

Goal: The defenders stay in the drill for a time or until a specific number of balls have been dug.

Rotation: After the goal has been reached, a new group of three players enters the drill.

Variation: Make the drill a dig and switch drill. After the defenders dig the ball, they exchange positions with an adjacent player. The LB and RB players switch with the MB. After digging, the MB switches with the LB.

Variation: Require that the ball be set to the coach by one of the three players after it is dug. For example, the RB sets balls dug by the MB and LB. The LB sets balls dug by the RB. This requires movement and communication.

A fourth player may be used to keep balls in the drill if the balls go out of play.

When to Use: This is a middle-of-practice drills.

Author/Contributor: Doug Beal

Dig to Yourself Pepper Drill

Purpose: Ball handling improvement when alone.

Coaching Tip: Every great defender digs the ball right up to the Setter.

You need to do is give yourself a cushion, an area of imperfection that still helps your teammates. This cushion can be called a “good mistake,” rather than a “bad mistake.”

While this drill is not as game-like as digging to a Setter, playing this drill with only two players is not as satisfying either, as you can't dig right back to the opposing attacker. You certainly should not dig over the net.

To be known as a great digger, simply dig every ball you can touch straight up.

Explanation: Start about 4-to-5 meters from your teammate, and move back to 7-to-9 meters away after you set the ball. This lets your Attacker spike a more game-like ball flight, and gives you more time to react to the hit. It also teaches you to move forward and backward, something a good defender does well.

Initiation: Self-action.

Contributor/ Author: John Kessel

Alternating Pepper Drill

Purpose: Controlling the ball with the underhand pass.

Explanation: Similar to the Dig to Yourself Pepper Drill, but the goal is to dig back towards, but never all the way back to the Hitter, who sets to the digger, who then becomes the Hitter. Both players thus are moving forward after hitting to set the dug ball, and then scooting back after setting a high ball that gives enough time to distance the digger from the Hitter.

You thus hit, then set, and then dig, before the cycles starts again.

Goal: How many times in a row can you and your friend do?

Coaching Tips: Traditional pepper teaches you to say “sorry” when you do not hit right at a player. How often after hitting do you want to say “sorry” to the opponents?

How often do you want to stop your arm swing so that you do not blast the ball at your teammate. Don’t you want to learn to hit fast and hard, by letting your arm swing fully, not stopping it above your head, almost “serving” it?

Do you want to practice hitting the down at an angle that would go into the net or blockers? Or, would you rather hit the ball over the net and over the block?

Would you rather hit everything the way you are facing, or would you rather be more deceptive and hit cut and line shots?

How often do you hit balls that are coming at you. Most sets come from one side to your hitting zone.

Most skilled pepper players have learned how to move less and less. Watch how skilled pepper players hardly move their feet. In reality, you want to learn how to move with ball control further and further.

What player wants to dig every ball straight back to the Hitter so that the Hitter can blast you again and again, rather than to dig the ball at an angle to your Setter.

Two-person pepper teaches players to simply move very little while hitting over-passes into the net.

Initiation: A partner / player tosses the ball for the first contact.

Contributor / Author: John Kessel

Two-On-Two Pepper Over the Net Drill

Purpose: Warm-up, ball-control, ball handling.

Set-up: Divide the team into groups of 4 or 6. Divide the court length-wise in half. Each group plays in a designated half-court.

Initiation: The ball can be thrown in, served, or hit by a coach to initiate the drill, depending on what the coach wants to work on. If lots of contacts are wanted, simply throw a ball into play immediately upon a ball going out of play. If the coach wants some serve/receive work, have players serve to start the drill. If the coach wants some digging work, hit the ball at the player to start the drill.

Play: Pass, set, hit. Exchange positions after the ball is played over the net. For example: Ball is thrown to P1. P1 passes the ball to P2. P2 sets the ball back to P1. The set ball is 5 feet off of the net. P1 hits the ball over the net to P3. P1 and P2 exchange positions. P3 passes the ball to P4. P4 sets to P3. P3 hits the ball over the net to P2. Players P3 and P4 exchange positions.

Teams of three players can be used to maximize player involvement. Simply rotate off the court in sequence. Teams of two players can be intermixed with teams of three players so that any number of players on the squad can be positioned on the court.

Players should strive to keep the ball in play, rather than to put it away.

Contributor/ Author: Brad Saindon

Setting in a Corner from a Passer Drill

Purpose: To improve overhead passing skills.

Personnel: Two players.

Equipment: One ball and a corner made of two walls.

Description: This drill is like the corner game that can be done alone, but here the drill is played with a teammate.

The partner passes the ball to you from all over the imaginary court. You move to the ball and set it to the front or behind you.

Initiation of Play: The player in the corner begins the action by throwing the ball to the friend. The friend must move and pass the ball back to the player in the corner. The player in the corner sets the ball high and against one of the corner walls. The player in the corner can handle the ball by making either a front-set or back-set. Then the player in the corner gets the set ball and throws for a pass to react and the sequence repeats again and again.

Contributor/ Author: John Kessel

One-on-One Over a Net/Rope Drill

Purpose: Ball-handling, individual skills and crafty-decision making.

Equipment: You do not need a net, but you do need to play over some obstacle at about net height. If there is a shortage of nets, consider playing over soccer-goal cross-bars.

The court size is shrunk down and only three-meters deep. The width of the court can be any width of play.

Personnel: There are two players, one person per team. This is not perfectly game-like, as you do not get to hit the ball to yourself in a game, but hey, there is only one person per team. Go for three hits anyway.

Coaching Tip: Learn to use the net as a teammate to recover certain tough digs and give you time to get to the ball to set yourself. Be sneaky, and hit anyway except the way you are facing. A great player does not hit to the opposition, does not hit to the same place, and does not hit where he or she looks.

Initiation of Play: Serve with a roll shot or an openhanded tip. Do not toss the ball into play. Serve from anywhere along the back-line of the mini-court.

Contributor/ Author: John Kessel

Juggle Drill

Purpose: Ball handling and body control.

Equipment: One ball.

Personnel: One or more players.

Initiation of Play: Self initiation.

Explanation: Like soccer or hacky sack, learn to rebound the volleyball off you head, thighs or knees—legal world-wide since the end of the 1992 Olympics—shoulder, bent elbow or “J” stroked arms. Learn to hit the ball cleanly, not with a lift.

Goal: While you are at it, compete. See how many in a row you can do without an error. You define what an error is.

Variation: See how many seconds or minutes you can train without a mistake. Another option is to see how long you can go without making two errors in a row. Most of us make mistakes. The best players bounce back and correct their errors on the next contact, or better the ball that comes to them from the prior contact.

Contributor/ Author: John Kessel

Defense Progression Drill

Purpose: Defensive fundamentals with a partner.

Personnel: Two players, but both players do not need to be able to control the ball.

Description: One player is stationed at the net. The second player is out on the court, approximately 20 feet away. The second player starts in a defensive position. The first player throws the ball toward the second player aiming at knee height or lower. The player digs the ball back. Try to pass the ball to the area between the 10-foot line and the first player. The player near the net catches the ball and throws another ball to be dug.

Rotation: After 10 throws, the players switch roles.

Initiation of Play: Player at the net throws the ball toward the other player.

Variation: Instead of tossing the ball, hit the ball, still aiming at knee height or lower.

Variation: Instead of catching the returned ball from the digger, the player near the net sets the ball to him or herself and hits it again, following the self-set.

Coaching Tip: The Digger is always on the court, digging toward the net, and the Attacker is always hitting from the net area.

When to Use: This drill is for beginning skill levels. Best if done at the start of practice or prior to a series of defensive drills.

Author/Contributor: Doug Beal

Four-Corner Setting Drill

Purpose: Practice setting high balls to the outside hitting positions.

Equipment: One ball.

Personnel: Four players on each side of the net.

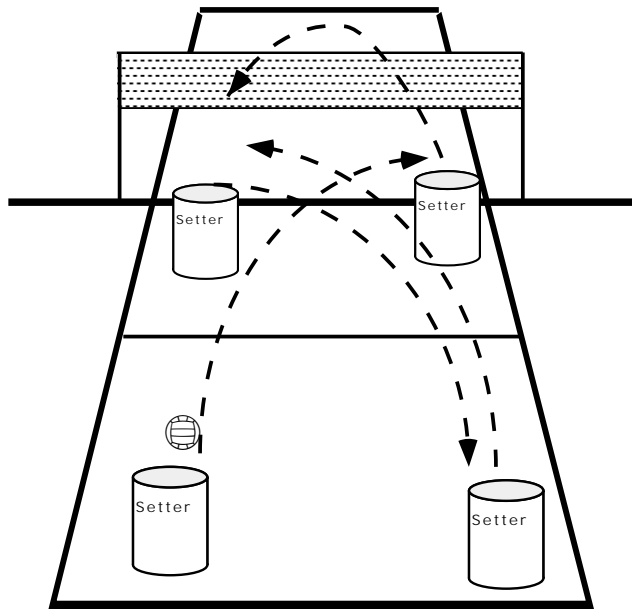
Initiation of Play: A back-row players sets the ball to a front-row player.

Description: The players in the back court deliver a high set to area 2 or 4; then the front court player delivers a high set along the net before the ball is sent to the back court again. The difficulty can be increased when the pass to the back court causes the player in area 1 or 5 to dive, roll, or sprawl before bump setting to the front court.

See the illustration on the next page.

Coaching Tips: Shape the hands to conform to the surface of the ball or, put more simply, SHAPE. Bend the legs and extend as the ball is released to set long distances.

Contributor/ Author: Al Scates



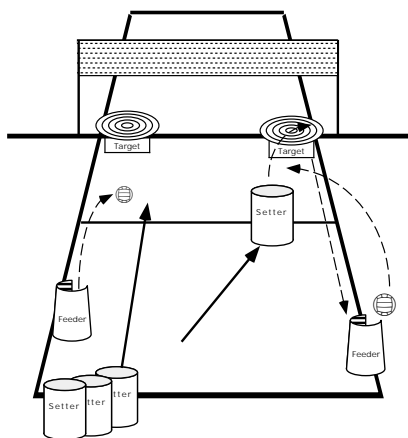
Setting From Area Six (two balls)

Purpose: To train the MB player to set high to the corners of the net.

Equipment: Two balls.

Personnel: Eight players.

Initiation of Play: Coaches send the balls to their first contacts.



Description: Two Target/players are placed in the front corners of the court by the net and two defender/players are placed near the endline and sideline. Four players form a line in area 6 by the endline and react to the balls the coaches deliver to them. The players call “mine”

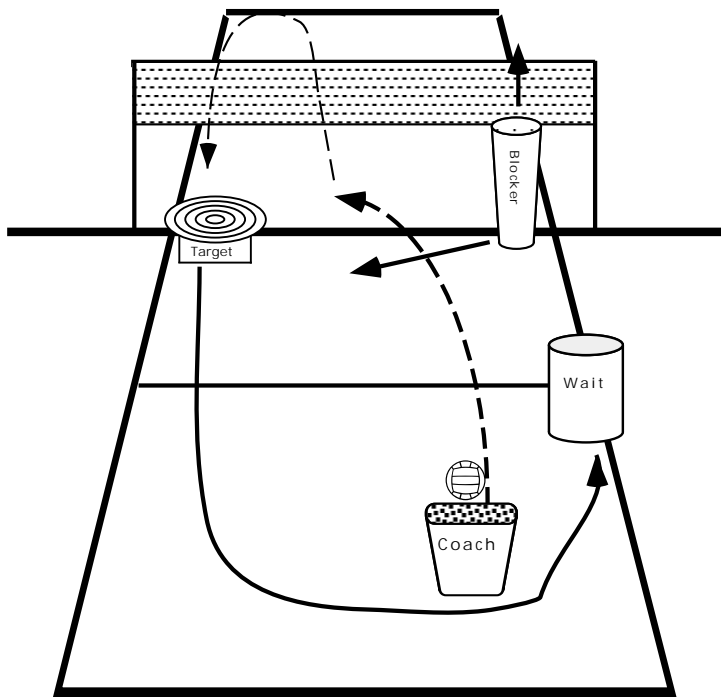
and deliver a high set to one of the Target players and return to the end of the line as the Target player quickly sets a low ball back to the coach for continuous action. The coaches control the intensity of the drill by first giving the players balls they can set overhand and then increasing the players' range—causing them to bump set and finally dive and roll to bump set the ball.

Coaching Tips: Get to the ball as quickly as possible and set from a stationary position whenever you can.

Contributor/ Author: Al Scates

Mock Block and Set Drill

Purpose: A lead-up drill for blocking.



Block and Set Drill

Purpose: To keep the eyes open while blocking to determine which way to pivot to go to the ball and set.

Description: The coach yells, "Block!" and the Area-2 player attempts to block as the coach spikes the ball over the player at the Area-1 digger. The Blocker returns to the floor and sets the dig to the Target player in Area-4.

Equipment: A table, net, balls, court.

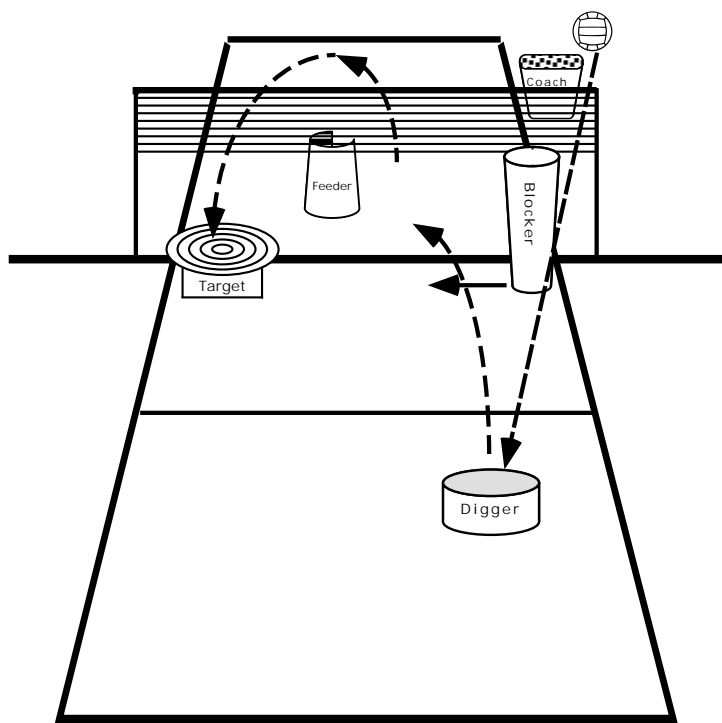
Personnel: Coach, feeder, digger, blocker/setter, and Target player.

Initiation of Play: A verbal command comes from the coach.

Coaching Tips: If your starting Setter is blocking, instruct that player to tilt the wrists and fingers back to “soft block” to prevent sprained or broken fingers. The soft block also speeds up the drill as most spikes are deflected to the Area-2 digger.

Variation: A spiker can be substituted for the Target player and up to six defensive players can be added.

Contributor/ Author: Al Scates



Alternate Forward and Back Sets Drill

Purpose: To practice setting wide to Area-2 and Area-4.

Initiation of Play: Coach tosses ball.

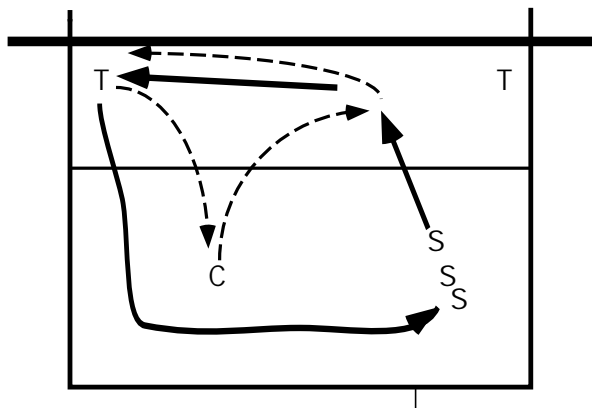
Description: The coach passes the ball to the Setter who is moving toward the net from the backcourt. The Setters alternate front and back sets and follow their set to the sidelines to become a Target for following Setter. After receiving a set, the Target player passes the ball to the coach and returns to the backcourt to set again.

Coaching Tips: Start the drill with easy passes and then vary the passes to simulate game conditions.

Equipment: Use two balls.

Personnel: This drill moves well with five Setters. If there are only three Setters, the two Target people should be non-practicing personnel. An odd number of Setters is best because the Setter alternates front and back sets every turn.

Contributor/ Author: Al Scates



Triangle Passing Drill

Purpose: Allows for frequent passing contacts and encourages serving ball-control.

Description: Start with two balls and three players: RB, T, and P. RB and T have a ball at the beginning. The action starts when RB tosses or serves to P and T bounces a ball under the net to RB. Player P is the passer and concentrates only on passing the ball to the target with proper technique. Player RB continues to back up and as the Passer has more success the serve/ toss is initiated from a deeper position and is tougher to handle.

This drill is fast paced and allows for plenty of contacts. The drill stresses ball control. The drill can be used at the start of practice as a ball control warm-up or as a passing drill.

Initiation of Play: RB tosses ball to P while T bounces another ball back to RB.

Personnel: Three players.

Equipment: Full-court and two balls.

Contributor/ Author: Greg Giovanazzi

Four Corner Setting Drill

Purpose: A setting drill for non-setters. Helps the back-row hitters who occasionally have to make a set after a bad pass.

Objective: The drill promotes ball control, decision making, working together and vision for more than just the ball.

Personnel: Five players at least.

Equipment: Half-court and ball.

Initiation of Play: Corner player at the net starts the action.

Description: The four players in the corners stay throughout the drill. The line of three-to-five players in the MB rotate depending on which side produces the ball first.

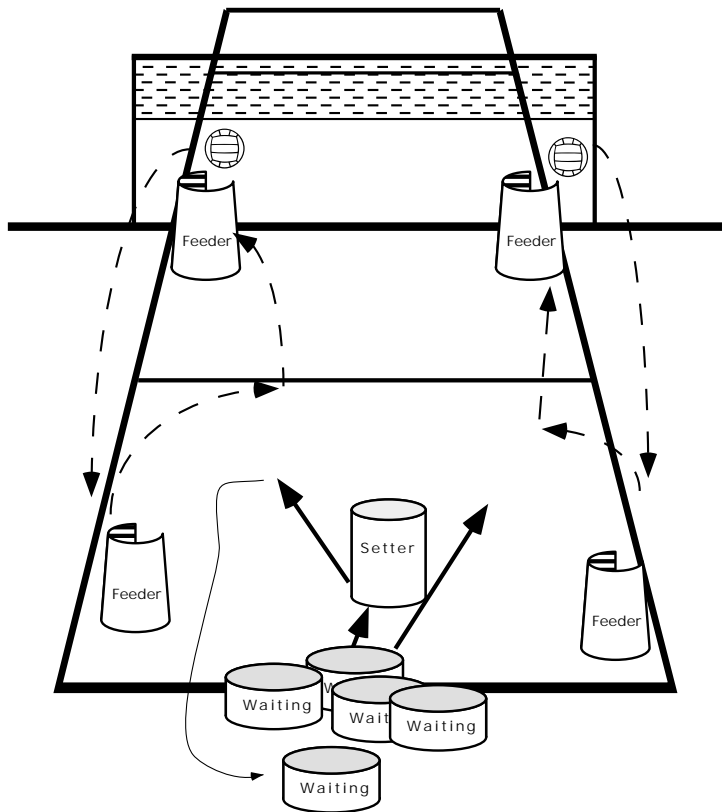
The ball is initiated from the corner players at the net. Set to the player in the deep corner on the same side who then sets the ball into the middle of the court.

The ball is set by the “S” players to the person on the net on the side they received the ball from.

The S players must make a decision, a loud call “right” or “left,” set and get back in line. The corners stay.

The coach says, “switch” and the S players become Feeders and vice-versa.

