

Bump it, Set it, Spike it....



Web Resource: SportPlan Volleyball: <https://www.sportplan.net/drills/Volleyball/>

The Art of Coaching Volleyball: <https://www.theartofcoachingvolleyball.com/>

Week One: Focus on Passing

Passing Technique: You should stand with your legs about shoulder width apart and should lean forward a bit. Your knees should be bent a little bit, ready to spring your legs into action. Your hands should come together in the last moment before the ball comes to you.

Create a platform with your arms. The platform in the area between both your wrists and elbows is the “table top” for hitting the ball. To create your platform, the most important thing you need to do is to clasp your hands together correctly while holding your arms straight in front of you, slightly below your waist, with your shoulders arched. Clasp your hands in front of you, with your thumbs together, side-by-side. Don’t lace your fingers together, for this will make you lose control of the ball.

Using your knees and a little power from your arms, push through the ball. It is not all about your arms in passing, but it’s actually about bending your knees and using them to power your legs and get momentum to guide the ball.

Hit the ball with both arms. Position yourself so that you hit the ball with both arms, otherwise you won’t be able to aim the ball correctly. This can be a bit tricky, when the ball is coming at you at an unexpected angle. It is always important to position yourself so that your ball hits your arms with equal force so you can aim and hit it correctly.

Table Top Drill:

How this drill works- In the drill, you want the kids to understand the importance of creating a flat “table top” surface with their forearms. Proper technique of creating the table top, bending the knees with one foot in front of the other, and then lifting through the ball should be taught. Players should practice this by controlled passing back and forth between their partners.

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

Moving Table Top Drill:

How this drill works – Working a little further on developing the proper passing skills, this drill will help players get into position to make a good pass. The coach will toss the ball up, either to the right or the left, at varying heights and the player must shuffle and get into position underneath the ball in order to execute the proper pass.

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

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

How this drill works – Every play starts with a serve, therefore a good serve receive is very important in starting your offensive play. This is a basic start to developing a good base for an offense. The server will serve a typical serve (so the passer can get to it), and the passer must react to where the ball is going and get in position to bump the ball to the setter. The setter is just there to catch the ball at this point of the drill. To make the drill more difficult, you can move the setter around the court, forcing the passer to get their body in a position to direct the pass to a particular place for the setter to get to.

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

3-6-9 Drill: One more passing drill that can be used for both bumping and setting the ball

How this drill works - Using coaches or players at the net, the ball will be tossed to a player starting at the attack line. The passer must get into position to return the ball to the coach or player at the net. Once they are through the first pass (at the attack line), then the players will move back another 3 meters. They will now be 6 meters away from the net and the same thing is done. Then again at 9 meters. You can also do this with setters as an extra drill to work on skills.

What you need - This drill will be run using the lines on a traditional volleyball court. You can make three lines of players, starting at the attack (3 meter) line. Three players (or coaches) are in front of those lines at the net. Players will start to gauge the distance and force that is required to get the ball to a target at a specific distance.

Introduce Setting before practice ends!

Time	Drill
00 to :10	Warm Up/Full Body Stretch
:10 to :15	Introduce Passing
:15 to :23	Table Top
:23 to :31	Moving Table Top
:21 to :33	Water Break
: 33 to :40	3-6-9
:40 to :47	Serve Receive Drill
:47 to 50	Introduce Setting
:50 to :55	10 serves
:55 to :60	Team Meeting to end Practice

Week Two: Focus on Setting

Setting Technique: Extend your arms up over your head. Your thumbs should be about 2 to 4 inches above your forehead. Spread your fingers apart as if someone were going to place the volleyball right into your hands. Your elbows should not be facing out but pulled in about even with your shoulders. Position your hands so that you can see them above your forehead and finish with hands in a diamond formation.

Spread your feet about shoulder width apart. The right foot should always be forward when you set. Bend your knees and shift your weight to the balls of your feet so that when the ball comes to you, you can quickly bounce up and get it.

When you are ready to set, center yourself under the ball and push upwards, straightening your arms and legs as you go. If setting backwards apply the same rules except push the ball backwards. Throw your thumbs back. Extend your hand forward in the direction that you want the ball to go.

When you set the ball get directly under it so that it is coming right toward your forehead. Put your hands in the shape of a triangle right above your forehead and let the ball touch as much of your fingers as possible without touching your palms. Push straight up and at the end of your set your arms should be straight. The set should be as high as possible, giving your teammates as much time as possible to get under the ball.

