

2015-2016

MN Select Volleyball Club

Preseason Coaches Clinic

Sunday, November 22, 2015

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*“I try to see each new season as a new challenge because I have a new team to work with, new opponents to encounter, and often new ideas and theories to try.” Coach K*

Preseason Coaches Clinic Schedule

Sunday, November 22, 2015

8:30am-12:00pm

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| 8:30-8:35am | Welcome and Introductions |
| 8:35-9:00am | Serving (Scott) |
| 9:00-9:25am | Passing (Joy) |
| 9:25-9:30am | 5 Minute Break |
| 9:30-9:55am | Setting (Kayla) |
| 9:55-10:20am | Defense (Scott) |
| 10:20-10:25am | 5 Minute Break |
| 10:25-10:50am | Attacking (Joy) |
| 10:50-11:15am | Blocking (Joy) |
| 11:15-11:20am | 5 Minute Break |
| 11:20-11:45am | Drills/Team Defense (Scott and Joy) |
| 11:45am-12:00pm | Question & Answer / Favorite Drills |

*Ideas for Proper Warm Up*

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| **Warm Up:**   * 1. Jog x2   2. High knees/butt kicks   3. Shuffle   4. Karaoke with knee drive   5. Skip for height   6. Knee Hug/Quad Stretch – inverted toe touch   7. Lunge forward/Lunge Backward   8. Heal walk/toe walk   9. Figure 4 Pull Up/Spiderman   10. Arm circles   \*Many of the ball control and arm swing drills can also be used as part of the warm-up  Arm Swing Warm Up:  \*partner warm up – 1 player at the net, 1 past the end line  1. toss, no bounce x8  2. toss, with a bounce – out in front x8  3. toss and swing – hit out at your partner x8 |

Each practice should have a focus. Make this focus especially on ball control, time for individual and team skills and growth, as well as incorporating some scrimmage time.

*6 Core Skills: Serving, Passing, Setting, Hitting, Blocking, Defense*

**Skill #1 – Serving**

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| **Serving**:  \*Serving is essential in preventing a team to side out – to become an effective server the player must be given repetitions with correct technique  **Standing float serve:**   1. Feet almost parallel to where you want the ball to go – in this way the body is opening up before making contact with the ball 2. Toss just in front of you with weight on your back foot, tossing no higher than you can reach 3. Toss with opposite hitting arm – hitting elbow is high and back 4. Contact high with arm at 11 o’clock– weight shift from back to front 5. Strong solid surface contacting ball – middle of the hand (base of the middle finger bone) on the middle of the ball - high five the ball 6. Finish where you want the ball to go – shoulder to shoulder/torque – follow through 7. One move to the ball – less movement creates less room for error 8. Stay balanced   **Jump float serve:**   1. Begin approach with ball in non-hitting hand, toss on step 2 of 4 step approach 2. Finish with technique as stated in standing float serve   **Jump top spin:**   1. Toss with hitting hand, high and out in front 2. 3 or 4 step approach to the ball (slow to fast, little to big) 3. Quick last two steps – forward/open up to the toss 4. Contact high and out in front with the palm of the hand. Use similar to arm swing technique (will be reviewed later). |
| **Serving Drills:**   1. **Toss and serve against the wall**: focus on a good toss and “catching” it on the wall in the appropriate place (high and arm extended at 11 o’clock position) 2. **Ten foot line serving**: with a partner serve back and forth to each other for 6-8 balls, then take a step back. Focus here is on solid contact on the ball and finishing to your partner across the net. After 6-8 balls, step back and continue until you reach the end line. 3. **Serving Mix**: Place boxes down in 2 and 4 (short) and place boxes upright in 1 and 6 corners (deep and off the court). Server attempts to hit the short boxes and attempts to hit the boxes off the court off the bounce. Focus is serving in the back 5 feet of the court and being able to serve short. Also creates a “mix” to the server’s game. 4. **Around the world**: serving from 1 to 6 – all the way around the world. Players do not progress to the next serving zone until they have accomplished serving to the one they are working on. 5. **Serve and chase**: serve and chase ball, repeat. 6. **Pig**: play with a partner, similar to basketball game of pig or horse 7. Use the following scale to **rate serving** by the opponents efficiency in passing:    1. Service Ace: server earns 4 points    2. One-option pass: setter can set only one hitter or over pass; server earns 3 points    3. Two-option pass: setter can set either of the two hitters; server earns 2 points    4. Three-option pass: setter can set all options; server earns 1 point    5. Service error: server earns 0 points 8. **Serving progression**:    1. Servers serve 10 balls in. A service error requires them to start over.    2. They serve 5 balls in a row into the three deep zones. A service error requires them to start the deep serves over.    3. They serve 3 balls in a row into the three short zones. A service error requires them to start the short serves over.    4. This drill teaches players to serve a zone consistently. To master the drill, players must execute the serve to the same zone several times in succession. 9. Serve **3 deep balls and 3 short balls**: server picks location to serve a ball in the back of the court. Serve 3 in a row deep. If they miss a serve (either by serving short, out of bounds or in the net), they start over at 0. Once they serve 3 deep balls, they can do the same with serving short balls. 10. As much as possible serve with intent to a group of passers or objects. In this way, the server is focused on a realistic spot to serve a passer (short, deep, to the side, etc.) 11. **Serve and Run for 21** |