Contributor/ Author: Greg Giovanazzi

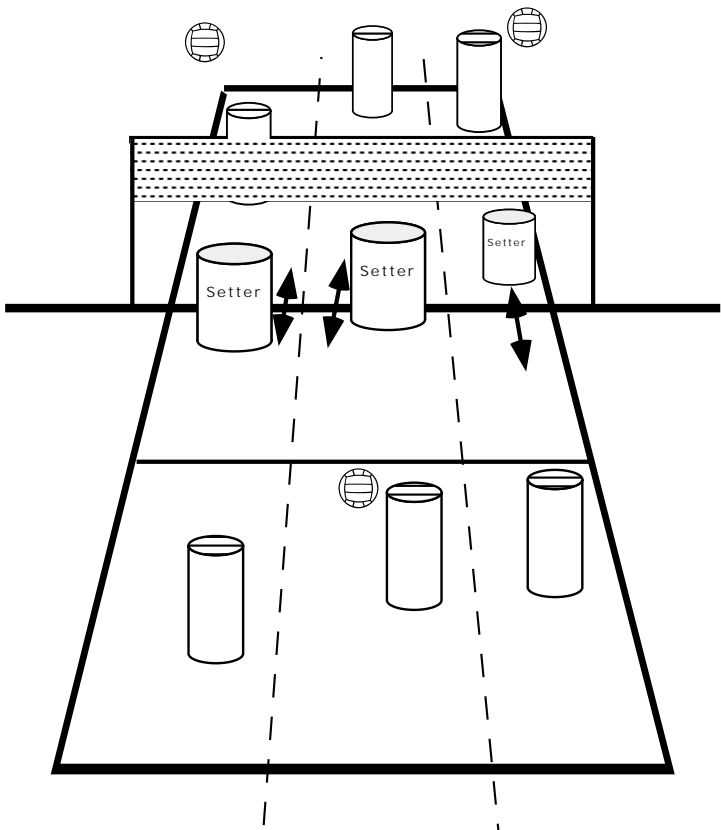


Over-the-Net Pepper Drill

Purpose: Ball handling.

Personnel: Three players are in a group. This drill uses three groups, for a total of nine players on one court.

Equipment: Full-court, three balls and re-positioned antennae are optional.



Action Progress: P1 passes to S1 (Setter).

Setter sets to 3-meter line.

P1 hits ball over the net to P2.

Meanwhile, S1 runs under the net to set for P2.

P2 digs to S1.

S1 sets to P2.

P2 hits the ball over the net to P1.

Drill repeats.

Coaching Tip: Count the continuous rallies. The Hitters must jump for the hits to be counted. The Hitters must turn and run to a defensive position which is about 20-feet from the net.

Variation: You can move two antennas to the middle of the net to divide the net into thirds. Then three different games can be played at the same time, using all nine people.

Goal: Play for 2-minutes, and get as a goal, 20 consecutive peppers.

Variation: With a 4-person group, a second Setter can be added. Then the Setters and Hitters can switch on their own side after every hit.

Contributor/ Author: Laurel Brassey

Run Through Drill (Run Throughs)

Purpose: A warm-up drill.

Time Allotment: The drill lasts about 2-minutes.

Equipment: Ball, net and court.

Personnel: At least four players.

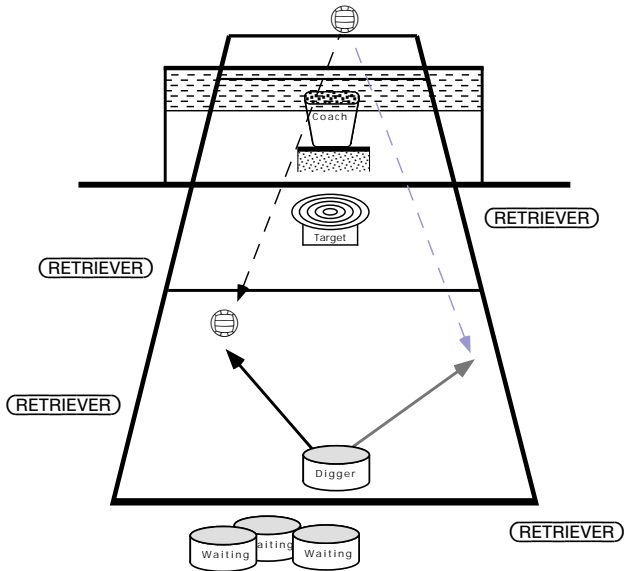
Initiation of Play: The coach tosses and hits deep shots to either corner. The coach can alternate side-to-side or hit either side randomly.

Explanation: Players must stay on their feet trying to run through the ball. Later, as a variation, the players can be allowed to go to the floor and roll.

Goal: Get 10 balls up to the target.

Variation: Move the position of initiation. The coach can move. Or move the initiation point for the athletes.

Contributor/ Author: Laurel Brassey



Drill of 15

Purpose: A ball control drill for every level.

This drill is a type of “Pepper” played across the net and accentuates hitting-setting-digging accuracy.

Personnel: Ten-to-twelve players.

Explanation: Start with five-or-six players per side in the LF, LB, and RF (Setting Position).

Initiation of Play: The ball is initiated by a coach alternating which team gets the ball first. The coach tosses the ball to teams in an alternating manner.

Goal: The goal is to pass, set, hit with control. Strive to go to 15 rallies as the goal. The attack can be full speed but the emphasis is accuracy so that the drill can continue.

Coaching Tip: The coach announces the number of rallies after each successful pass/set/hit. After each error that accounts for the end of the rally, the coach initiates a new ball.

Contributor/ Author: Greg Giovanazzi

Front/Back Setting Drill

Purpose: Setter movement, setting accuracy and decision making.

Equipment: Half-court and balls.

Personnel: Coach and Setter.

Initiation of Play: Coach tosses ball to Setter and shouts instructions.

Setters penetrate from RB or jump to block then go to the normal setter's position. Coach tosses the ball to the Setter and just before the ball reaches the Setter, the coach calls out, "front," or, "back." The Setters must get to the ball quickly and get his or her hands up to achieve a balanced (neutral) position and be able to set either direction.

Variation: Move the coach to different initiation points.

Variation: Have a player playing at the line as a passer. Then have the coach initiate from the other side of the net by tossing or serving to this line-passer. When the coach tosses the initial ball, the coach can control the necessary movement demands made upon the Setter and get great area of coverage for successful play to continue.

Contributor/ Author: Laurel Brassey

Two-Person Passing Contest Drill

Purpose: To develop a competitive serving and passing attitude by all team members.

Personnel: Four passers and two servers.

Equipment: Full-court and balls.

Initiation of Play: Server initiates play.

Description: Two passers start on each side of the net. The two passers on the one side of the net compete against the two passers on the other side of the net.

Goal: Player for a pre-determined number of good passes, for example, 10.

Rotation: After a round is won, i.e. game to 10 points, the two teams switch to the other side of the net. The passing sides go to receive serves from the other players. Teams keep a record of how many times they have won on the court.

Time Allotment: Play for 20 minutes. Normally, go through the entire team two times.

When to Use: After warming-up and to determine who the team's best passers and serves are. Also helps to discover how players work together to cover the entire court.

Coaching Tip: Each Server should keep a personal-running-score of aces and errors. The servers should also watch to see how many team wins happen from one-side of the net compared to the other side. A problem can occur if one side continues to win all the matches.

Contributor/ Author: Russ Rose

Triple Pepper Drill

Purpose: Ball handling improvement.

Equipment: This drill can be played without a net, or over a net. If you have no net, make sure you are hitting the ball to the digger with a ball flight that would have cleared the net if it was there.

Explanation: The Setter stands halfway between the two digger/hitters, to one or both sides. By both sides, the Setter moves back and forth so that both diggers are digging to the same angle. If the setter/digging target stands only to one side, in the example to the right of one hitter/digger, the other hitter/digger will thus be practicing digging to the left.

Coaching Tip: The Attackers need to hit the full 15 meters to the digger. You can have one person do all the digging and the other can do all the hitting. Or, randomize the roles and have those two players alternate.

Make sure the Attackers stay 9–15 meters apart, as time goes on in this drill, the distance shrinks to about 5–6 meters. The 5-to-6 meter distance between Attacker and Digger is too close and more like the distance found in the classic pair pepper hitting distance everyone is comfortable with.

Contributor/ Author: John Kessel

Set in a Triangle Drill

Purpose: To work on back-setting.

Personnel: Three players

Equipment: One ball, no net needed.

Explanation: Three players form a triangle. Move the ball among the players in a clockwise direction. One of the three players works on back-setting while the other two players do overhead passes.

Variation: Send the ball in a counter-clockwise direction, then all three of the players should be front-setting.

Notice that the back-setting player should be the person in the triangle that is in the middle of the two shortest directions in the triangle. The players that border the long-arm of the triangle should front-set.

Contributor/ Author: John Kessel

Defense for Setters Drill

Purpose: To get two-player teamwork and communication occurring.

Equipment: Net and ball.

Personnel: Two players and a coach. A bail-out target is optional and could play as a Retriever or Target.

Initiation of Play: Coach hits or tips a ball to the right side of the court.

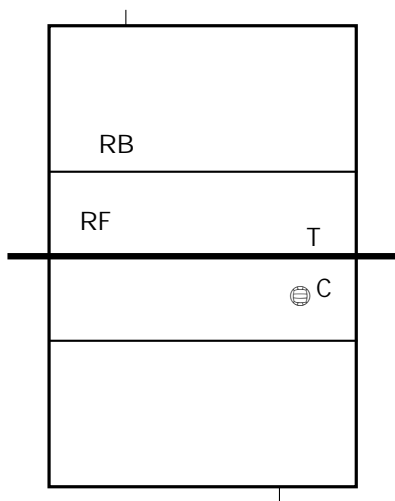
Description: Setters play RF and RB. See the diagram.

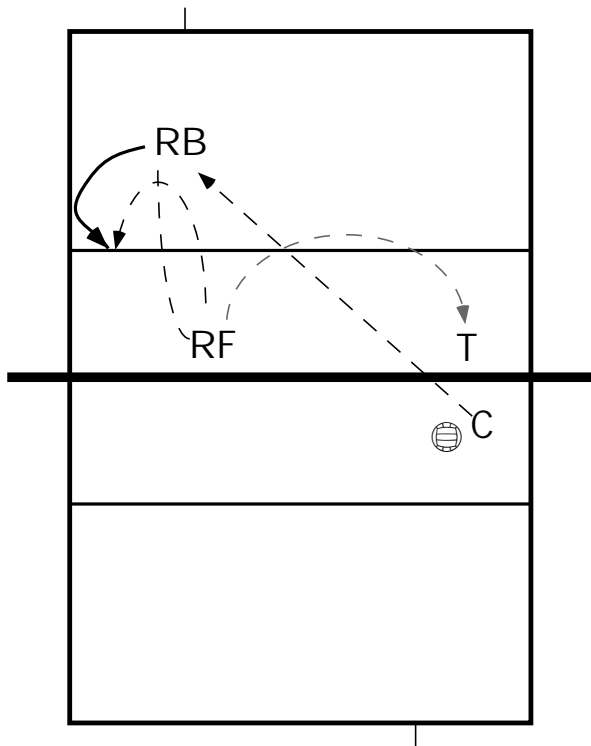
Coach hits or tips to the right side. If the RF player digs then RB steps in to set, RF can hit if desired. If RB digs, then RF sets to LF or back-row to RB.

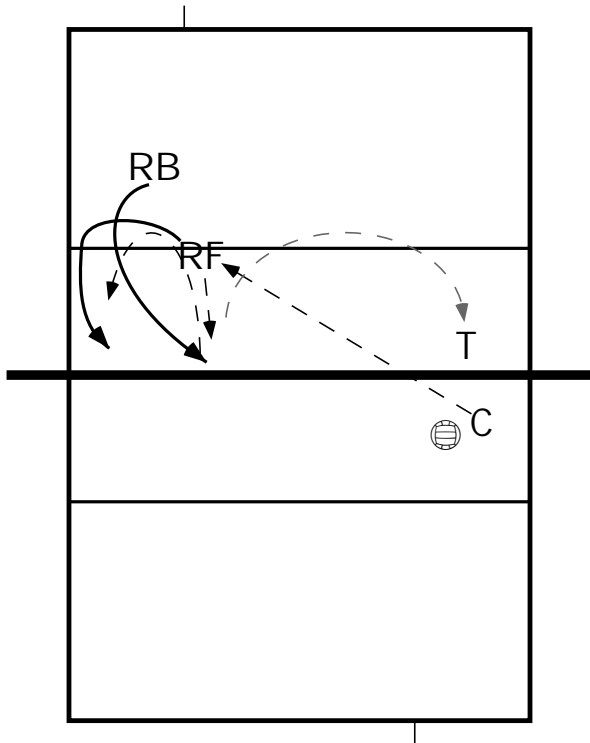
Look to the following two pages for descriptive illustrations of possible combination to this drill.

Time Allotment: Play for 2-minutes. Switch positions.

Contributor/ Author: Laurel Brassey







Circle Drill #1

Purpose: This drill is a full-team, conditioning drill where the coach sets the tempo. It involves plenty of communication.

Personnel: The entire team is used.

Equipment: Two or more balls.

Description: Players are divided into three groups equal in number. One group sets, the second group acts as targets, and the third group hands the ball to the coach.

The coach begins the drill by bouncing a ball to the middle of the court. A player comes from LB and sets the bounced ball to the Target. After setting the ball, the player gets in the target line.

The Target player catches the ball and runs and gets in the line of Feeders. After handing the ball to the coach, the Feeder runs and gets in the line of Setters.

Goal: The drill can be done for time, number of sets, number of accurate sets, or number of consecutive accurate sets without error.

Initiation of Play: The coach bounces a ball to the middle of the court.

Variation: Have players run in from the RB and set to the LF.

Coaching Tip: Using two balls will create a slower tempo than using four. Have extra balls near the target line so that players can grab a new ball rather than retrieve after a ball out of control.

When to Use: For this drill to be effective an intermediate level of ball control is required. It is a drill best used in the middle of practice, after a team is sufficiently warmed-up.

Author/Contributor: Doug Beal

Three-on-Three Deep Court Exchange Drill

Purpose: This is a defensive drill that permits practice in a game-like situation.

Personnel: Whole team and coach.

Equipment: Full court.

Initiation of Play: Coach tosses the ball onto the court to a passer.

Description: The team forms three lines on the end of the court. The first person in each line goes to the far side of the court. The next player in line step into the near court.

The coach tosses the ball to the team in the near court. The team of three in the near court plays the ball out and attacks at the team on the far court. The ball is kept in play similar to a triples game.

The attacks must be behind the 10-foot line. The game can also be modified to require that the ball be hit beyond the opponent's 10-foot line.

Rotation: If the far-court team wins the rally, it stays on the court and the near-court trio goes to the end of the line. If the near-court team wins the rally, then it goes to the far court and the far-court team goes to the end of the line on the near court.

Goal: This drill can be done for time with teams switching continuously. It can also be done in the form of a "wash" drill where a trio has to win a number of rallies in a row (for example, two) in order to determine a winner.

When to Use: This is an end of practice drill. Rewards can be given to players who play in the groups that win the most rallies.

Author/Contributor: Doug Beal

Dig by Position Drill

Purpose: Drill works on ball control from the player's defensive position.

Equipment: Many volleyballs, table for the coach.

Personnel: Line of players, coach, Setter.

Description: The players are divided into three groups based on their defensive positions. The groups are LB, MB and RB. The coach hits repeatedly from the same side of the net at the defenders, or from a table on the opposite side of the net. If a table is used, great care should be taken to protect both the players and the coach on the table from injury. Ensure that the table is padded or far enough away from the net to keep it out of the way of the players.

The drill starts with the LBs. The coach hits a ball at the first player in line. The LB defender digs the ball to the Setter and moves to the end of the line. The next defender quickly moves onto the court, and the coach hits another ball. The drill proceeds rapidly with the coach hitting and the players digging. Players quickly move to the end of the line after digging.

Goal: The drill proceeds until a minimum number of balls have been dug. It can be made more challenging by only counting the balls that go directly to the target (the Setter).

Rotation: After the LBs reach their goal, then the MBs begin the drill. The drill proceeds until all three groups have played defense.

Variation: A player can dig two consecutive balls (one hard attack and one off-speed attack) before moving to the end of the line.

When to Use: This drill should be used in the later part of practice.

Author/Contributor: Doug Beal

Coverage Pepper Drill

Purpose: Attack coverage is an important team skill. This drill allows for practice of the defensive technique without needing a full team.

Personnel: A coach and a minimum of four players. One or two additional players act as retrievers.

Equipment: A low table is useful, plus balls and the net. It should be mentioned that great care should be used when a table is part of a drill. The table should be of such a height that the arm position of the Blockers should be similar to the height of the competition block. The table should be long enough to allow the Blockers to move. The table should also be padded or away from the net so as to minimize the possibility of injury.

Initiation of Play: The coach hits the ball off the block.

Description: Two players stand on the table and act as Blockers. They stand next to one another with their hands penetrating over the net. The coach stands on the other side of the net to one side of the block. The other two players, P1 and P2, stand to the other side of the block.

The coach hits the ball off the block so that it deflects onto the coach's side of the court. P1 and P2 play the ball off the block.

One player plays the ball, while the other player sets the ball to the coach. The coach can vary the pace of the ball hitting hard or easily off the block.

P1 and P2 adjust to the position of the coach in order to dig each ball.

Goal: The two defenders stay in the drill for time or until a goal is reached. The goal can be total number of balls played or until a consecutive number of balls are played.

When to Use: This drill is for the middle of practice. It can be combined with another drill where this drill is performed on one side of the court while the second drill is performed on the other side.

A diagram of a 3D scene. On the left, a 'Coach' is represented by a bucket with a soccer ball icon. In the center, there is a 'Digger' (a cylinder) on the ground and another 'Digger' (a cylinder) inside a rectangular tank. The tank is partially filled with water, indicated by a wavy pattern. Two 'Diggers' (cylinders) are also inside the tank, one labeled 'Digger' and the other 'Digger'. Arrows indicate movement: one from the Coach to the 'Digger' in the tank, and another from the 'Digger' in the tank to the 'Digger' on the ground. A dashed line connects the 'Digger' on the ground to the 'Digger' in the tank.

The Circuit Drill

Purpose: To develop cardiovascular endurance. To develop defensive techniques.

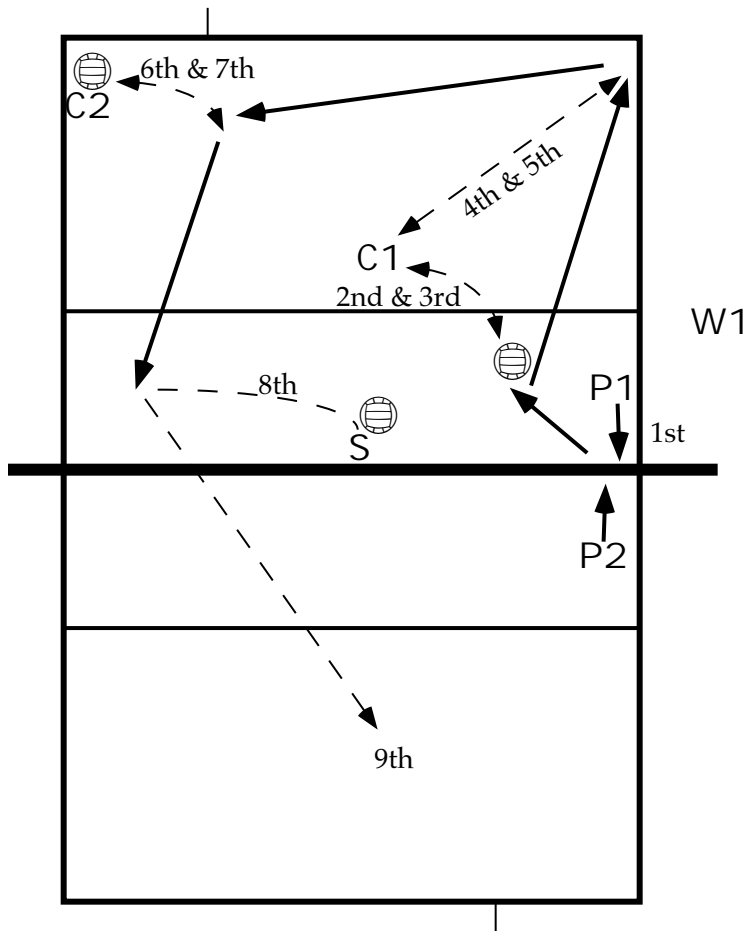
Explanation: The drill starts with P1 and P2 jumping up at the net and touching hands. As soon as P1 comes down, the coach tosses a short ball behind P1. P1 must come down, roll and get the ball back up. P1 gets up, runs to the left corner of the court and digs a top-spin spike from the coach. Then, running to the opposite corner, C2 tosses a ball and P1 must accelerate and get it up to C2. After the dig, P1 continues to the weak side of the court, S tosses a set and P1 hits the ball. The drill ends after five rotations around the court.

W1 does the same routine but waits until the dig is made in the corner.

Rotation: Three players go through the circuit at the same time while the rest of the team retrieves balls.

When to Use: Use at the end of practice.