Set and Follow Drill:

How this drill works - This is a very simple drill, but one that helps in a variety of areas for the players. One side of the drill starts with two players; the other has the lone player. One of the players from the two sides will toss the ball to the single player and then follow the ball to that side. The single player will then set the ball to the other side and then follow his or her pass, and so on. Players should be able to do this continuously with good sets. The sets should be controlled and coaches should be on the lookout for proper technique and quality of sets.

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

Setting Triangle Drill:

How this drill works - There should be three people in this drill, one setter and two targets in a triangle. Both targets have a ball and target one tosses to the setter who sets the ball back to target one. Immediately following, target two tosses to the setter and setter sets back to target two.

What you need – Put players into groups of three and targets should have a ball.

Time	Drill
00 to :10	Warm Up/Full Body Stretch
:10 to :15	Introduce Setting
:15 to :23	Set and Follow Drill
:23 to :31	Setting Triangle Drill
:21 to :33	Water Break
: 33 to :50	Scrimmage/Coach Toss
:50 to :55	10 serves
:55 to :60	Team Meeting to end Practice

Week Three: Focus on Serving and Getting Three Hits

Underhand Serving Technique: If you are right-handed, put your left leg forward and put all your weight on your back foot. Place the ball in the palm of your Non-Striking hand under the volleyball and hold it out in front of you a little lower than your hip and across your body directly in the line of your striking hand. Make sure your striking hand is in a fist. Let your striking hand drop from behind the ball to back beyond your hips. As you step forward with the opposite foot of the striking hand, bring your striking hand forward to meet the ball. Once you make contact with the ball, extend your legs up for power and follow through.

Serve and Touch Drill:

How this drill works: Player serves the ball over the net. Do not let the players rush their serve and change their routine. After the serve the coach can toss a ball anywhere on the court. The players must pass the ball to the setter position on the court.

What you need – enough volleyballs to run the drill.

Serves In Drill:

How this drill works - Each team has the responsibility to serve the ball to the other side, and the first one to ten serves in wins. This is a king of the court game – so the winner stays on the court. Each team will have one player serve at each time, and then rotate between players and alternate with the other side. The first team to 10 serves in stays on the court. The team that is on the court at the end of the game doesn't have to run a set of lines.

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

Three Hits Drill:

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

The coach will toss the ball to his or her players and they will bump the ball up to the setter and the setter will set the ball to the attacker. There are three players per team and one will be the passer, another the setter and the other the attacker. With each attempt, the players will rotate positions. The object of the drill is to get players familiar with getting three hits on each side. Although they may not always get this, they will become accustomed to using three hits and may surprise you during a game when they are able to execute it.

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

Time	Drill
00 to :10	Warm Up/Full Body Stretch
:10 to :15	Introduce Serving
:15 to :23	Serve and Touch Drill
:23 to :31	Three Hit Drill
:21 to :33	Water Break
: 33 to :40	Serves In Drill
:40 to 50	Scrimmage/Coach Toss
:50 to :55	10 serves
:55 to :60	Team Meeting to end Practice

Week Four: Focus on Defense/Serve Receive:

Serve Receive 2 Drill:

How this drill works - Well, this drill will work on service and serve receive – two essential areas for team success. The servers will serve the ball to the serve receivers, and they must field the ball and try to make a play back to the other side of the net. Right now, the emphasis is on two things – getting the ball over the net on the serve, and making a good pass to the setter on serve reception

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

Turn and Dig Drill:

How this drill works - You will have four players at the net, standing on opposite sides, on each side of the court. The players will be in their groups lined up at the back of the court on the service line. The player that is at the net will be tipping the ball so the player at the back court can dig that ball. But, there is a catch. The player on the service line will have his or her back to the player at the net. When the player slaps the ball, the player on the service line will turn around and have to locate the ball that is

being tipped or tossed to a certain place. A player must dig the ball successfully 10 times before they are complete.

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

Team Communication Drill:

How this drill works - Team communication can avoid so many lost points. Having players stare at each other after a ball goes between them (because each thought the other was getting it), is frustrating. The coach will throw the ball into areas where the responsibility for getting the ball might be in question. The players must communicate amongst each other to cover that area and get the ball. Active communication should be encouraged among teammates.

What you need - The coach will be on the side of the court and the player will be set up in a serve receive or a defensive formation.