**Skill #2 - Passing**

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| **Passing**:  \*Include at least 20 minutes of ball control work into the beginning of your daily practice plan   1. **Posture and Contact:**    1. Bend in knees and relaxed upper body with arms in tray position. Foot closest to target is slightly in front of the other. No even feet.    2. Flat and strong platform.Lock arms and hold with thumbs together and even. Quiet torso to finish pass.    3. Shuffle steps to the ball with wider feet (not narrow). Movement is simple and efficient – maintain posture. Get stopped before contacting the ball whenever possible – move as fast as you can, not as fast as the ball. Passers try to get mid-line of the body to the ball whenever possible.    4. Passers finish platform angled in the direction you want the ball to go by dropping an inside shoulder. Keep shoulders strong and forward. Use small platform swing or cushion, depending on the speed of the ball.    5. Square up to where the ball is coming from and finish platform angle to where you want the ball to go.    6. Passer tries to read where the ball is going and stay on their feet when they are passing.    7. Consistent passing platform that is comfortable for the player. Challenge the passer to pass with their passing platform vs “bailing out” and setting a serve receive ball. 2. **Tracking the Ball**: Passer tracks the ball with their eyes. From the moment the server contacts the ball, the passer should be aggressive with their feet by keeping the upper body as still as possible. The less motion the upper body makes, the better. 3. **Passing Seams/Communication**: Seams can be broken down into two parts- short seam and deep seam. Communication before the serve happens can create clarity on who is taking what part of the court based on where the server is standing. 4. **Get your stronger serve receivers to pass more balls in serve receive.** |
| **Passing Drills:**   1. **Ball Control Warm Up:**    1. Pass back and forth    2. Pass to self, pass to partner    3. Pass to self, set to partner    4. Pass to self, set to self, tip to partner    5. Pass to self, set to self, tip to partner over the net    6. 3 person pepper    7. 3 person pepper with digger moves, setter moves or hitter moves    8. 4 person pepper for control over the net (dig, set, hit); court split in 2 (length wise) 2. **Triangle passing**: 3 passers in a group together. Passers square up to where the ball is coming from and angle their platforms to where they want the ball to go. After time or reps, switch and pass the other angle. 3. **Partner challenges**: with a ball and a partner, start at end line and move to opposite end line    1. Pass back and forth, ball goes over the net    2. Pass back and forth, ball goes under the net    3. Set back and forth, ball goes over net    4. Set back and forth, ball goes under net    5. Pass, set, tip – ball goes over the net (first for the pass, then the set, then the tip) 4. **Ball control circuit**: groups of at least 3 players – court split length wise    1. Focus: The purpose of this drill is to get athletes to move in a purposeful way for a serve receive ball. In this drill we pay special attention to the athlete’s footwork to the ball, their posture as they are moving, and we want to make sure they are getting stopped before they pass. As they are actually passing and contacting the ball we are watching for them to create good angles with their platforms – angling their platforms to their target. Obviously depending on where the serve is coming from and the area of where the passer is on the court is going to change often throughout a match. In this drill we are trying to slow down and replicate that so we are setting the group up into passing groups with athletes tossing a ball in verses serving a ball in*. If you have a more advanced group of you could experiment with actually serving the ball in to the passers*.    