Contributor/ Author: Russ Rose



Team Coverage Drill

Purpose: This drill allows a team to practice attack coverage and work on offense from coverage.

Personnel: Optimally, the drill requires 11 players and a coach. Modifications can be made so that the drill can be performed with fewer players.

Equipment: Full-court and balls.

Initiation of Play: The coach tosses the ball over the net to the team in serve/reception position.

Description: One team of six players begins in serve/reception formation on one side of the net. On the other side of the net are Blockers. Two Blockers are put at the LF position and two Blockers are put at the RF position. Feeders are behind each double-block.

The coach starts the drill by tossing a ball over the net. The attacking team passes, sets, then attacks. The receiving team covers the attack.

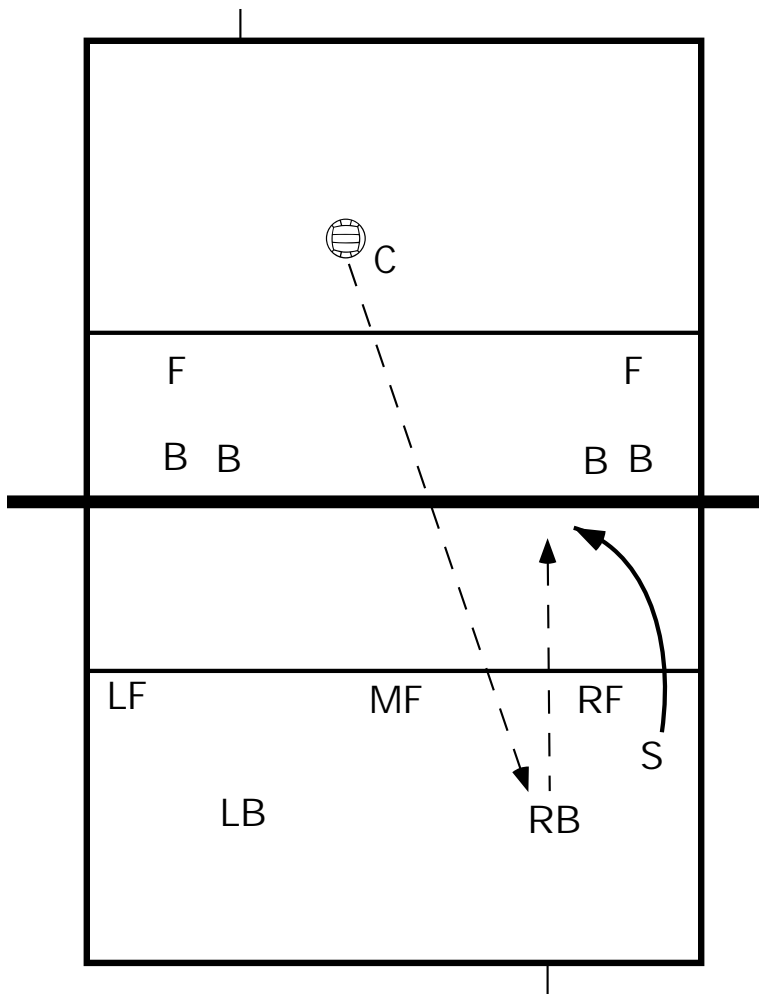
If the ball is blocked, the receiving team plays the ball up and attacks again. If the ball is not blocked, then the tosser (or coach) tosses a ball over the block or under the net at the block so that the coverage can play the ball and attack again.

Goal: The goal of the drill is to successfully attack from both reception and coverage.

Rotation: After a minimum number of successful attacks from coverage and reception, the receiving team can rotate. Players can be rotated from blocking and tossing positions to the receiving team.

When to Use: The drill is an advance drill best used in the latter part of practice. Beginning teams can use the drill, but, the pace of the drill and the conditions for success should be reasonable.

Author/Contributor: Doug Beal



Two vs. Six Drill

Purpose: This drill provides practice in defense against an outside attack.

Personnel: The whole team.

Equipment: Full court.

Initiation of Play: The coach tosses a ball to the Setter.

Description: On one side of the net are six players. This is the defending team. On the other side of the net are the coach and groups of Attackers at the LF and the RF.

The drill begins when the coach tosses a ball to the Setter. The Setter sets either Attacker. The Attacker hits the ball and the defense attempts to dig the ball and run an attack.

When the defending team attacks the ball, and the ball passes the block, the coach can immediately toss a new ball to the Setter starting the process again.

The Attacker can vary the pace of the attack by hitting hard or off speed.

The pace of the drill is controlled by the coach. The less time between the attack and the toss, the quicker the pace of the drill.

Goal: The team can stay in its defensive position for time. It can also stay in its position until a minimum number of balls have been dug, or dug and attacked.

Rotation: Once a goal is reached, the defending team rotates.

Variation: The drill can be competitive with the Attackers trying to score more points than the Defenders can dig and transition.

Outside Hitters vs. Partial Defense

Purpose: This drill provides practice in outside attack defense and gives outside attackers practice in hitting against the block.

Personnel: The entire team and a coach.

Equipment: Full court.

Initiation of Play: The coach tosses the ball to the Setter.

Description: On the one side of the net are the Blockers, B, in the three front-row positions, and defenders, D, at the LB and RB positions. On the other side are lines of attackers in the LF and RF, a Setter and a coach.

The drill starts with the Defenders in the ready position. The coach tosses the ball to the Setter who sets either outside Attacker. The Attacker hits the ball (line, or cross-court, or off-speed) at the defense, and then blocks after the attack. The defense digs the ball and attempts to run its offense after digging.

Rotation: After the sequence has concluded, the initial Attacker goes to the end of the line and the sequence begins with a new toss by the coach.

Coaching Tip: The coach controls the pace of the drill by the quickness of the tosses to the Setter after the ball attacked by the defense passes by the block.

Goal: The drill progresses until the defense has accomplished a minimum number of digs, dig-set-attack combinations, or for time.

Rotation: When the goal is reached, players rotate positions.

When to Use: The drill is for the end of practice.

Author/Contributor: Doug Beal

Quick Attack Defense Drill

Purpose: This drill allows for a team to practice against quick attacks from the middle.

Personnel: Nine or more players and a coach.

Equipment: Full court.

Initiation of Play: Coach tosses to the Setter.

Description: On one side of the net is a line of three MF Attackers, a Setter and the coach. On the other side of the net are three front-row Blockers in their blocking positions, a LB Defender and a RB Defender. The defense starts in the ready position.

The coach tosses a ball to the Setter who sets a MF Attacker. On the other side of the net, the Blockers and the defensive players adjust to dig the ball. The defense tries to dig the ball and run a transition attack.

Goal: The drill continues for time.

Rotation: Attackers alternate hitting. After a goal is achieved, the players rotate.

When to Use: At the end of practice.

Author/Contributor: Doug Beal

Two Coaches vs. Six Players Drill

Purpose: This drill works on transition to offense in a controlled situation.

Personnel: Six players and two coaches.

Equipment: Full court and balls.

Initiation of Play: The coaches start by sending a ball into the other court.

Description: At the LF and RF positions, the coaches set up hitting tables. On the other side of the net are a team of six. The team of six starts in its beginning defensive positions.

The drill begins when a coach slaps a ball. The defenders, front row and back row, adjust to defend the attack by the coach. The defenders dig the ball and run a transition attack.

Immediately after the ball is hit past the net, the defenders quickly return to their beginning positions and either coach slaps a ball. The defense adjusts, and the drill continues as before.

Goal: The team of six continues in the drill for time, until a number of successful attacks have been performed, or until a consecutive number of successful attacks have been performed.

Rotation: Once the goal has been achieved, the defending team rotates and/or new players may be substituted into the drill.

When to Use: This is an end of practice drill.

Author/Contributor: Doug Beal

Five Position Digging

Purpose: The drill is designed to familiarize players with playing defense in all areas of the court. The drill has established criteria and the drill can not be completed until the criteria is successfully completed.

Personnel: Coach, Defender, Target and waiting team.

Equipment: Coaches platform.

Initiation of Play: The coach initiates the drill from a stand on the opposite side of the net.

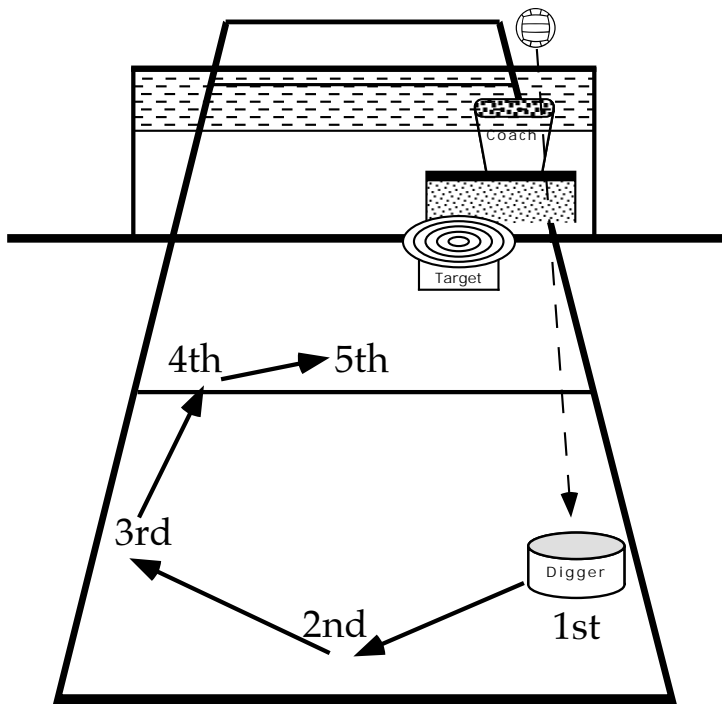
The player starts in the RB and balls are attacked at this player until the player successfully digs the ball into Zone-7.

When this is accomplished the coach says “Go,” and the player steps into the MB digging position. After corresponding “goes” from the coach the player moves next to the left back, then left front (dig) and left front (tip).

All five positions must have a successful, accurate dig to the target before completion.

Coaching Tip: This is a motivational and technical drill. It promotes hard work, enthusiasm and skill.

Contributor/ Author: Greg Giovanazzi



Team Situational Defense/Transition Drill

Purpose: To get the defending players to move and make a successful transition to attack.

Personnel: A team of six players, a coach and three blockers.

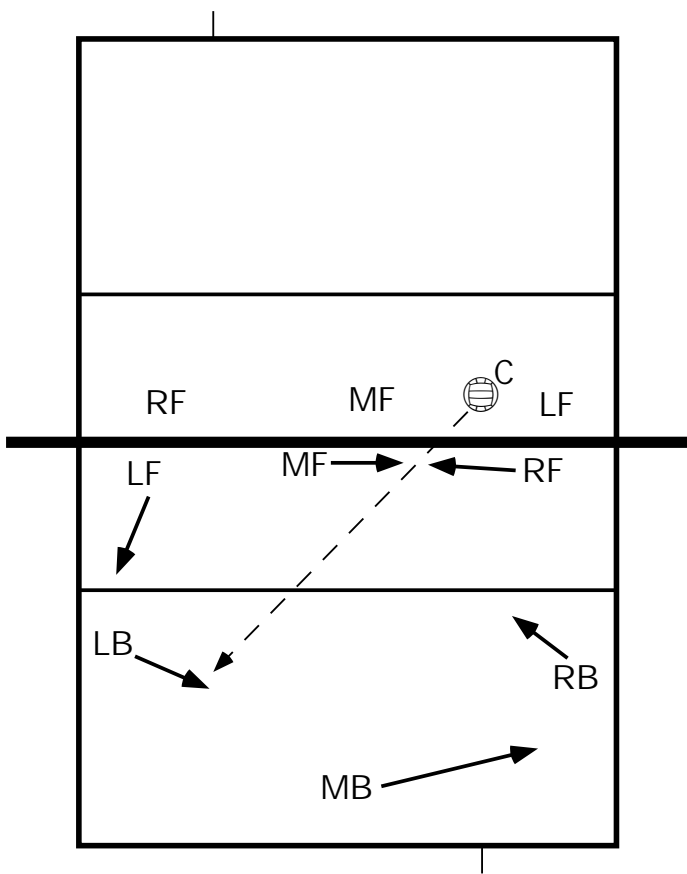
Equipment: Full-court.

Initiation of Play: Coach slaps ball.

Description: The coach steps onto a box or chair. The coach positions him or herself on the court wherever the coach decides would be most beneficial. The defense starts in base positions. At the slap of the ball, the defense moves into position required. The coach attacks to control the drill, either to concentrate on specific weakness or to hit the ball like a specific opponent. The team then tries to convert against three Blockers. The convert to an attack against three Blockers continues the drill to include spiker coverage.

See the diagram on the next page.

Contributor/ Author: Don Shaw



Rapid-Fire Serve/Receive Drill

Purpose: Conditioning and Serve/Receive.

Personnel: Three pairs of players are used in this drill. The first pair is the RB (Server) and Feeder. The second pair is the Target and Retriever. The third pair is P1 and P2.

Rotation Movement: The passers switch every 10 serves. The servers switch every 20 serves. The pairs rotate every 40 serves.

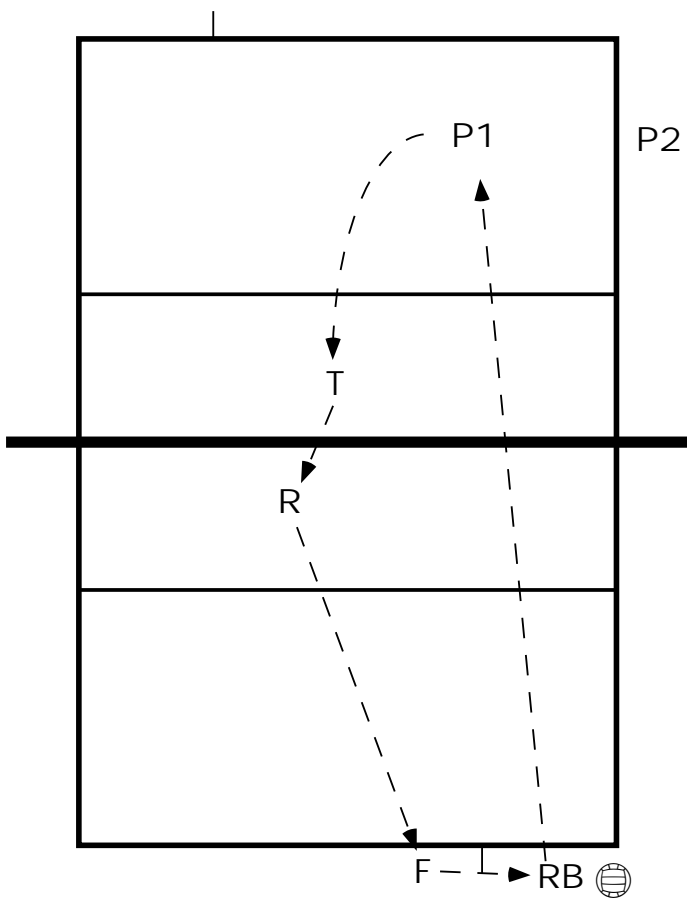
Explanation: The server stands just inside the end line and concentrates on technique (short toss, short stroke, palm to the target, follow-through).

The passer assumes proper position on the court. The passer keeps the base wide and platform together the whole ten serves (if possible).

See the diagram on the next page.

Coaching Tip: Keep the tempo fairly fast for many repetitions with proper technique.

Contributor/ Author: Don Shaw



Under-the-Net, Loose-ball, Recovery Drill

Purpose: This drill aims to keep the players moving low to the ground before the player reaches the point of contact. This is a conditioning drill. It also improves the ability to concentrate on the **ball before the floor** concept.

Personnel: Two players and a coach. More players can wait their turn.

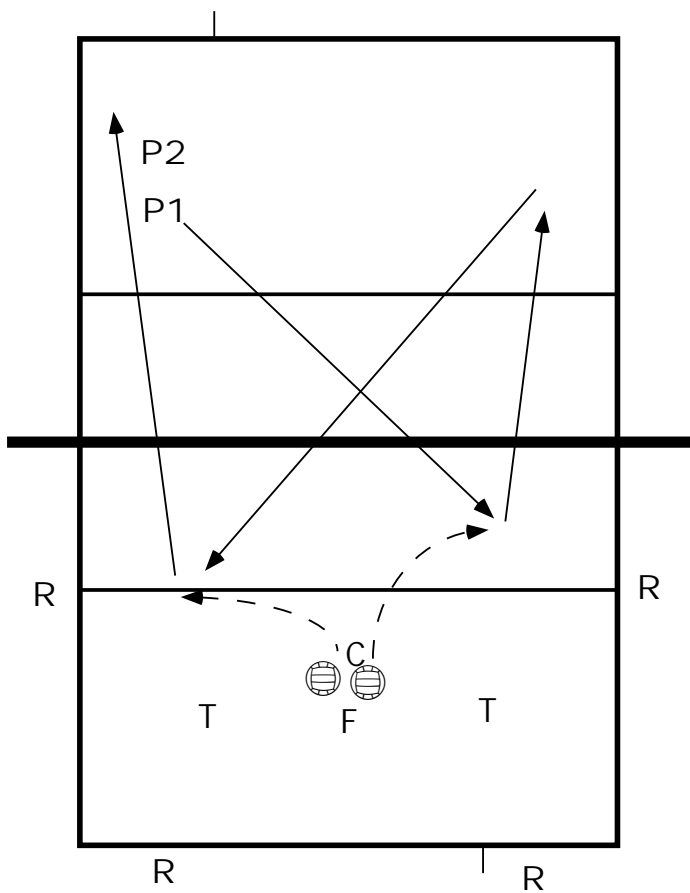
Equipment: Half-court.

Initiation of Play: Coach command, then ball toss.

Explanation: Players go in pairs, starting at the 3-meter line on opposite sides of the net from the coach. On the coach's command, P1 runs diagonally toward the opposite 3-meter line. As they approach the net, the coach tosses the ball to be played and probably followed with a dive, roll or sprawl. P1 quickly returns to his or her feet and back-pedals straight back away from the net. While P1 back-pedals, P2 starts in the same pattern.

Goal: Both players continue for a designated time period, number of tosses, or positive contacts. Or, play can continue until the goal number of balls is delivered to the targets.

Contributor/ Author: Don Shaw



Four-Person Defense Drill

Purpose: To get the players comfortable playing next to each other as well as showing the areas of coverage in the team's designated defense.

Personnel: Four players and a coach. More players can wait their turn.

Initiation of Play: The ball is initiated by one of the coaches standing on the ground at the sidelines of the court. The ball is hit at a defender who passes the ball to the Setter who set one of the two coaches.

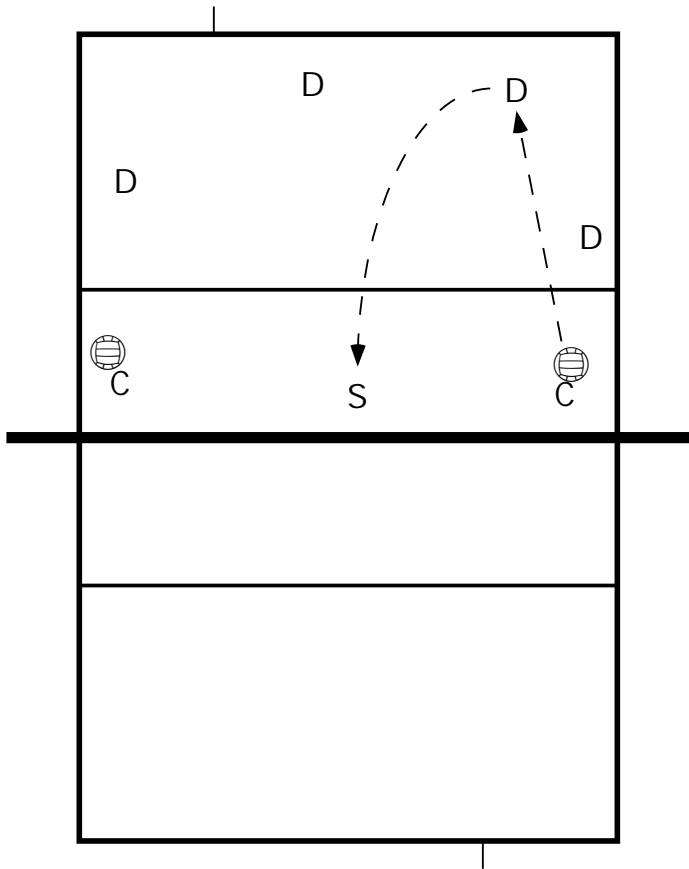
Goal: The ball is kept in play as long as possible.