Time	Drill
00 to :10	Warm Up/Full Body Stretch
:10 to :15	Talk with team about previous game and what they think they did well. Also, areas of improvement.
:15 to :23	Serve Receive Drill 2
:23 to :31	Turn and Hit Drill
:21 to :33	Water Break
: 33 to :40	Team Communication Drill
:40 to 50	Scrimmage/Coach Toss
:50 to :55	10 serves
:55 to :60	Team Meeting

Week Five: Focus on Moving to the Ball

Reaction Passing Drill:

How this drill works - The coach will blow the whistle to signal to the players that the play has begun. The server will serve the ball and the passer will have his or her back to the play. Once the passer hears the ball being struck, they can turn around and react to where the ball is being served. The object is to get to the ball and make a good pass using their quick reaction skills. This simulates the reaction needed defend against quick attacks on defense. Players must get into position to defend quickly. This drill can also be used against attacks instead of serves.

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

Self/Partner Passing Drill:

How this drill works - This is a simple drill in design, but it teaches focus and control on the passing. The first player will toss the ball to the second. The second player then passes the ball directly up, and to themselves, and then makes the pass to his or her partner. Then the partner receives it, passes the ball to him or herself, and then passes it to the partner. This drill goes on and on to try and maintain focus and concentration with the players.

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

Passing Circle Drill:

How this drill works - This drill is meant for good control, and will help players with their footwork, awareness of where others are, and quality passes. The leader will call out the direction the circle is going to rotate and then tosses the ball about 10 to 15 feet in the air. The circle will begin to move around in the direction the leader called to begin with. The ball must stay in the same general place while the players move around in the circle. As the players move around and get under the ball, they must be aware of where the other players are so they don't run into them trying to get to the ball. This develops court awareness. Controlled passes helps the next player to get under the ball. The ball is always passed straight up – never to another player. At any time just before the next player passes the ball (straight up), the leader can call out a direction change and the entire circle must move rotate in that direction. The direction change is a good test of communication and a team's ability to work as a unit.

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

Keep It Up Drill:

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

the ball is going and the speed at which it is getting there. This is almost like a modified game of pepper that will help increase quickness and reaction time for the player. Each time the coach touches the ball, the player must keep the ball in the air, and or pass it back to the coach. A coach might do the following: set, (pass back), hit (dig), tip (dive), deep set (get up and move to get it), tip short (dive), etc. The object is for the coach to give the player reachable balls, but to challenge that player to move quicker and to get into position. This can be an exciting and motivational game for the entire team, as they see who can keep the most consecutive balls in the air.

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

Time	Drill
00 to :10	Warm Up/Full Body Stretch
:10 to :15	Shuffle drill to move feet
:15 to :23	Reaction Passing Drill
:23 to :31	Self/Partner Passing Drill
:21 to :33	Water Break
: 33 to :40	Passing Circle Drill
:40 to 50	Keep It Up Drill
:50 to :55	10 Serves
:55 to :60	Team Meeting

Week Six: Focus on Hitting/Blocking

Snap the Wrist Drill:

How this drill works - To start, the player will toss the ball up and hit it using the proper hitting reach back, strike and follow through. The ball should land a couple of feet in front of the wall and bounce up, deflect off the wall and up, so they can approach the wall again. This drill can be done continuously as long as the player keeps using their wrist to snap the ball down to the floor in front of the wall. If the player cannot get the ball to the floor before it hits the wall, then they are not contacting with the proper wrist snap. Conversely, if they have too much wrist snap, the ball will go straight down to the floor and not hit the wall with enough force to come back so it can be hit again.

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

Approach Drill:

How this drill works - At first, when players are first learning to hit the ball, you need to emphasize the proper approach. Players learning early on might not have all of the coordination necessary to execute this perfectly, but working on the drill is going to help them out. The first times this drill is done, it is done without the ball – the ball has a tendency to distract the player from learning the proper approach technique. Once a player masters the approach, then he or she can learn to contact the ball.

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

Three Hits Drill:

How this drill works - Although at the earlier levels of volleyball getting the ball consistently over the net to the other side is sometimes a challenge, teams should work on getting the ball over using three hits. The coach will toss the ball to his or her players and they will bump the ball up to the setter and the setter will set the ball to the attacker. There are three players per team and one will be the passer, the setter and the other the attacker. With each attempt, the players will rotate positions. The object of the drill is to get players familiar with getting three hits on each side. Although they may not always get this, they will become accustomed to using three hits and may surprise you during a game when they are able to execute it.

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

Time	Drill
00 to :10	Warm Up/Full Body Stretch
:10 to :15	Introduce Hitting
:15 to :23	Snap the Wrist Drill
:23 to :31	Approach Drill
:21 to :33	Water Break
: 33 to :40	Three Hits Drill
:40 to 50	Scrimmage
:50 to :55	10 Serves
:55 to :60	Team Meeting