Rotation: The players switch when the coach decides it is time.

Time Allotment: 20–30 minutes.

When to Use: This drill is used prior to hitting as the coaches desire the players to break a good sweat. Furthermore, the players need to comprehend that good ball handling precedes hitting.

Contributor/ Author: Russ Rose



Acceleration Drill

Purpose: To train the players to pursue all the balls that are attacked into their area of responsibility.

Personnel: A coach and a line of Defenders.

Description: Players start on the endline. The coach starts near the net. The players accelerate forward and retrieve a ball that is tossed by the coach into the player's area. The drill is done quickly. After a player digs his or her ball, the player quickly goes back to the end of the court to touch a teammate's hand. The players go through five-to-six times before the players switch.

Rotation of players: The players repeat the sequence (run forward, dig, retreat and tag hands) at least five times before switching roles with a waiting player in line past the end-line. Diggers go from being in the drill to being on the endline as a "tagger."

In the diagram on the next page, the "taggers" are shown as W1, W2 and W3.

Time Allotted: 15 minutes.

When to Use: Use the drill any time the coach wants to demonstrate the importance of going for balls.

Contributor/ Author: Russ Rose

W1

W2

W3

D1

D2

D3

C



C

Blocking Progression Drill(s)

Purpose: This set of drills trains jumping under control and reaching over the net to contact the ball.

Equipment: To facilitate the training of younger, smaller players, the net may be lowered to an appropriate height.

Goal: In general, the players do 10 repetitions, then switch.

Personnel: Two players are needed.

Description: One player tosses while the other player blocks. The Blocker stands at the net with hands up and reaches over the net in a blocking position. The tosser throws the ball at the Blocker's hands. The Blocker then reaches forward and catches the ball on the other side of the net.

The same drill can be done with the players moving, with correct footwork, then reaching over and catching the ball.

Variation: Instead of catching the tossed ball, the ball is thrown hard and the Blocker blocks the ball to the court.

Variation: With another player joining the tosser, the two tossers stand approximately 10 feet apart, both facing the net. The Blocker faces the net on the other side and blocks the ball thrown from the first tosser. Then the Blocker moves laterally, faces the second person, and blocks the ball thrown by the second person.

Here, five balls are blocked in succession.

Coaching Tip: Correct footwork should be emphasized.

Variation: Two players face one another separated by approximately five feet. One player is the Hitter instead of a tosser, while the other player is the Blocker. The Blocker stands with his or her arms up in a blocking position. The Hitter tosses the ball and hits it into the Blocker's hands. The Blocker should try to block the ball straight down.

When to Use: These drills should be used at the beginning of practice or at the middle of practice prior to hitting and team drills.

Author / Contributor: Doug Beal

Three Person Drill

Purpose: Since the ball is seldom attacked at the starting position of the Blocker, Blockers must learn to move quickly into position to block an attack.

Personnel: The entire team. Most of the team acts as Blockers and the rest hold balls.

Equipment: Chairs or tables at positions along the net.

Description: Three players stand on chairs or tables at three positions along the net holding balls at a height slightly above the top of the net. The ball should be held so that the Blocker must jump and penetrate the plane of the net to touch it. A player jumps and touches the ball at the first position, then moves and contacts the ball on the second position, then moves and contacts the ball at the third position.

Coaching Tip: Correct footwork, either a lateral step or a crossover step, should be emphasized.

Rotation: After the first player blocks at all three positions, he or she returns to the end of the line, then the next player begins.

Goal: Each player makes a certain number of trips, for example 10, then the next group of players block.

Variation: The drill can be varied by blocking from locations at the net other than those shown in the diagram. The sequence of the blocks can also be varied. Instead of Left, Middle, Right, players can block Middle, Left, Middle, Right, Middle. Or, players can block two positions instead of three.

Variation: Two balls can be held at a position instead of one, with the Blockers required to contact both balls when they jump.

When to Use: This drill can be used at the beginning of practice as part of warm-up. It can also be used prior to any hitting and blocking drills.

Author/Contributor: Doug Beal

Repetitive Blocking Drill

Purpose: Reading the Hitter and figuring where the Hitter is most likely to hit the ball.

Personnel: A coach, three players and a net.

Equipment. A table for the coach to stand on near the net and balls.

Description: The first Blocker in line moves to the net and blocks the attacks of the coach. The coach faces a direction and hits the ball. The Blocker moves so that the Blocker is always blocking the coach's straight ahead attack.

Rotation: The Blocker blocks three attacks, then moves to the end of the line. The group of three Blockers stays in the drill until they have gone through 10 times each.

Variation: The coach can move on the table along the net and change direction.

Coaching Tip: The drill can be made more challenging by requiring more blocks, for example 5, before the next player blocks. Requiring that the blocks be consecutive, without errors, increases the degree of difficulty.

When to Use: This drill can be one of a number of blocking drills used in the middle of practice. It can also be used in a split squad situation where a second drill is performed on a second court.

Author / Contributor: Doug Beal

Repetition Blocking with Movement Drill

Purpose: Blocking movement.

Personnel: Two coaches and three players.

Equipment: Two tables, a net and balls.

Description: Two coaches stand on tables on one side of the net. Initially, the coaches are 10 feet apart. A group of three Blockers stands on the other side of the net. The first Blocker blocks a ball hit by the first coach then moves to the position of the second coach and blocks a ball hit by the second coach.

Coaching Tips: Different footwork patterns can be practiced in the movement, either a crossover step or a lateral step. Correct footwork should be emphasized.

Rotation: The first player blocks two balls, then the next player goes.

Goal: Each player does the circuit a certain number of times, for example, 10.

Variation: The drill can be varied by placing the coaches in different positions. The blocking positions that are practiced should reflect the types of attacks that are defended in games. The drill can be made more challenging by increasing the number of blocks in a circuit or by counting only those circuits where the blocks are successful.

When to Use: This drill can be used in the middle of practice as part of a group of blocking drills.

Author/Contributor: Doug Beal

One vs. Three: Middle Blocker Drill

Purpose: This drill provides conditioning for the Middle Blocker and works on movement skills.

Personnel: At least five players and a coach.

Equipment: Balls and a net.

Initiation of Play: The coach tosses the ball to the Setter.

Description: On one side of the net is a Middle Blocker starting in the MF. On the other side of the net are lines of Attackers at LF, MF, RF. There are also a coach and a Setter. The coach tosses the ball to the Setter who sets any position. The Middle Blocker goes to the position of the set and attempts to block the ball. Upon landing, the Middle Blocker returns quickly to the MF and the next ball is tossed.

Goal: The drill continues until a total number of attacks is achieved. Alternatively, the Middle Blocker can be kept in the drill until a minimum number of blocks is achieved.

Variation: The drill can be made more challenging by having the coach toss the ball when the Middle Blocker lands after blocking, not allowing the Middle Blocker to return to the middle.

Coaching Tip: Footwork should be emphasized in this drill.

When to Use: This is a demanding drill for the Middle Blocker. It should be done near the end of practice.

One-on-One Repetitive Blocks Drill

Purpose: To learn to watch the spiker's body and arm to "read" the direction of the spike.

Personnel: A spiker, Blocker, Feeder, and Retriever(s).

Equipment: One table, eight balls.

Initiation of Play: Coach spikes ball from a table.

Description: The coach stands on a table and repetitively spikes balls down the line or cross-court. The coach turns his or her body in the direction of the intended spike so that the Blockers learn to position according to the spiker's actions. The Blocker rotates to Feeder and then to Retriever when the coach deems the player has had enough. Two drills can take place on the same court.

Coaching Tip: Watch the Blocker's eyes to make sure they are open when the spiker contacts the ball.

Contributor / Author: Al Scates

Rapid Block Drill

Purpose: Individual drill concentrates on Blockers' footwork and handwork.

Personnel: Whole team.

Equipment: Net, balls and table.

Explanation: A single-file line begins at one end of the net on one side. On the other side there are four coaches or attackers on stands who attack into the block in succession. At the beginning, the sequence should be slow. The slow sequence allows the Blocker to concentrate on technique and form. As the drill becomes more familiar, the frequency of the coaches attacks should accelerate.

Coaching Tip: Blockers should utilize both sidesteps and cross-over steps. Area of concentration is that the Blocker should penetrate the net.

Contributor/ Author: Greg Giovanazzi

Brassey Blocking Drill

Purpose: Work on a double-block and spiker-coverage.

Personnel: Coach and at least four players.

Equipment: Full-court and balls.

Initiate Play: Coach initiates by sending an easy ball to one passer.

Ball Movement: Toss from coach, pass, set to the outside, hit. The passer and Setter both go to give coverage to the Attacker.

Explanation: Two Blockers attempt to block the Attacker. The Middle Blocker must wait at the middle of the net until the opposing Setter sets the ball. Then the Middle Blocker can move to the outside to join and form the double block. The defensive team has two diggers to position where it wants.

The Attackers may not tip.

If the offensive team blocks for a point or digs up the ball and puts the ball where a Setter could get to cover the passed ball, then the defensive team earns a point. If the Attacker gets a kill, then the offensive team gets a point.

See the diagram on the next page.

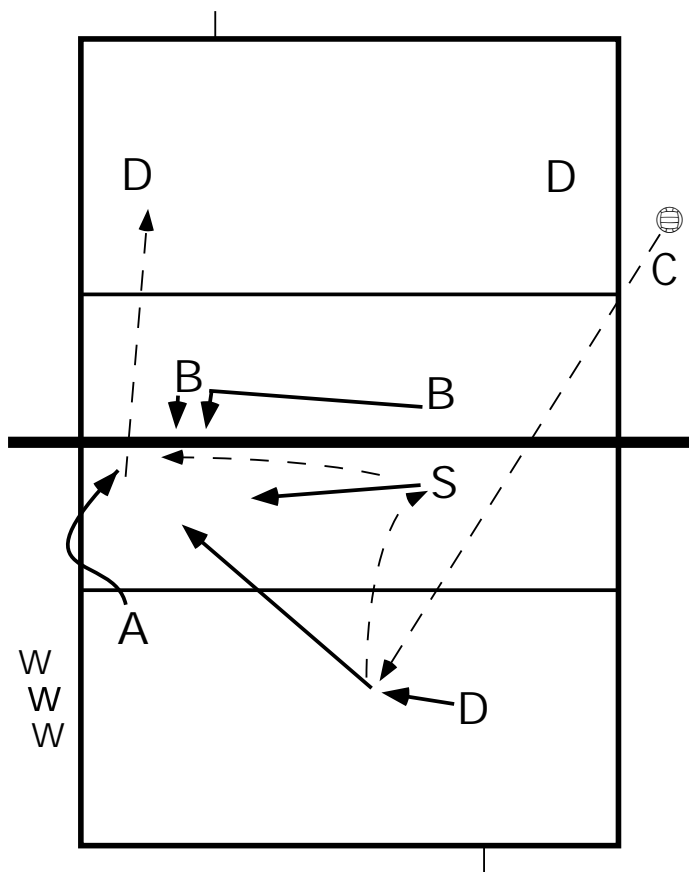
Goal: Play a game and keep score to 8 points.

Variation: The defensive team can use two Middle Blockers and have them alternate.

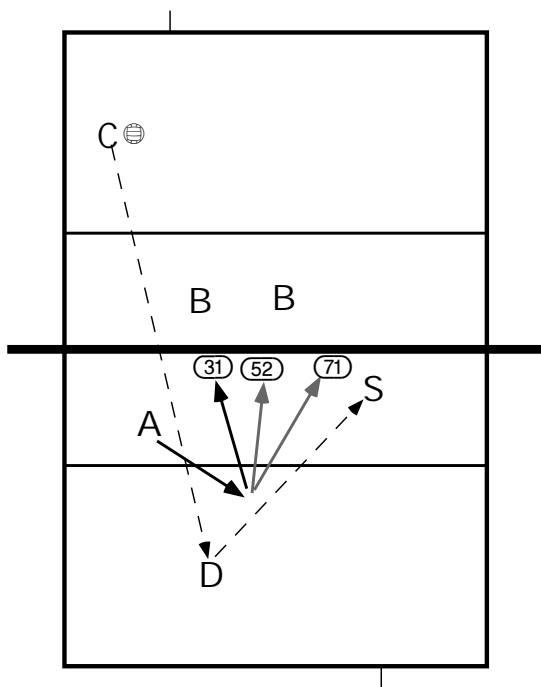
Variation: Use only one Attacker instead of a line of Attackers. With only one Attacker, play the game to 5 points.

Variation: Use a back-set and hit to the right side.

Contributor/ Author: Laurel Brassey



Middle Attack/Block Drill



Purpose:
Match the
Attackers
against the
Blockers.

Equipment:
Full court.

Personnel:
Whole squad.

Goal: Play
Attackers vs.
Blockers and
first team to
seven points
wins.

Initiation of
Play: The coach
initiates play

with an easily tossed ball to a passer or digger.

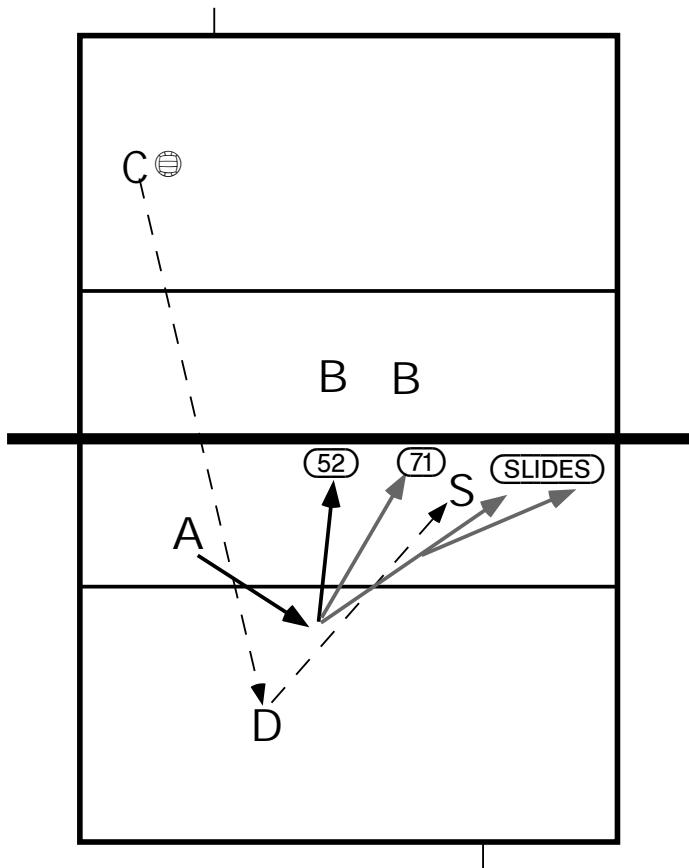
Description: The coach tosses the ball over the net to the defensive player. The pass/dig sends the ball to the Setter. The Setter calls a play for the Middle Hitter before the pass or dig. Hitter starts at the net or in a serve/receive position, then attacks. Play with two or more players in the middle at a time.

After the attack, the Blockers make a transitions to their hitting positions. While the Blockers are in transition, then the coach can hit another ball to the defender/digger/passers.

Work the left side of the court. The MF may hit 31 or 52 or 71.

Variations: Move passers to different positions on the court. Add two diggers to the defense.

Contributor/ Author: Laurel Brassey



Blocking with a Moving Partner Drill/ The Shadow Drill

Purpose: To move quickly when blocking and to control body motion when blocking.

Equipment: A net.

Personnel: Pair of players.

Explanation: A Blocker acts as a shadow and tries to mirror a player across the net. The moving partner has a ball and runs anywhere along the net. The Blocker must stay even with the moving partner. At some time during the movement, the moving partner mumps and places the ball above the net. The Blocker sees the moving partner jump, the Blocker must stop and block the ball, like a shadow. The Blocker must be careful not to hit the net or step over the center line.

When to Use: Use at the beginning of practice after the players have warmed-up enough to block and to some lateral movements.

Contributor/ Author: Russ Rose

Spike Against the Far Away Wall Drill

Initiation of Play: Self.

Personnel: Lone player.

Description: Stand 9-or-more meters from a wall and set the ball up to yourself. Then hit the ball with a game-like ball flight over the “net” (the net is not there). Do not hit the ball into the net or into the feet of the Blockers.

Coaching Tip: Most players are already good at hitting overpasses into the net. Most players rehearse this skill by playing a pepper game where the ball comes at you, and you blast it down in a rhythm. Stop!

You can’t really get into the “Kaboom, Kaboom” rhythm found in the non-game-like ball flight wall hitting, but you can learn an arm swing that will be of value.

When the times come that there is no block, you can easily zing into the motion of pounding the ball down, but that is a rare situation. You need to learn to hit around the block and over the net. Set yourself 1-meter sets and high balls. Hit cross-court, cut, and line shots to the wall. If you can hit the floor/wall corner, you hit the back-line “coffin corner,” a tough shot to defend.

Contributor/ Author: John Kessel

Repetition Hitting Drill

Purpose: To regain timing for attacking balls. Allows many repetitions in a limited time, and improves conditioning.

Personnel: Three players and a coach.

Description: the coach tosses balls to players taking turns hitting. Other players retrieve and keep the flow of balls continuous so that the drill is not interrupted. The drill can be done with players hitting from any position at the net.

Goal: Hit 30 balls. Or hit 30 balls with no more than 10% hitting errors.

Variation: Restrict the spot on the court where the players are to hit the ball.

Variation: Have the balls set to the Attackers instead of being tossed by the coach. The coach now tosses to the Setter who sets the Attackers. The Setter can now work on setting.

Variation: Blockers and defenders can be added.

Rotation: Three new players rotate into the drill after the goal has been reached.

Author / Contributor: Doug Beal

Dig and Hit Drill

Purpose: This is a very simple but vital drill that can be used at all levels to encourage both ball control and proper footwork for transition hitting.

Personnel: At least three players.

Equipment: Half-court with a net and ball.

Initiation of Play: The ball is initiated by the coach from the opposite side of the net on a stand.

Explanation: The coach attacks the ball at the digger in the front row in the RF or LF.

The Digger passes the ball to the Setter and immediately releases to his or her “X” or spot where the attacking approach begins. The Digger must get around the cone and to the “X” for the attack to be considered a success.

Coaching Tip: The coach should be behind the Digger player and giving feedback both on the dig and the approach. The attacker should come to a stop and attack late, fast and behind the ball.

Contributor/ Author: Greg Giovanazzi

Dink to the Target Drill

Purpose: To place the dink shot to a specific point on the opponent's court.

Equipment: One towel, four balls.

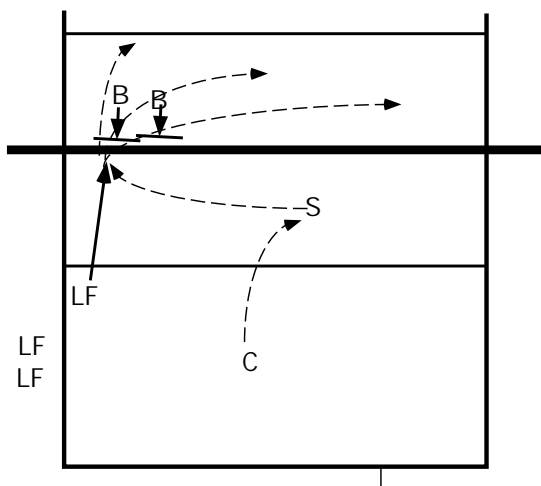
Personnel: Six-to-nine players.

Initiation of Play: Attackers send a ball to the Setter.

Description: The coach places a towel on the floor indicating where the spiker is to dink the ball. When drilling during the season, the towel is placed in the next opponent's vulnerable area. Generally the three areas in the diagram are enough to cover all defenses. Blockers are used in the drill so the dink is not too low.

Coaching Tip: The spiker is to approach late and fast and bend the arm in the usual spiking technique before slowing the arm down and looping the ball over the net with the fingertips.

Contributor/ Author: Al Scates

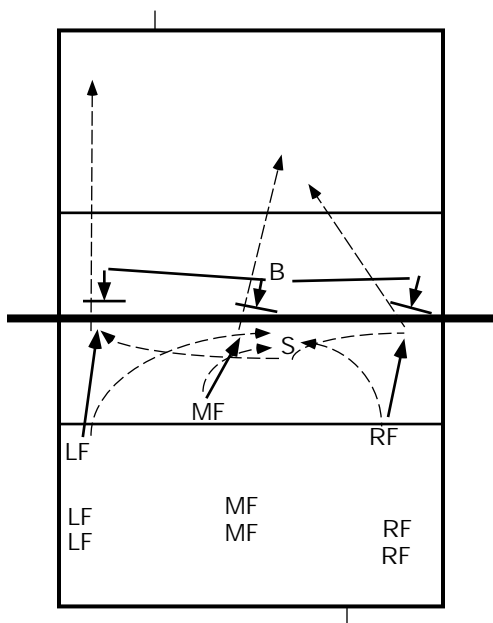


Rapid-Fire Spiking Drill

Purpose: To warm the players up and allow them to work on whatever spiking position they desire against one Blocker.

Equipment: One ball for every spiker.

Personnel: Nine-to-twelve players to a court.



Initiation of Play:
Attacker tosses ball to the Setter.

Description: There are three spiking lines, one Setter, and one Blocker. First the Area-2, then Area-3 and Area-4 spikers pass the ball and spike in rapid order. The Blocker blocks nine times (three trips across the net) and then a new Blocker takes his or her place. The

Attackers retrieve their own spikes and return to a spiking line.

Coaching Tip: The coach can concentrate on watching the spiker's approach to make sure the attacker waits long enough after the pass to approach fast for a maximum jump. If the spiker leaves too soon, the spiker has to slow down for the set, which decreases the jump.

Contributor/ Author: Al Scates

Hole in the Block Drill

Purpose: To teach the Attacker to take whatever the block will give.

Equipment: Four balls.

Personnel: Six-to-nine players.

Description: The coach stands behind the Attacker and gives the block hand signals to: 1) take the line; 2) take cross-court; or 3) leave a hole in the block. The Attacker's job is to keep the set in front so that the Blockers can be easily seen, and the Attacker can hit to the open area.

Coaching Tip: Use this drill after the Attackers have mastered a good approach and takeoff and have learned to hit the line and cross-court.

Contributor / Author: Al Scates

Wipe-Off Shot Drill

Purpose: To spike the ball off the end Blocker's hand so that the defense cannot return it.

Equipment: Two balls.

Personnel: Six-to-twelve players and a coach. Feeders can take the place of the coach.

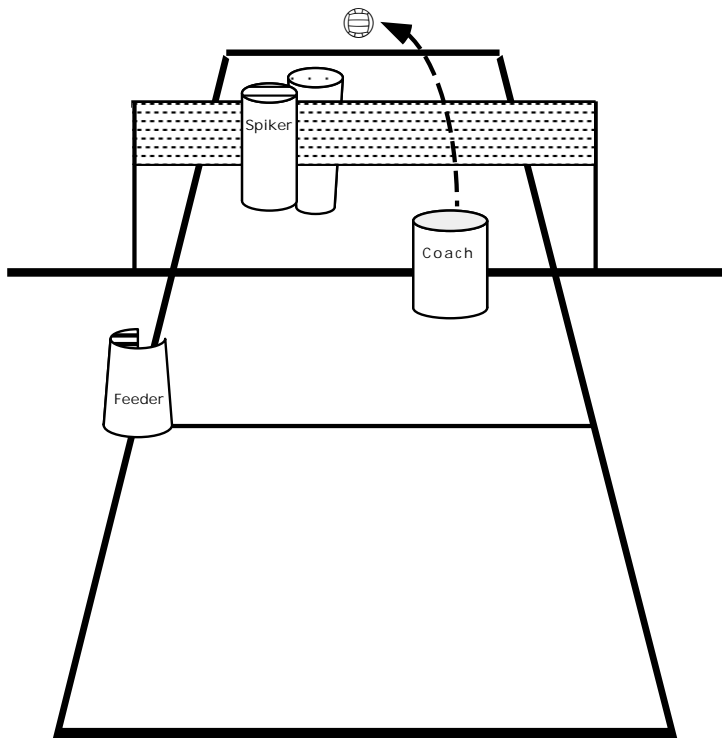
Initiation of Play: The coach throws the ball to the top of the net.

Description: The coach throws the ball to the top of the net or one-or-two feet to either side. Two players on opposite sides of the net either block or spike wipe-off shots. The Retriever returns the ball, and the drill continues until one of the players gets three points. The coach is also the referee and settles any disputes that may arise.

Rotation: The winner can stay in and play the feeder or two new players can start another game to three.

Coaching Tip: Do not try a wipe-off shot against a small Blocker as the small Blockers do not give the spikers enough area to hit.

Contributor/ Author: Al Scates



High Flat Shot Drill

Purpose: To spike the ball off the top of the end Blocker's fingers to that the ball sails over the Area-2 Digger and away from the Area-6 Digger.

Equipment: Four balls.

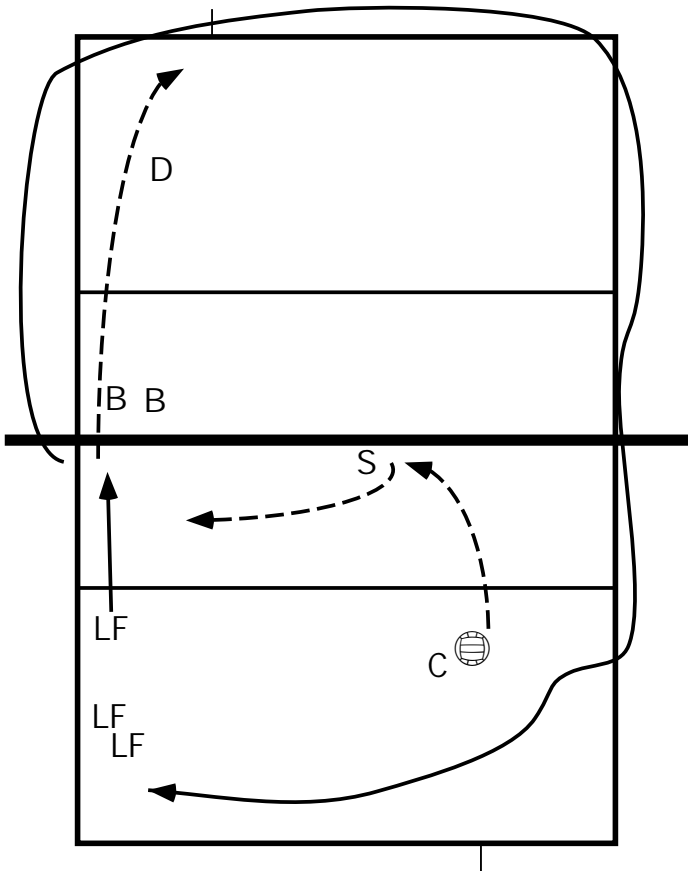
Personnel: Nine or more players.

Initiation of Play: Coach passes to the Setter.

Description: The coach passes to the Setter who sets to the Area-4 Attacker. The attacker hits straight ahead at the end Blocker's hands, attempting to draw a touch on the Blocker and make the ball land beyond the endline. The Attacker then retrieves the ball and returns it to the cart and spikes again. The coach switches the Middle Blocker and Area-6 Player as well as the Area-2 Blocker and Area-1 Defender. The defenders then switch places with the attackers.

Coaching Tips: A good Blocker occasionally drop his or her hands at the last instant, hopping the Spiker will hit the high-flat shot out of bounds. This move should be incorporated in the drill so that the Attacker will recognize the ploy and spike downward into the court.

Contributor/ Author: Al Scates



Left vs. Right Drill

Purpose: This is a transition hitting drill. The drill pits two players against one another with the aid of a six-on-six setting.

Personnel: Twelve players total. Six players to a side. Two coaches.

Equipment: Coaches have a bucket of balls behind each court.

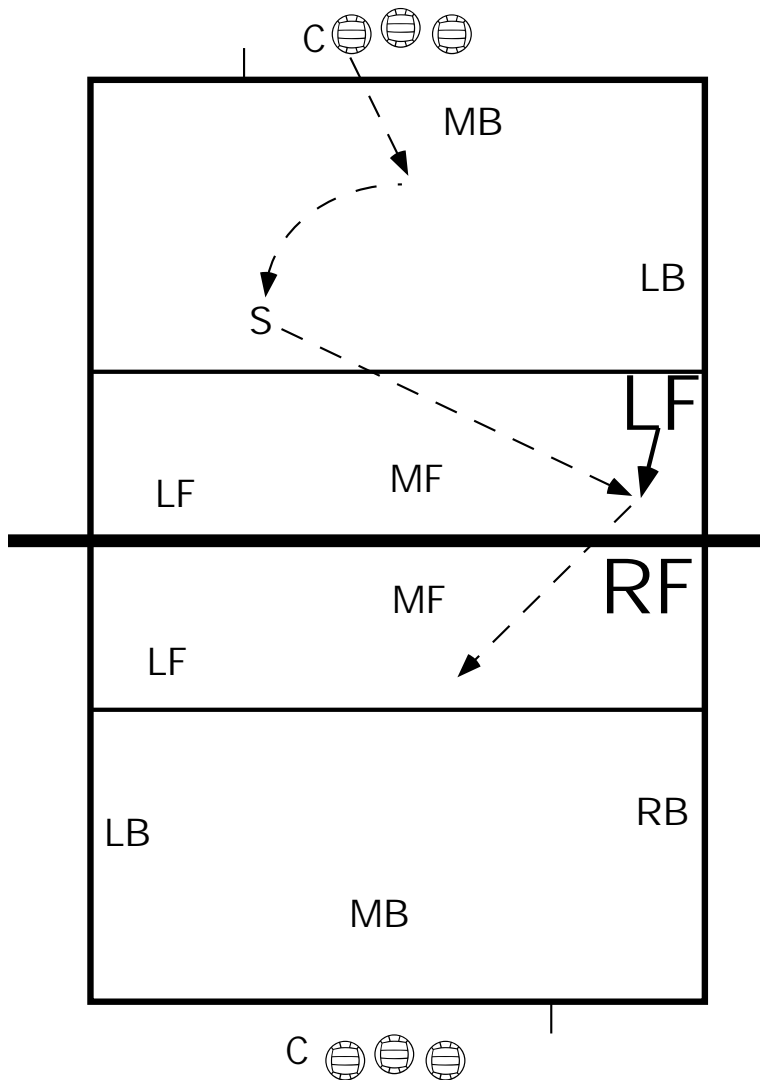
Initiation of Play: The ball is initiated on an alternating basis by each coach on a bounce to the Setter. Go to side A for one rally and then to side B for the next.

Goal: Play to 15 points.

Description: Only the first ball must be set to the featured attackers. For instance the first ball of each rally just be set to RF on side A, LF on side B.

This is a highly competitive drill. It forces two players to hit and block against each other. There is a clear winner and loser, but these individual players must rely on his or her teammates.

Contributor/ Author: Greg Giovanazzi



Three Hitters vs. Two Blockers Drill

Purpose: Learn hitting in a game situation in this combination blocking-attacking drill. Hitters learn how to hit against certain types of blocks, and Blockers learn how to take shots away from Attackers.

Personnel: Six players. Players include: Setter, three Attackers, and two Blockers. Coach to toss balls.

Initiation of Play: Coach tosses balls to Setter.

Description: The coach tosses a ball to a Setter. The Attackers alternate attacking. The Blockers take a specific blocking position. Blockers can take the line shot. Attackers are required to hit the ball cross-court, inside the block. Or, Blockers take the cross-court shot. Then Attackers try to hit the ball down the line, between the outside Blocker and the line. Or, the Blockers line up on the ball. Then Attackers try to hit the ball off the block for kills.

Goal: Set a total number of kills, for example 30.

Variation: The Blockers can stand on a table. The table should be long enough so that the block can move and adjust to the set. It should be high enough so that the block is at competition height. The table should be far enough from the net so that it presents no hazard to the attackers.

Coaching Tip: The drill becomes as much a blocking drill as a hitting drill when the Blockers go from the ground. Whatever the form, the block should be mobile and adjust to the set so that the Attackers are forced to hit the required shot to be successful.

When to Use: This drill is a middle of practice drill. It can be used by beginning or advanced players.

Author/Contributor: Doug Beal

Three Player Attack from Defense Drill

Purpose: This game-like drill combines three contacts with an attack. It utilizes ball control and is a conditioning drill for the attacker.

Personnel: A coach, a Setter, and three players.

Initiation of Play: The coach hits or tosses a ball to the player starting in the defensive position.

Description: P1 is the first attacker. P2 is in a defensive position. The coach hits or tosses a ball to P2. P2 passes to the Setter who sets the attacker, P1.

Immediately after the attack crosses the net, P1 returns to play defense and the coach puts another ball in play. The ball is passed to the Setter and P1 attacks again.

Goal: This series continues until P1 hits the required number of balls. The Attacker is required to make a number of consecutive attacks. At the beginning, three attacks in a row can be required. As the player becomes more proficient, the number of consecutive attacks can be increased.

Rotation: After P1 finishes attacking, P2 becomes the new attacker, P3 the new defender and P1 rests.

Variations: The first ball can be played to either the defensive player or the Attacker. It can be a tossed ball or a driven attack. The defensive player can be at any of the back-row positions, not just the LB position as shown. The Attacker can hit from a number of net positions rather than a single position. A second defender can also be used in the drill.

When to Use: The drill can be used in the middle or at the end of practice.

Author/Contributor: Doug Beal

Call the Shot Drill

Purpose: The drill allows Attackers to practice making adjustments in response to communication.

Personnel: A minimum of four players and a coach.

Equipment: A full court.

Initiation of Play: Coach tosses the ball to the Setter.

Description: This drill uses a Setter and three Attackers. A block is optional. The coach tosses to the Setter. The Attackers alternate attacking. After an Attacker starts the approach, the next Attacker in line calls out where to hit the ball. The waiting player calls, "Cross-court," or "Down-the-line."

When the drill is first being attempted, the call can be made as the Attacker starts the approach. As Attackers become more proficient the call should be made later in the approach.

If a block is used, the call of the shot is based on the position of the block.

Goal: Completion of the drill is based on total number of attacks by the group, total number of successful attacks, or total number of consecutive attacks without error.

Coaching Tip: In game situations, Attackers need to be aware of the block. Non-attackers should communicate to the Attacker where to place the attack so that a successful, open shot can be delivered.

When to Use: The drill is for the middle of practice. It is also best used with an intermediate or advanced skill level. Players should be proficient at spiking before attempting this drill.

Author / Contributor: Doug Beal

One Blocker vs. Three Attacker Drill

Purpose: Conditioning and reading the Attackers for Blockers in a game-like situation.

Personnel: Coach and at least five players.

Equipment: Net and balls.

Initiation of Play: Coach tosses the ball to a Setter.

Description: On one side of the net is a Setter, three Attackers in a line, and a coach who tosses the ball for initiation of play. The other side of the net has the lone Blocker who blocks from the RF.

The coach controls the pace of the drill by controlling the tempo of the tosses to the Setter. The Attackers hit one after another. The Blocker attempts to block the Attackers' shots.

Goal: The scoring of the drill can be varied. In one variation the Blocker can be kept in the drill for a minimum number of attacks, for example 30 attacks, then the Blockers rotate. As an alternative, the Blocker can remain in the drill until a number of blocks are accomplished, for example five blocks.

Variation: The Blocker can take the line shot or the cross-court shot depending on what the coach wishes to accomplish with the drill.

Variation: Attackers can also hit from the RF with a Blocker blocking from the LF.

Variation: The drill can also be varied by having two Blockers who alternately block against three Attackers.

When to Use: The drill is best used in latter part of practice.

Attack and Switch Drill

Purpose: This drill practices switching and attacking continuously from different positions along the net. During the course of the game, players may have to switch positions during the rally.

Personnel: The drill requires a minimum of four players. Other players may be needed to retrieve balls. A coach starts play.

Equipment: Balls and a full-court.

Initiation of Play: The coach tosses a ball over the net to a passer.

Description: One player, P1, acts as a passer. Two other players, P2 and P3, are the attackers. The fourth player is the Setter.

The coach tosses the ball at P1 who passes it to the Setter. The Setter sets P2 on the left or P3 in the middle. After the attacked ball crosses the net, the coach tosses another ball over. The group of three play the ball to the Setter with P1 being the primary passer. During play P2 and P3 switch positions and P3 now hits from the left and P2 hits from the middle.

As the ball crosses the net, a new ball is tossed over and play continues.

Coaching Tip: The Setter and Attacker have to communicate in the drill as to the position and type of set to be hit. P2 and P3 also have to be attentive prior to switches in order to play a ball tossed to them.

When to Use: This drill can be one of many drills that emphasize transition. It is best done in the middle of practice.

Author/Contributor: Doug Beal

Four-On-Four Deep Court Exchange Drill

Purpose: Ball control, ball handling, deep court hitting.

Equipment: One-full court and at least 2 balls.

Personnel: Four player are on one side of the court playing these positions: LB, MB, RB, MF. If more than four players are needed per team, rotate the extra player(s) off of the court.

Initiation of Play: The ball should be put into play to imitate how the previous ball was put out of play. For example, if a player dug the ball out of play, the coach hits the next ball at that same player until the player successfully controls the ball.

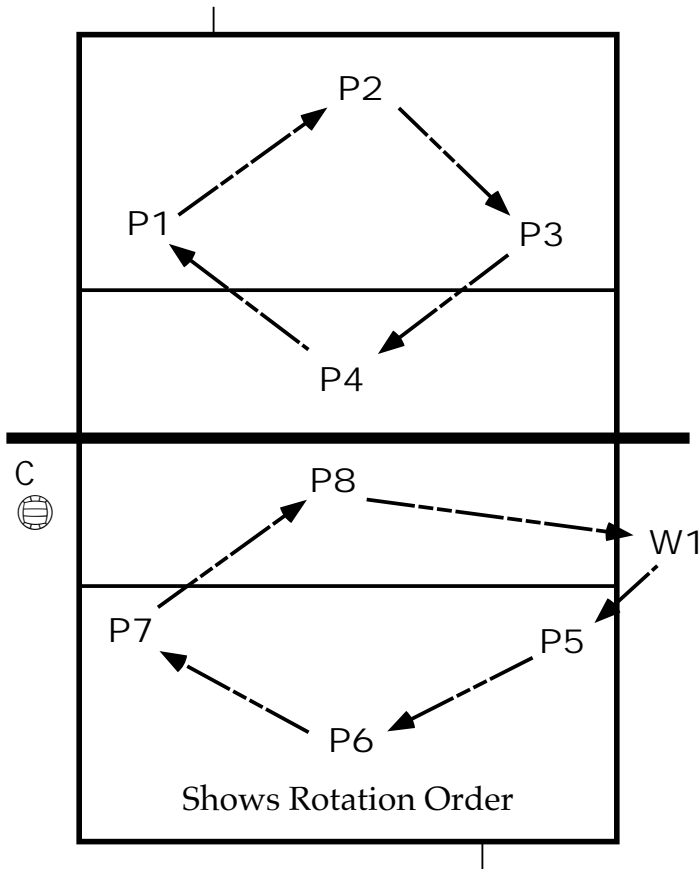
Description: Pass, set, hit, exchange. The back-court players play defense and dig the ball to the MF player. The MF player sets back-row to any one of the back-row players. The back-row player hits the ball over the net. After the ball crosses the net, that group exchanges positions.

Ball Control Rule: The drill can be modified so that the four players on the court stay on and continue to exchange as always. The fifth player in the group enters the drill when a ball control error is made by one of the four players on the court. Player 5 takes the position of player 4. This way the players “earn” more repetitions by performing well.

Scoring: Score can be kept in any number of ways. Be creative.

When to Use: Warm-up.

Contributor/ Author: Brad Saindon



Middle vs. Middle Drill

Purpose: To work on live middle attacks, commit blocking, defense against the middle attack, and transition middle attack.

Set up: Start with five players per team in these positions: LB, MB, RB, Setter and Middle Hitter. The Setter plays at the RF position. The Setter is restricted from participating in the block.

Description: On each team, only the Middle Hitter may attack from the front-court. When blocking, only the opposing Middle Hitter may block. If the Setter can not deliver the ball to the Middle Hitter, or if the Setter chooses, the Setter may set any of the other back-row players behind the 3-meter line (for a back-row attack).

The Middle Hitters must hit, block, get off the net, and then make themselves available to hit again, etc.

Rotation: The three back-row players may alternate their turn serving.

Initiation of Play: At the start, Team A serves to Team B. For the second rally, the coach tosses the ball in from the side near Team B. This ball is then played over the net underhand by Team B, for a free ball initiation.

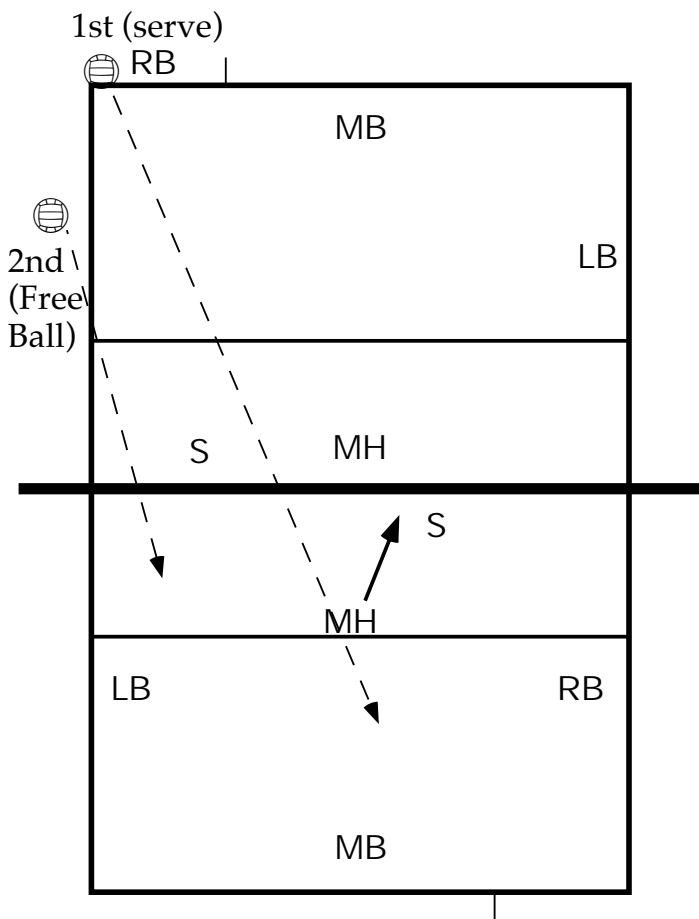
Scoring: Wash scoring is used. Team A serves to Team B and the rally is played out. Then Team B gives a free ball to Team A, and that rally is played out. To initiate the second rally, the coach tosses the ball from the sideline to the court so that Team A can pass a “free ball” over the net to Team B. To score a point, a team must win both rallies. If each team scores on one rally, it’s called a “wash,” and no points are scored.

When no points are scored after two rallies, Team A goes back to serve again and the two-step sequence is repeated.

Goal: With wash scoring, the first Middle Hitter to win five wash points wins the drill.

Variation: The game can be set-up with the Setters playing and penetrating from the RB position.

Contributor/ Author: Brad Saindon



Middle Hitter Wash Drill

Purpose: To work on the middle attack and to work on blocking the middle attack.

Personnel: Two coaches are needed to make easy serves. Two teams of either three or four players play against each other. With a three person team, the team includes one Middle Hitter, one passer and one Setter. With a four person team, the team includes two MF, one passer and one Setter. The second MF waits off the court for his or her turn.

Initiation of Play: The coach serves an easy ball over the net to the passer.

Rotation and Score: The score is kept in sequences of two serves. Nobody rotates after the first serve. Points may or may not be awarded after pairs of serves, but regardless, a rotation of play transpires.

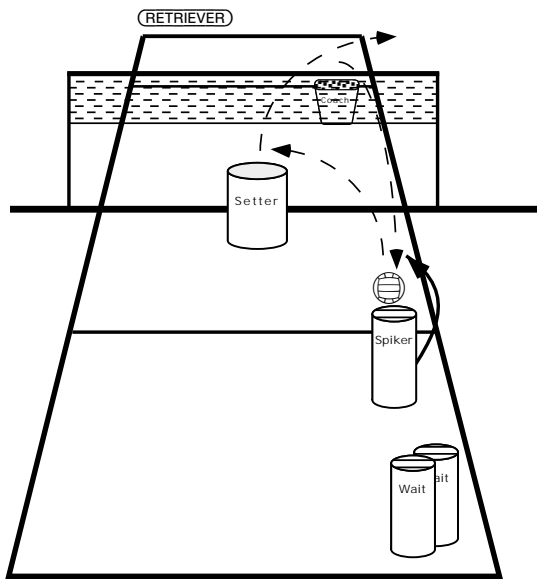
Description: The first coach serves the first ball to the Passer. The Passer digs the ball to the Setter. The Setter sets the ball to the MF who attacks the ball and terminates play. Then the same coach serves the second ball to the same passer and the same sequence transpires (dig, set, hit). After the second attack is terminated, the results are reviewed and points are awarded accordingly.

Score: If the MF on Team A scores on one serve and errors or gets blocked on the other serve, no points are scored and the serve goes to Team B. Team B then gets the same scoring chance.

If the MF on Team A makes two consecutive errors, or gets blocked twice, or some other bad combination for Team A occurs, then Team A loses a point from its score.

Pass, Set, Hit, — Warm-up Hitting Drill

Purpose: Warm-up, setting and hitting.



Personnel:
Coach, Setter
and line of
Attackers.

Equipment:
Balls and a net.

Initiation of
Play: Coach
tosses easy balls
to the line of
Attackers.

Description:
Coach tosses
easy balls to the
line of
Attackers. The
Attackers

should try to overhead pass to the Setters. Then the Setters set the ball back to an Attacker who spikes.

Time Allotment: 2-minutes.

Variation: Require the Attackers to hit a certain spot on the opposite side of the court with their attack. Or tell the Attackers to hit line. Or tell the Attackers to hit deep corner.

Variation: A Blocker can be added to the drill.

Contributor/ Author: Laurel Brassey

Left-Side Attack Drill

Purpose: This drill allows the Setter to work on plays and sets involving LF and MF. The opposing Blockers can also practice stopping these attacks.

Personnel: A team drill with a coach.

Equipment: Full court.

Initiation of Play: Coach tosses the ball to a passer across the net.

Description: The drill requires a Setter, MF, LF, opposing MF Blocker and RF Blocker. The coach tosses the ball to a passer. The passer overhand or underhand passes the ball to the Setter who sets the MF or LF.

Immediately after the attacked ball passes the block, another ball is tossed and the same Attackers attack again.

Rotation: A pair of Attackers play three-to-five balls in a row, then two new Attackers rotate in.

Variation: A single play can be worked on, for example the inside cross. Or, the Attackers can run a number of different sets during the three-to-five ball sequence. If ball control is a concern, then the ball can be tossed from the position of the passer.

Variation: Switch sides and do a Right-Side Attack Drill with players running the X-play.

When to Use: This drill is best used at the middle to the end of practice. It is also an advanced drill.

Author/Contributor: Doug Beal

Error Correction Drill (Deep Court Game)

Purpose: Back-row attacking, conditioning.

Equipment: Full court and balls.

Personnel: Six players and a coach.

Initiation of Play: Coach hits a ball at a back-row, defensive player.

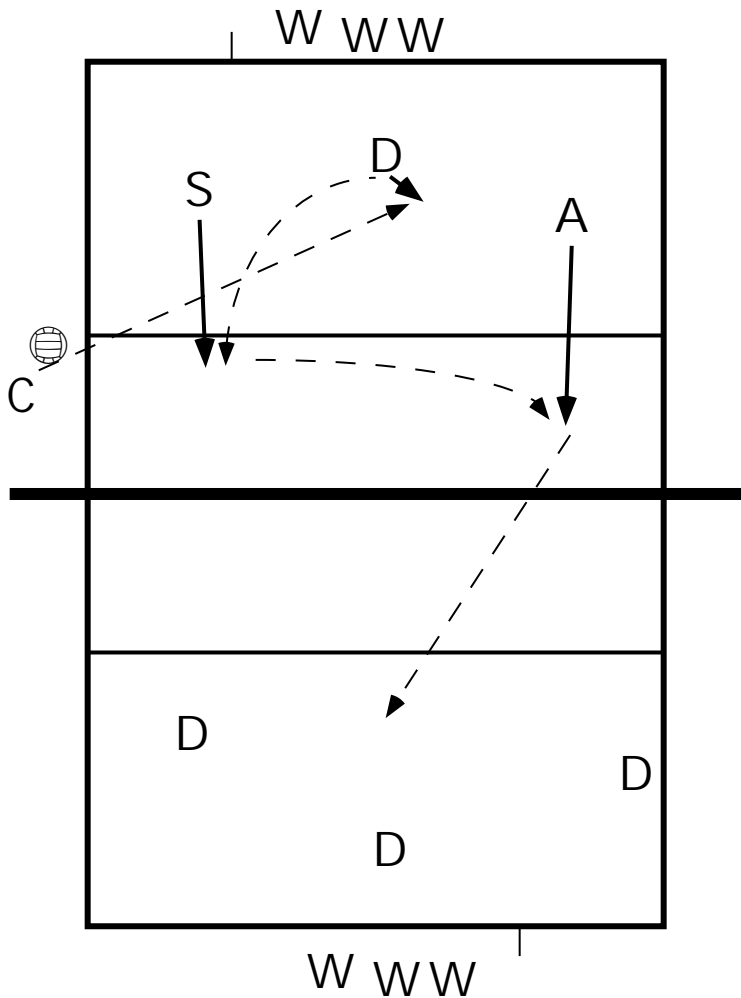
Description: Start with 3 players on a side in a back-row defensive position. The Coach initiates actions by hitting to a back-row Digger. That team plays out the ball (dig, set, hit). Sets must be deep for back-row attacking.

The opposing team digs, sets, hits until an error is made. For example, if a Digger misses the ball, the coach steps in and tries to recreate the same situation by hitting the same kind of ball to the player who just made the error. The coach can push the players by not letting them get the first ball. The team then continues to play.

If an attacking player hits the ball out-of-bounds or into the net the coach tosses another ball for the Setter to set for the same Attacker.

Rotations: Switch the waiting team into the game every 2-minutes. Or the rotation can switch the waiting team onto the court behind the coach whenever a team misses a dig and while the coach is hitting at the team that missed the dig.

Contributor/ Author: Laurel Brassey



Rose's Repetitive Hitting Drill

Purpose: To develop hitting endurance.

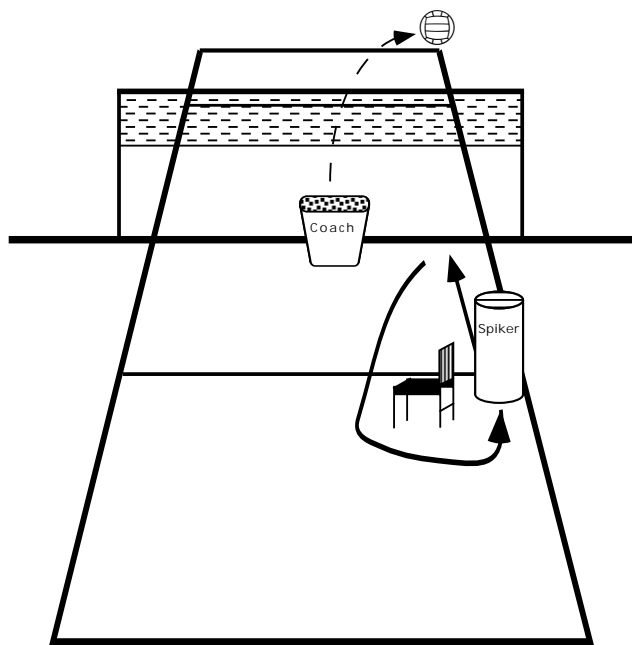
Equipment: Half-court with a net, balls and a chair or traffic cone.

Personnel: A coach and one player or more.

Explanation: The coach tosses regular sets to an attacking player. The attacking player must hit the set, then run around a chair. The chair is placed by the 15-foot line. Then the attacking player must hit again.

Goal: The drill continues until the Attacker gets 20 spikes into the court. Attacks don't count if they hit the net or go out of bounds.

Contributor/ Author: Russ Rose



Hitting Around Chairs Drill

Purpose: To teach the proper spiking approach and to teach the spiker to control one's body when approaching for the spike. To show the player the need to hit at various spots along the net.

Personnel: A coach and at least one player.

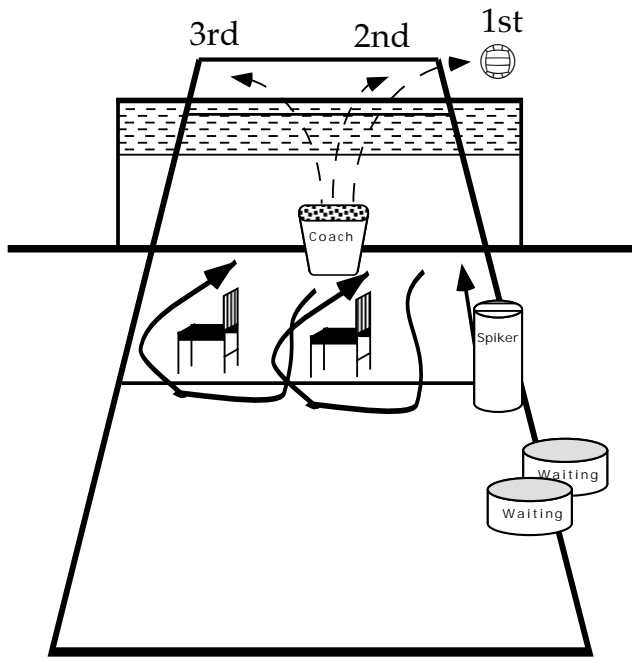
Equipment: Three balls, half-court and a net.

Explanation: An Attacker starts the drill by hitting a toss by the coach down the line. Then the same Attacker runs around the chairs and hits a toss by the coach in the middle of the net. Then the same Attacker runs around the second chair and hits a toss from the right side. The Attacker goes to the back of the line and another Attacker does the same routine.

Goal: The drill continues until each spiker has gone around five trips.

When to Use: Do this drill at the early stages of teaching hitting and in the early part of practice.

Contributor/ Author: Russ Rose



Server-Passer-Target Drill

Purpose: This drill is a combination drill that permits serving and passing practice.

Personnel: Three players.

Equipment: One ball.

Explanation: One player serves, the second player passes, while the third player acts as a Target. With beginning teams, all three players start on the same side of the net. The server stands at the net with the passer starting 20 to 30 feet away. The Target stands 5-to-10 feet to the server's left. The server serves to the passer and the passer tries to pass to the Target. The passer tries to control both the location and the height of the pass.

Goal: The drill can be continued for time.

Rotation: The players rotate.

When to Use: This drill is good early-season or off-season when the emphasis is on skill development. It is best scheduled at the middle of a practice after basic passing and setting drills have been performed.

Author/Contributor: Doug Beal

Target Serving Drill

Purpose: This drill is for practicing serving accuracy.

Personnel: Pairs of players.

Equipment: A court, net, cone markers to divide the court, actual targets (such as buckets or chairs) and a large number of balls.

Initiation of Play: The player serves the ball.

Description: Players pair up with one person serving and the other counting and shagging. The court is divided into a number of target zones that contain targets. Marker cones can be used to mark these areas with objects such as chairs or buckets used as targets. Each zone is numbered.

The court in the figure is divided into zones 1, 2 and 3.

Goal: Have the players serve until they hit five serves to zone 1, then five to zone 2, and finally five to zone 3.

Players serve a zone until they achieve the number required.

Alternate Scoring: Require accuracy over a limited number of serves. for example, players have nine serves. Players are to serve the following zones in this order: 1, 2, 3, 3, 2, 1, 1, 2, 3. If the player's serve goes to the correct zone, one point is awarded. If the zone is missed, no point is awarded. Scores determine players' success.

Coaching Tip: The coach decides which are the important zones to serve to and what is the criterion for completion of the drill. No more than one person should serve at a time if a number of players are serving on the same court.

Author/Contributor: Doug Beal

Serve Under Elastic Drill

Purpose: The purpose of this drill is to train serving the ball close to the net.

Equipment: A number of balls, antennae on the net and a flexible elastic/bias tape stretched from one antenna to the other. The elastic should be at least two feet above the top of the net.

Initiation of Play: Serve the ball.

Description: Players attempt to serve the ball between the elastic and the net. The conditions for successful completion of the drill are determined by the coach.

Rotation: The drill is timed with half of the team serving and the other half shagging. One side serves for 2-minutes.

Goal: Each side competes to achieve the most good serves in the allotted time.

Variation: With more skilled teams and players, this drill can be combined with target serving. Players not only have to serve the ball under the elastic, but they have to serve specific zones to be successful.

When to Use: This is a change of pace drill. It can be used to slow the pace of practice, while still requiring concentration.

Author/Contributor: Doug Beal

Three Point Serving Drill

Purpose: This drill permits practicing both serving and serve/receiving in a competitive situation.

Personnel: Three players.

Equipment: Several balls and court.

Initiation of Play: Server serves.

Description: One player, P1, serves. P2 attempts to pass the serve to the target, P3. P3, should be to the right of the passer. The drill is scored.

Scoring: The server gets one point for an ace, or for a ball that the passer does not pass to the target. The passer gets a point for each pass to the target or for a service error by the server. The coach determines how close the ball must be to the target for a “good” pass. **Goal:** The goal is to get to three points first.

Rotation: After three points are achieved, the winning player switches and the game starts again. For example, if the passer wins 3–2, the passer switches with the Target. The server now competes with the new passer. The drill can be performed for a fixed amount of time, for example 10 minutes, with a number of games being played in the process.

Variation: The server can serve from the serving box or closer to the net. This situation may be desirable for teams with inconsistent serving. The drill can be made more challenging by requiring the server or passer to accomplish three points in a row before rotating.

When to Use: This drill is best performed by players with intermediate to advanced skills. It is best done in the middle of practice when the team is sufficiently warmed-up.

Author/Contributor: Doug Beal

Serve at Six Drill

Purpose: Many coaches tell their players where to serve as part of their game plan. This drill places players in a situation where they must execute their coach's serving strategy.

Personnel: Six players are on one side of the court in serve/receive formation, and any number of servers can be on the other side.

Equipment: A full-court.

Initiation of Play: Server serves.

Description: On one side of the court, a team of six players gets in serve/reception formation. On the other side, a number of servers gets to serve. The court on the reception side is divided into six zones.

The servers alternate serving, with the coach directing the servers, either by signals or by words, which zone to serve to. The receiving team can pass the ball or run a play from serve/receive.

The criterion for success is set by the coach.

Rotation: The drill can be performed for a set time allowing all players to serve and receive by rotating and substitution.

Goal: Make the game competitive by keeping score. The servers get points for aces and ineffective passes by the passing team. The passing team gets points for good passes and service errors.

Variation: The drill can be performed using chairs as targets instead of passers. Players still must serve to the target areas.

When to Use: This drill is team oriented. It is best done at the end of practice. It can be used as a change of tempo drill in the middle of practice.

Author/Contributor: Doug Beal

Ten-Point Serving Drill

Purpose: This drill generates competition between servers and passers.

Personnel: Four players.

Equipment: Full-court and several balls to limit shagging.

Initiation of Play: Server serves.

Description: There are four players that include: a Server (P4), two passers (P1 and P2), and a target (P3). Each player is competing against the other. The drill can be also performed so that the server is competing against both passers.

Goal: The goal of the drill is to score points. The server collects 2 points for an ace, 1 point if the passers pass the serve, but not “perfectly,” 0 points if the passers make a perfect pass, and minus 2 points for a service error. The passers score 2 points on a perfect pass, 1 point on a good, but not perfect pass; and minus 2 points if they are aced.

Rotation: The goal is to score 10 points. the player scoring 10 points first switches with the Target and a new game begins.

Coaching Tips: The 10-point goal is arbitrary. The coach can make it a 20-point game or whatever is appropriate. The reception positions are also optional. The coach should construct the drill to best meet the needs of the team at the time of practice.

When to Use: The drill is best used in the middle of practice.

Author/Contributor: Doug Beal

Serve Against The Wall Drill

Purpose: To improve serving proficiency when practicing alone without a court.

Personnel: Lone player.

Goal: Prepare oneself for the physical moves of making the serve as well as the mental aspects necessary to put the ball into play with successful results for the team.

Rotations: None, other than to proceed to another drill, step to the court and serve over a net. A rotation could occur within the visualization by establishing another situational mind-set.

Time Allotment: Three-minutes or longer, or until concentration fades.

When to Use: When alone and when self-examination can occur.

Explanation: Mark a line on the wall at the height of the net in which you play. Then stand back nine-meters or more and go through the serving routine. Serving the ball to the wall at a spot over the line. It is most important. Players need to have the skill of always serving over the net, even if the ball sometimes goes out-of-bounds.

Players should go through the whole serving routine. Imagine each time that you are in a pressure situation and visualize your successful, tough serve.

Initiation of Play: Self-action.

Contributor/ Author: John Kessel

Serve and Dash Drill

Purpose: Practice the serve and the following movements just after the serve.

Personnel: Lone player.

Explanation: Most people forget that the whole skill of serving includes dashing to a back-line defensive area. For those defending LB, the dash turns to a good eight-meter (or more) sprint. As you run you should be watching the ball. Run and watch. Don't watch then run. Watching the served ball can help you to determine what small adjustment you should make on the next serve.

Would you be better on the next serve if you float the serve or do a powerful top-spin?

Initiation of Play: Self-action.

Time Allotment: From 3-minutes or longer, or until concentration fades.

Contributor / Author: John Kessel

Four (in) Before Two (outs)

Serving Drill

Purpose: the drill encourages accuracy as well as consciousness about a good serving ratio of “in” to “out.”

Personnel: This serving drill is performed with partners. One player serves and the other player judges.

Equipment: Full-court and ball, but court can be shared.

Initiation of Play: Server serves the ball.

Description: The coach designates a zone with cones or lines. The serving player serves the ball into that zone while the judging player stands behind the zone and shags the balls and judges accuracy.

See the diagrams on the following two pages.

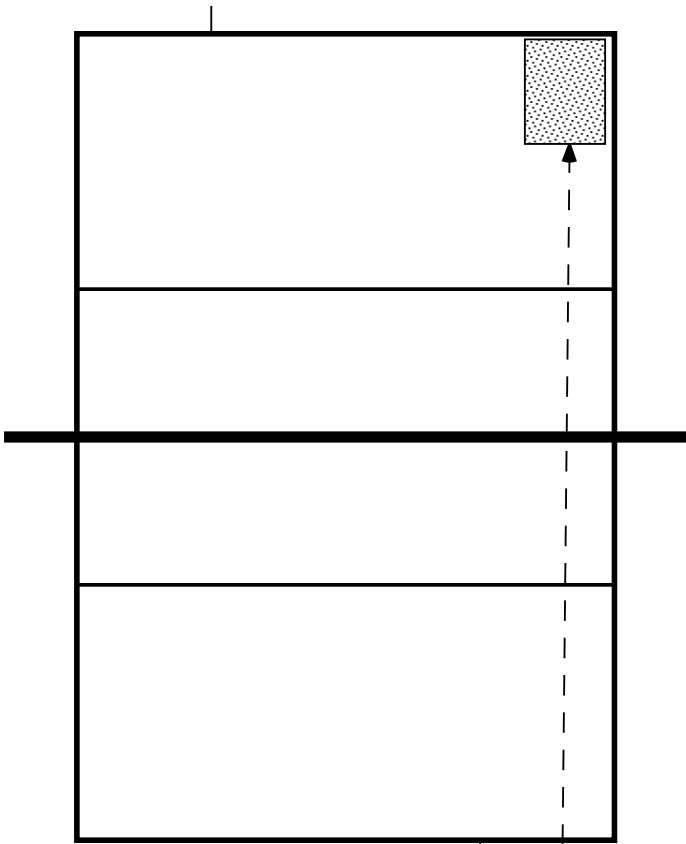
Scoring: The player serving must get four in the zone before two are out. An out ball goes into the net or out of the court. A ball that is served onto the court but out of the serving zone is not counted.

Rotation: When a server has failed or succeeded, the two player switch. When both players have completed the task, the players move to serve to a new zone.

Coaching Tip: This type of serving drill provides a game-like atmosphere with feedback. As the servers get more proficient, add an elastic to the antennae to force a flat serve.

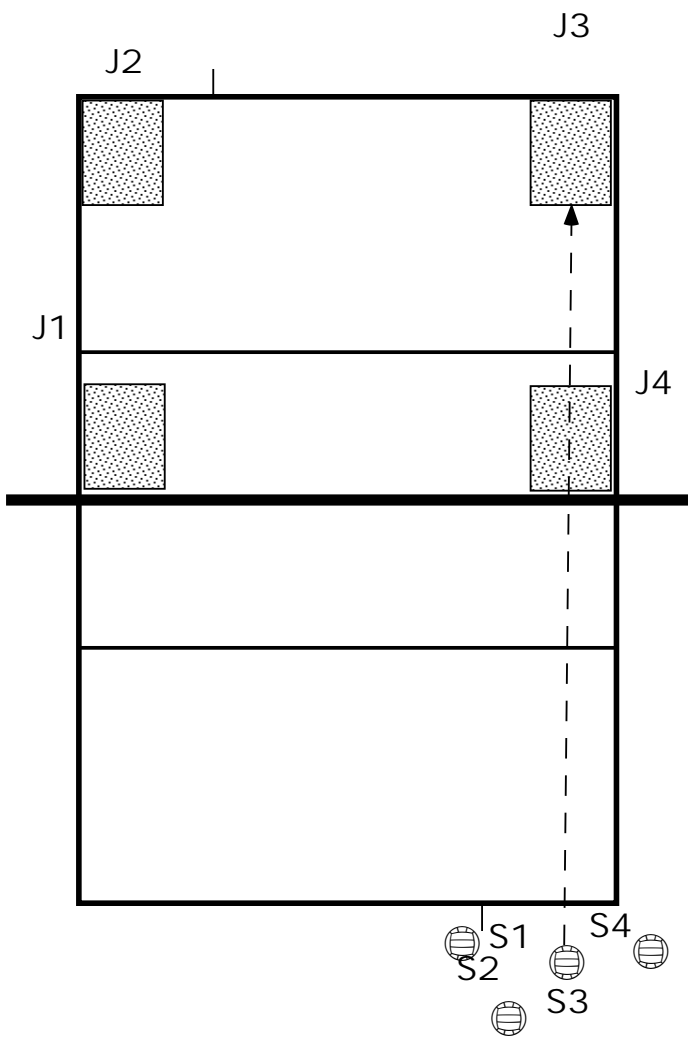
Contributor/ Author: Greg Giovanazzi

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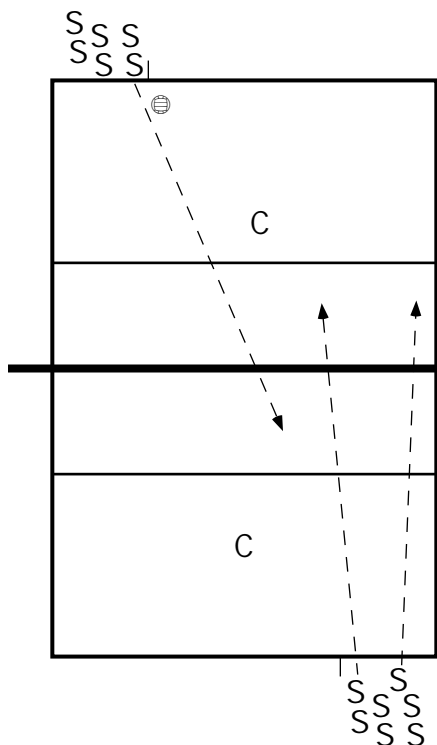


RB





Brassey Serving Drill



Purpose: To improve serving.

Equipment: Plenty of balls and a full-court.

Personnel: One or more players and at least a coach.

Initiation of Play: Server serves.

Description: Each team member must serve three balls in—consecutively. If the coach thinks that the serve is too easy, that serve doesn't count. On an easy serve, the server doesn't lose a point, but the ball must be re-served.

Everyone serves together. Coaches stand in the middle of each side of the court. If the coach touches a serve, the coaching team gets a point. If the coaching team gets five-points, (touched ball, into the net, or out-of-bounds) before the players all serve three good serves, coaches win and the players must do 5 rolls.

All short serves must be inside the 3-meter line.

Contributor/ Author: Laurel Brassey

Receive Serves Over a Net

Purpose: Practice serving accuracy and passing accuracy with limited number of players.

Personnel: Three players

Equipment: At least one ball and a net.

Explanation: One person serves a ball over the net to a defending passer. The passer digs the ball to a third friend acting as a Target. The Target is on the same side of the net as the passer in the area of the Setter's position. The Target catches the passed ball and rolls it under the net to the server.

Goal: Score the game for accuracy. Give the server a point if the Target player has to move more than one step to catch the ball from the defending passer. Give the Passer a point for every serving error or if the Target has to move only one step or less to catch the dug ball.

When to Use: Great to use when a limited number of players are available for practice.

Contributor/ Author: John Kessel

Serve–Pass–Circuit Drill

Purpose: To provide players with a sufficient warm-up as well as emphasizing the importance of serving and passing.

Equipment: Balls and full-court.

Personnel: Four or more players.

Initiation of Play: Server serves.

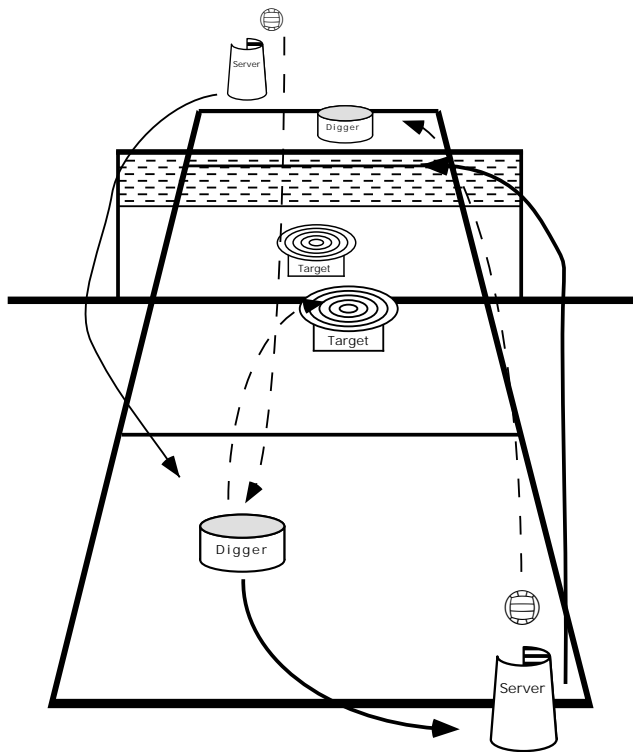
Description: A Server serves a ball from the serving area on the near-half of the court. The serve is sent over the net to a Passer who passes the ball to the target. The Target sets the ball to a coach or target. The original server of the ball becomes the next passer on the other side of the net. The passer retrieves the ball from the Target and becomes the next server on the side that passer just passed on.

Goal: The PSU team normally warms-up with 50 serves down the line and then 50 serves cross-court.

When to Use: Use this drill at the beginning of practice after the players have warmed-up sufficiently to serve with control and to move enough to cover and pass.

Time Allotment: 20 minutes.

Contributor/ Author: Russ Rose



Target Serve Drill

Purpose: To develop the ability to serve to the various zones.

Equipment: Six traffic cones are used to highlight the serving areas. Place the cones on the court as shown in the diagram. Zone 1 is demonstrated with three cones placed to produce a target area.

Description: Servers on both sides of the net have 1-minute to serve the ball into the desired area. One point is awarded for a serve that lands in the designated area while one point is deducted for serves that hit the net or go out of bounds.

Rotation: The target area is changed by moving the traffic cones. Then a new game is initiated.

When to Use: Use the drill after the players' arms are warmed-up.

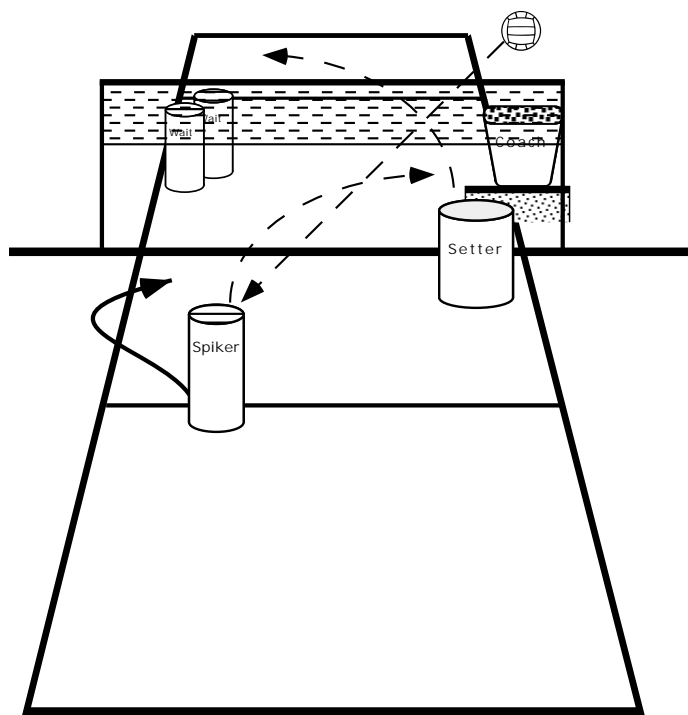
Contributor/ Author: Russ Rose

RB 



RB 

Dig, Set, Hit Drill



Purpose: Live play.

Equipment: Half-court and a net with balls.

Personnel: A coach and three or more players.

Initiation of Play: The coach hits or tips the ball across the net from a platform.

Description: The coach hits or tips the ball across the net from a platform. The ball goes to the LF digger who digs to the Setter. The Setter sets to the LF, who hits. The Attackers start at the net and back-up to a defensive position when the coach tosses a ball high into the air.

Variation: The Setters can block.

Variation: Play with two Setters. Each Setter must cover the Attacker he or she sets. Alternate Setters.

Variation: Add a Blocker to block against the attack from the LF.

Variation: Designate an area into which the LF must hit the ball.

Variation: Hit from different positions instead of the LF. Hit from the MF or hit from the RF.

Rotation: The Attackers rotate after every spike.

Time Allotment: Five-minutes.

Contributor / Author: Laurel Brassey

Twelve Person Exchange Drill

Purpose: The object is to dig, set and attack from behind the 3-meter line.

Equipment: Full court.

Personnel: Twelve players.

Initiation of Play: The coach tosses the ball to either team.

Goal: Play for a set time period.

Description: This drill consists of 12 players who switch on and off the court in groups of three. The coach initiates the drill by putting a ball in play to either team.

Whenever the sequence is successfully completed the teams on the same side of the net switch on and off. This switching on and off the court is being done while the ball is being played on the other side of the net. The switch must take place quickly.

Anytime an error takes place, the coach gives the ball to the player who committed the error and allows that player to remedy the mistake. For example, if a ball is attacked out of bounds, the coach tosses the ball to the player who attacked it. That player is in until that player corrects the error. All the while, the team remains on the court until the ball lands on the court across the net or is engaged by the opposition.

Coaching Tip: The drill is fast moving and fun. All 12 players are involved. It can be used as an inspirational drill, a ball-control warm-up, and end of practice drill for time, or a pre-match warm-up.

Contributor/ Author: Greg Giovanazzi

Three vs. Three at the Net Drill

Purpose: This drill allows Hitters to practice against Blockers and Blockers to practice against specific offensive situations.

Personnel: At least seven players, but the entire team can participate.

Equipment: Balls and full-court.

Initiation of Play: The coach tosses balls to the Setter.

Description: On one side of the net are three Blockers, one at each front-row position. On the other side of the net is the coach, a Setter and the rest of the team. The players are divided to attack from LF, MF and RF. The Setter works with three Attackers at a time.

The coach tosses balls to the Setter while the Hitters run plays. The plays and sets to be practiced are directed by the coach and Setter.

The X play is illustrated in the diagram. In this arrangement, the LF runs a back-set or the cross.

Goal: Each group hits a number of sets, then goes to the back of the line and the next group hits.

Coaching Tip: The pace of the drill can be accelerated into a transition drill by taking less time between tosses. Players can specialize, hitting from one position, or they can hit from a number of positions.

When to Use: This drill is an advance drill, but it can be used with intermediate level teams and is more appropriate at the end of practice.

Author/Contributor: Doug Beal

Serve/Receive to Attack Drill

Purpose: This drill facilitates the practice of serve/reception by breaking it into segments.

Personnel: Five or six players.

Equipment: Balls and a full-court.

Initiation of Play: The server serves to the reception pattern.

Description: Players are placed in LF, MF, LB serve/receive pattern. The Setter is the target. The Server serves to the reception pattern.

The receiving team passes to the Setter and then runs a play with the Setter setting to either the LF or the MF. The Setter determines the type of set to be made.

Goal and Rotation: A number of conditions can be set for the completion of the drill. The three passers can rotate after a certain number of serves, for example 10. Rotation can also be based on the number of good passes to the Setter, for example 5. For skilled teams, the rotation of the passers could be based on the number of good pass-set-hit combinations. In any event, a new server does not start until the passers have passed each position. With the new server, the drill begins again.

Coaching Tip: The better the ability of a team to sideout from serve/receive, the less likely it is to give up points.

Variation: The positions of the passers can be varied. The drill could also be performed with LB and RB passers and a LF hitter.

Variation: For an added challenge, Blockers can be added.

When to Use: This drill is for skilled teams. Beginning teams can use the drill; however, the conditions for success should not be too demanding. The best time to use this drill is the middle to the end of practice.

Author/Contributor: Doug Beal

Attack from Serve/Receive Drill

Purpose: Players need to think of the game in terms of three distinct contacts. Players must execute two skills in order to successfully execute the drill.

Personnel: Three players.

Equipment: Full court.

Initiation of Play: Server serves.

Description: The basic drill has three players, a Server, P1; a passer/attacker, P2; and a Setter, S.

P1 serves to P2. P2 passes to the Setter and then moves to attack. The Setter then sets P2. The drill should be performed so that P2 is working to hit a specific set or types of sets. The Setter and the Attacker must communicate at all times in this drill.

Goal: The passer must execute a number of successful pass-attack combinations before rotating out of the drill.

Variation: Blockers or a single Blocker can be added to the drill.

Variation: The drill could also be performed with a front-row player passing then attacking.

When to Use: This is a middle-to-end of practice drill. If two courts are available, half the team could be doing this drill on one court while the other half is doing another drill on a different court.

Author/Contributor: Doug Beal

Two-Passer Attack from Serve/Receive

Purpose: The purpose of this drill is to coordinate play and to work on communication among three players on serve/reception.

Personnel: A minimum of four players is required.

Equipment: Full-court.

Initiation of Play: Server serves.

Description: One player, P1, serves. Two players, P2 and P3, receive and attack. A Setter is also required to perform this drill. When P2 passes, P3 attacks, or when P3 passes, then P2 attacks. P2, P3, and the Setter communicate as to the type of set.

Goal: The goal is a successful pass-attack combination.

Variation: Allow either person to set after the pass.

Variation: Make a front-row attacker with a back-row passer.

Rotation: Players stay in the drill until a minimum number of successful pass-attack combinations are completed.

When to Use: On its face, this drill is advance. It can be used with beginning players, but reasonable criteria must be made for determining success. This drill is a middle of practice drill.

Author/Contributor: Doug Beal

Five-on-Six Drill

Purpose: This drill provides practice in defense and transition to offense in a controlled situation.

Personnel: Eleven players and a coach.

Equipment: Full court.

Initiation of Play: The coach tosses a ball to one of the players on the same side of the court.

Description: On one side of the net is a team of six in its starting defensive position. On the other side of the net are three Blockers, B; and players at LB and RB. Either the RF or the RB should act as the Setter.

The drill begins when the coach tosses a ball to the Setter, or to the 10-foot line to be attacked by the LB or RB. The defending team digs the attack and transitions to attack. The team of five defends against the attack of the team of six.

If the team of five digs the ball, it plays the ball out. If it does not dig the ball, the coach tosses a new ball as before.

Play continues with the coach tossing or the team of five playing the ball out.

Goals: The defending team can stay in a rotation for time, until it makes a number of successful transition attacks, or until it makes a number of consecutive successful attacks. The drill can be competitive with the team of five and the team of six each having a goal.

When to Use: The drill is for the end of practice.

Author/Contributor: Doug Beal

Left-Side Attack vs. Left-Side Defense Drill

Purpose: This drill is designed to practice on side of the team defense.

Personnel: Nine players and a coach.

Equipment: Full court and balls.

Initiation of Play: The coach tosses the ball to a Setter.

Description: On one side of the net is a line of three LF hitters and a Setter, along with the coach. On the other side of the net are three front-row Blockers, (Bs), and two back-row players, (LB and RB).

The drill begins when the coach tosses a ball to the Setter. The Setter sets an outside Attacker who attacks the ball. The block is set to stop the Attacker's cross-court shot. The defenders move to dig the ball. The defense works to dig the ball and run its transition attack.

After a kill the players return to their starting positions and a new ball is tossed.

Rotation: The three Attackers alternate hitting. The group stays in the drill for time, until a number of balls have been attacked, or until a successful number of transition plays have been run.

Scoring: The drill can be made competitive by having the Attackers attempt to achieve a number of kills before the defense achieves a number of transition attacks.

Variation: Allow a Middle Attacker work with the LF Attackers. **Variation:** The drill can be run with RF Attackers against RF Blockers.

When to Use: The drill is an end of practice drill.

Author/Contributor: Doug Beal

Sideout/Down Ball/Free Ball Drill

Purpose: A six-on-six drill combining first ball sideout and transition play.

Equipment: Full court.

Personnel: Full teams.

Initiation of Play: Server serves, coach hits a Down Ball, then the coach tosses a Free Ball.

Explanation: One team is made the “featured team.” The featured team receives all first balls. To win the drill, Team “A” must successfully convert a sideout, and Down Ball, and a Free Ball. The featured team gets two chances.

Team “B” can win when it stops team “A” from completing the above task twice in a row. Team “A” gets two chances.

The ball is initiated by Team B with a serve. Secondly, a coach attacks with control providing a Down Ball. Thirdly, a coach tosses a Free Ball.

Goal: After either team wins a point that team rotates. The first team to rotate six times or all the way around wins. After one team wins, the teams switch roles.

Coaching Tip: The drill can be adjusted for lower levels by controlling the serve and the successive two-ball tosses. The drill exercises all aspects of the game.

Contributor/ Author: Greg Giovanazzi

Five-on-Five Bongo Drill

Purpose: Live defense, one-on-one blocking, transition offense.

Equipment: Full court and five balls.

Personnel: A coach and ten players. Five-on-five. The five players on a team play these positions: LB, MB, RB, RF, LF. Basically, the five-on-five is like six-on-six real volleyball, but without the Middle Blockers.

Initiation of Play: Five balls in all are sent to the one team. The coach initiates the drill by hitting the balls.

Description: At the beginning, the coach hits one ball to each player in the back-row. The first ball is hit by the coach at the LB. The second is hit to the MB. The third is hit to the RB player. The fourth ball is a pursuit ball. The coach can throw the pursuit ball anywhere in the gym on the pursuing team's side. The fifth ball is served by the opposing team.

After the initiation of play, the ball is passed to the Setter at the RF. Then, the ball is set by the RF to the LF. A standard team defense is played on each side. The rally is played out.

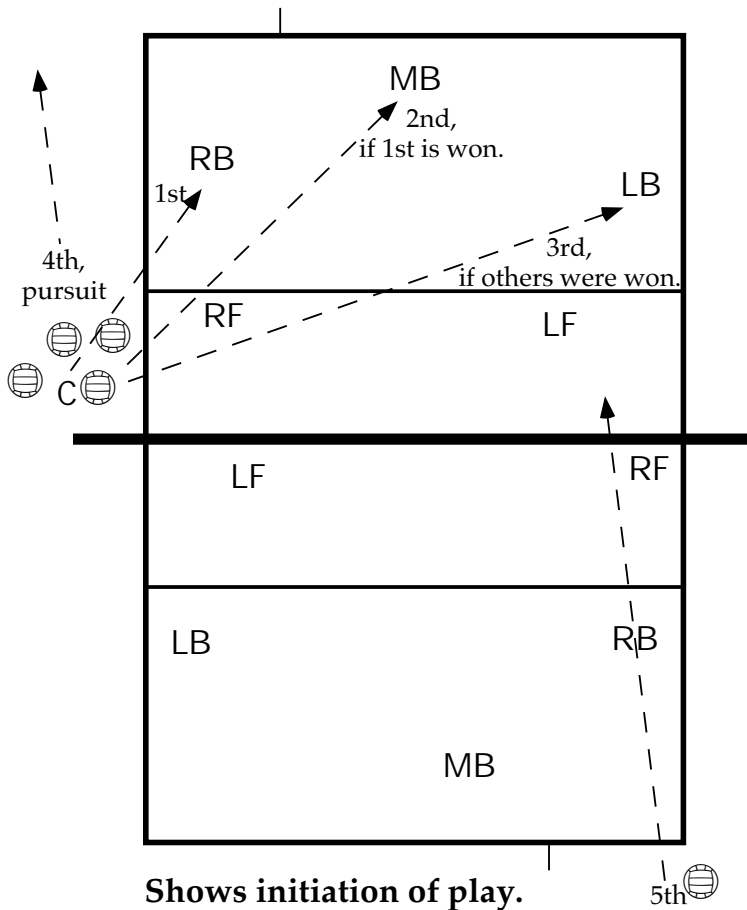
Scoring: First, the coach hits the ball to Team A's LB player. If Team A wins the rally, then the coach hits the second ball to Team A's MB. If Team A wins the second rally, then the coach hits the third ball to Team A's RB. If Team A wins the third rally, then the coach hits the fourth ball anywhere as a pursuit ball. If Team A wins the fourth rally, then Team B serves to Team A. If Team A wins the fifth and final rally, Team A scores one point. To earn a point, a team must win five-straight rallies (3 from digs, 1 from a pursuit and 1 from a serve/receive offense).

If Team A fails to win a rally in the sequence, it is not Team B's turn.

Rotation: Team B rotates before starting its sequence. If Team B fails to complete the sequence of five victorious rallies, Team A rotates, and it becomes their turn again.

Variation: The coach can chose whether or not to use the Setter. If a Setter is used out of the back-row, the Setter may set the LF or RF.

Contributor/ Author: Brad Saindon



Around the World Drill

Purpose: Serve/Receive Offense

Personnel: Twelve players. The drill is six-on-six, full team, live play.

Initiation of Play: The serving team serves the ball to the receiving team. This drill is “live play.”

Goal: The object of the drill is to rotate six times. The first team to rotate around wins the drill.

Rotation: To rotate, the receiving team must side out. If the receiving team makes a side out in Rotation 1, the receiving team rotates to Rotation 2 and receives serve again. As long as the receiving team successfully sides out, it continues to rotate. After 6 straight side-outs, that team wins.

If the serving team prevents the receiving team from siding out, (i.e., the serving team scores a point), the receiving team now must make a decision. The receiving team has two options.

Option 1: The receiving team can FREEZE. In this option, the receiving team stays in the rotation it is in, and becomes the serving team. The opponent now earns the right to receive serve and can rotate as it completes a side out in each rotation. When the receiving team is stopped, i.e. prevented from siding out, it now has the option choice. If that team decides to FREEZE, the team serves from the rotation it FROZE in, and the original receiving team starts in the rotation it left off in (where they FROZE). Then the other team can continue in its six rotation journey.

Option 2: The receiving team, upon being prevented from siding out, can decide to do Option 2, instead of Option 1. The second option is a decision to “CHANCE IT.” In this option, the team is granted another chance to side out in the rotation it just failed in. If the team succeeds on this second chance, it proceeds by rotating to the next rotation and the drill continues. If the team fails after deciding to “Chance it,” it must return to the beginning (rotation 1), and automatically become the serving team. The opponent now receives serve either where it left off (if the team elected to freeze) or at the beginning if that team chanced it and failed.

Neither team can elect to “Chance It” in the first rotation at the start as there is nothing to risk if the team fails. The team can decide to “Chance It” only after it has rotated at least once.

Variation: This drill can be made even between the two teams quite easily. If the starters are on one side and the non-starters are on the other, then the teams are probably unbalanced. Require the starters to go nine-to-twelve rotations opposed to the non-starters who would be required to go six rotations.

Variation: The starters can be given only one opportunity to elect to “Chance It.”

Contributor/ Author: Brad Saindon

Four-on-Four Square Drill

Purpose: Game play, live defense, one-on-one hitting/blocking, serve/receive.

Personnel: Two teams of four players each. The drill has the following players on each side: RF, LF, LB, RB. This drill eliminates the MF and MB players. The players should play as they would in a six-on-six game.

Initiation of Play: The serving team serves the ball. Live play.

Goal: Play a game to 15 points with regular and rally scoring.

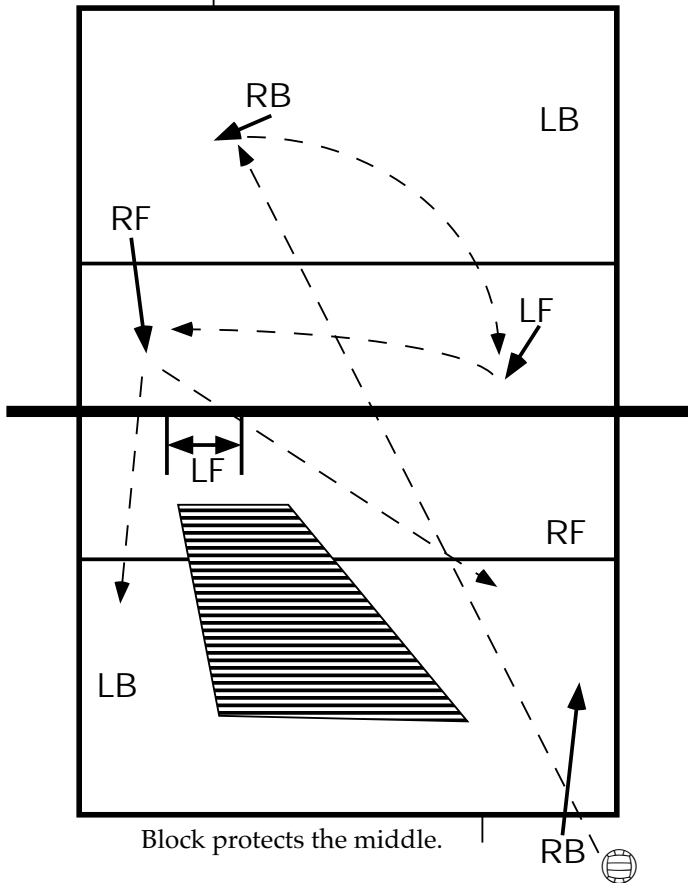
Description: The teams serve/receive with two or three players patterns. The play is four-on-four, live play. The Attackers can hit line or cross-court. The Blockers block to protect the middle-back area.

See the diagram on the next page.

Rotation: The teams can either “de-specialize” where whoever is in the RF position acts as the Setter, or “specialize” by letting the Setter set all positions. When the Setter is in the back-row, the set can penetrate and set LF or RF. When the Setter is in the front-row, the Setter can set LF.

Contributor/ Author: Brad Saindon

Serve/Receive Team



Sequence Drill

Purpose: Play six-on-six and emphasize late-game pressure and finishing the game.

Personnel: Six-on-six, live play. Assign one coach to each team. Assign a referee.

Equipment: Full court, ball, and each team gets one timeout per sequence. A score sheet of the chart shown below would help for easy reference.

Goal: The object of the drill is to complete the sequence of 10. The first team to complete the sequence of 10 wins.

Play: One team at a time comes up to bat and is the team on the hot seat. The opposition team plays as the spoiler. The team on the hot seat can either win its sequence and advance to the next sequence, or it can have its sequence spoiled. After a sequence is spoiled, the spoiler team moves to the hot seat role as the two teams switch from spoilers to hot seat.

The sequence of 10 has 10 different stages to score a victory. Each stage is a mini-game with the score and serving team established by the following chart. When the stage is set for each stage in the scoring sequence, the team that is in the hot seat is listed in **Bold**. The team with the serve is noted with a *.

<u>Stages:</u>	<u>Hot Seat Team</u>		<u>Spoilers</u>	
Stage 1:	13*	-	11	
Stage 2:	13	-	13*	
Stage 3:	12	-	13*	Rally Score
Stage 4:	12	-	14*	
Stage 5:	15*	-	15	
Stage 6:	10*	-	10	Rally Score
Stage 7:	11	-	13*	
Stage 8:	15	-	15*	Rally Score
Stage 9:	11*	-	12	
Stage 10:	10*	-	12	

When to Use: Use this sequence when there is plenty of time.

Contributor / Author: Brad Saindon

Vortex Drill

Purpose: Live play, six-on-six. Free ball offense, conditioning.

Personnel: Full teams, six-on-six with a coach to throw free balls.

Equipment: Scoreboard, full-court.

Initiation of Play: The coach throws a free ball into the court of the scoring team from the opposite side of the net.

Scoring: Only the team that receives a free ball can score a point on that rally. For example, Team A receives the free ball and the rally is played out. If Team A wins the rally, it gets a point on the scoreboard. Team A then immediately receives another free ball from the coach. Every time a team wins a rally from which it received the initial free ball, that team gets a point and receives another free ball.

If Team B wins the rally on which Team A got the free ball, then Team B put a stop to Team A's run and then Team B gets the chance to receive the next free ball, and possibly score a point if it wins the following rally.

Goal: The first team to 30 points wins.

Rotation: After game 1 ends, both teams rotate and game two starts at a score of 0-0.

Variation: If the game score is tied 3-to-3 after six games have been played, each team chooses its one rotation for the tie breaker.

Variation: In the tie-breaker game, the coach can choose the rotation set-up for each team.

Variation: In the tie-breaker game, the teams can rotate each time before it begins to receive free balls.

Balancing teams: When playing with unbalanced teams, require the starters to play to 30 points and the non-starters to win at 20 points.

Contributor/ Author: Brad Saindon

Perpetual Serve/Receive (Short-Deep) Drill

Purpose: Serve/Receive and conditioning.

Initiation of Play: Live serving.

Personnel: Six or more players.

Equipment: Full-court and plenty of balls.

Rotation: The servers serve, then run to the opposite side of the net to the on-deck passing position. The players move from the on-deck passing position into one of the three positions on the court to play serve/receive. The player who passes the ball then becomes the Target. The Target retrieves the pass wherever it may go. Then the Targets proceed to the serving position on the same side of the net.

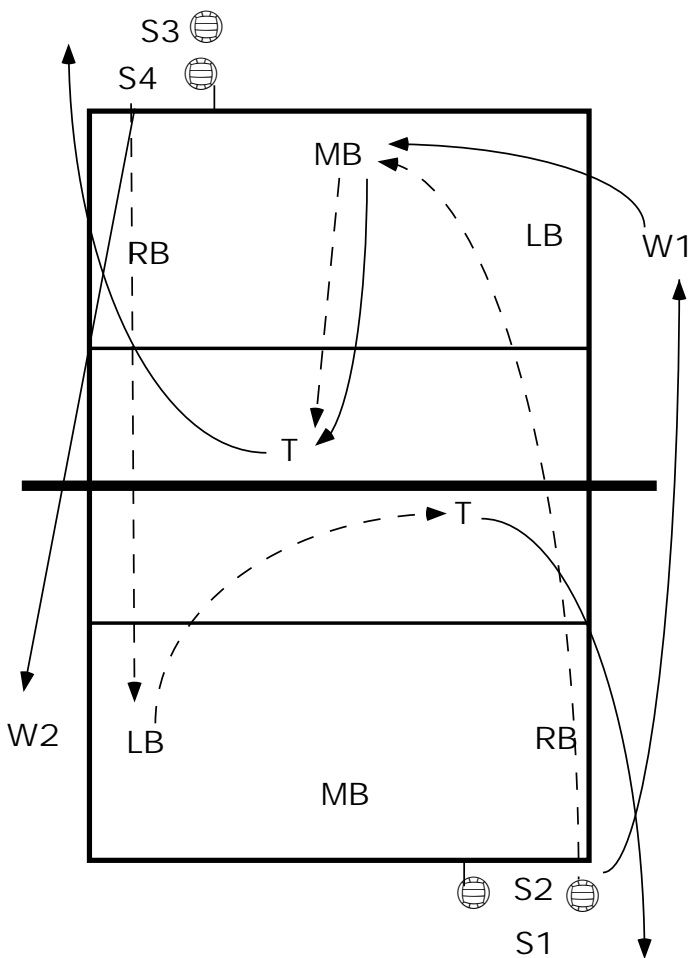
Description: A RB sends a served ball over the net to three defensive players in the serve/receive position. If a serve is missed, the RB gets a ball from the cart while the next server steps up and serves. This change of order among the players at missed serves results in different combinations of servers against receivers.

See the diagram on the next page.

Goal: The end of the drill is based upon time, number of passes or until the balls run out.

Coaching Tip: This serving drill gets the servers to concentrate on control to specific areas rather than maximum toughness of serve.

Contributor/ Author: Don Shaw



Block-Pass-Hit-Shag Drill

Purpose: For Blockers to work against live Attackers. Attackers focus on hitting control. The Passers and the Setter gets plenty of repetitions.

Personnel: Twelve players are preferred.

Goal: The drill is run on time or number of balls.

Rotation: Players rotate by group. The groups transfer from one activity to the next all at the same time. The progression order is Block, Pass, Hit, Shag, (hence the title of the drill).

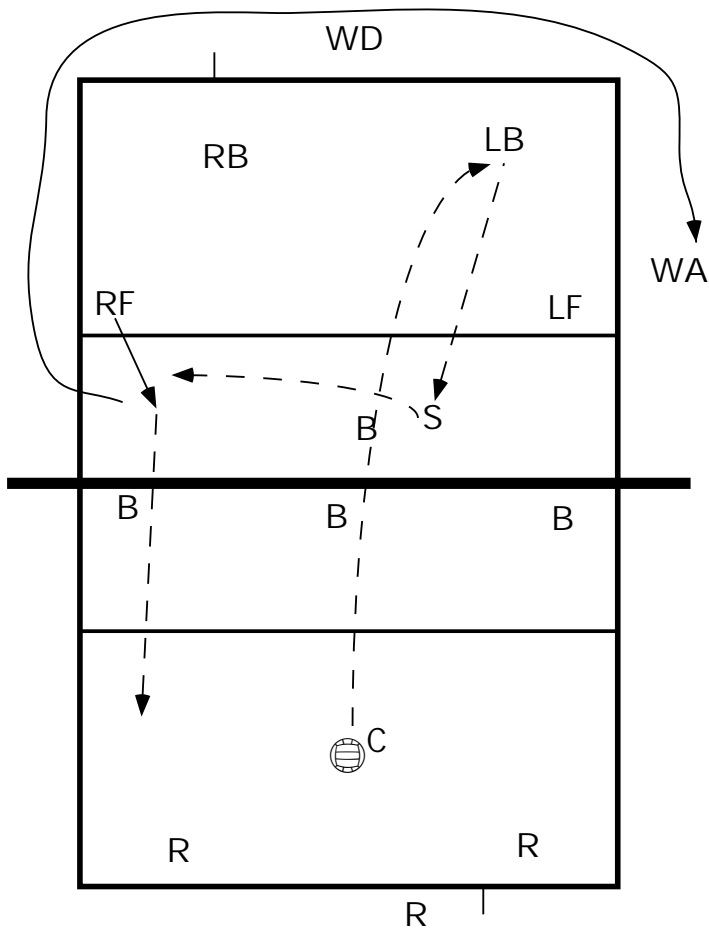
Passers: Two passers are on the court and one passer is on-deck. The on-deck passer enters the drill and replaces the player who just passed the most recent ball.

Hitters: The Attackers hit on the left side, then run around the back of the Attacker's own court to the other side. Then the Attacker hits right.

Setter: One Setter is used, placed between the Attackers. The Setter must continually alternate sets to the left side, then to the right side, and back again.

Blockers: The outside Blockers stay in position. The Middle Blocker blocks left side attack then right side. Then the Middle Blocker switches with a designated Blocker chosen from the shag group. Blockers are to work against live Attackers.

Contributor/ Author: Don Shaw



One vs. One Drill

Purpose: To force a competitive situation when players know they have to hit and block until one person wins.

Time Allotted: 20-30 minutes.

Goal: The drill runs as a wash to three points.

Equipment: Full court and two balls.

Personnel: Twelve players.

Initiation of Play: The coaches uses his or her normal "Wash" initiation.

Description: Two players play against each other on different sides of the net. Each team has six players on the court and all balls are delivered by the teams to the couple at the designated area along the net for attacks.

When to Use: Use the drill in the middle of practice as this drill involves a fair amount of time if you have the MF play against each other as well as the various combinations of outside Attackers.

Contributor/ Author: Russ Rose

Reading List

The Sports Support Syndicate sells other books on the great sport of volleyball. Three other books were published in past years in cooperation with The Sports Group. Make your reading complete. Get these books for your library:

Volleyball Tips for the 90s, 1991, \$16⁹⁵

Volleyball Notes, 1992, \$17⁰⁰

Gold Medal Volleyball, 1993, \$16⁰⁰

A long list of additional volleyball books have been on the drawing board for quite some time. To date, the only other book on volleyball published by the SSS is, *The Volleyball Cadre* Collection* in association with the USVBA, 1991, \$16⁰⁰.

The Sports Support Syndicate publishes books, audio tapes, videos and computer software for cutting-edge sports participants. Every title from the SSS features the authors' personality. The pages of these books always highlight tactical messages with plenty of hands-on advice.

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