2. How to play: The passers can be told which directions to move and how many reps to take*. If you wanted to vary this you could time it instead of having your athletes complete a certain amount of reps*. The steps the passers will take will be the following – ball is being entered from a tosser:  * from left and right side of the court * start in the middle of the court and shuffle out * start on the sideline and shuffle in * start from short sideline and shuffle back at an angle * start from short middle and shuffle back at an angle * start from end line and run up to pass a short ball  1. Targets for both groups would be located in the setter position – or where you want the first ball contact to go. The reason we would have them do passing groups from both left back **and** right back is because their platform angles and body posture will change based on where on the court the passer is passing from. 2. **Butterfly drill:**    1. Focus: footwork movement, getting stopped before passing, locked platforms, holding platform to target    2. How to play: 3 passers on, target, server and others jumping in at the end line. Passer follows pass and becomes target, target catches and runs back to serve, server becomes passer. 3. **ICE (servers vs passers):** In order to establish both aggressive serves and consistent serve receive passing – this game makes the servers compete against the serve receivers. Both groups are working towards a certain amount of points. Points are given for an ace serve or perfect pass. First group to meet the established goal wins. 4. **Pass/no pass to attack**    1. Focus: serve receive passers give an early call on the ball, shuffle feet to pass or not pass. If player passes, shuffle – shuffle to hit. If no pass, identify early and run out right away to hit. Focus on getting in position to hit out of serve receive.    2. How to play: split into 3 groups: 2 serve receive groups and 1 target/tossing or serving group. 2 passers on in right back receiving a ball from a toss or server on the other side of the net. 2 passers on in left back receiving a ball from a toss or server on the other side of the net. Target is a coach or setter who is entering the ball to an attacker out of serve receive. 5. **Serve receivers for goal**: Servers serve to a group of 3-4 passers. Serve receivers keep track of the amount of 2’s and 3’s passed to switch out of the drill. For example, passers cannot rotate out of the drill until they reach +12. 6. Points for Serve Receive (players keep track of self, rotate out when finished):   +3= good pass, good middle attack  +2= decent pass, good middle attack  +2= meh pass, back row attack  +1= bad pass, over in 3  **+12 to switch**   1. If passers pass a 1 or a 0, they stay. Switch out to end line if they pass a 2 or 3. In this way they get a chance to work it out if they pass a 0 or 1. 2. **Coach serves from a box** in mid court to a passer/s – passer needs to get a fast read on where the ball is going before passing. 3. **Serve receive with cover balls**: players enter served ball to serve receiver in the rotation of choice. After the ball is passed to target - run a play out of it. After the attack, coach enters 2 cover balls. 4. **Tempo passing**: attention to passing a faster *free ball* when setter is front row to create a faster offense. Talk about the difference between a tempo 1 and a tempo 2 ball. |

**Skill #3 - Setting**

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| **Setting**:   1. **Hand Position** 2. Hands up quickly 3. Ball taken above forehead 4. Thumbs back and toward each other 5. Set on the side of the ball – aid in absorption 6. Set with pads of the fingers, not the whole hand 7. Set appears to float, not spin 8. **Body Position** 9. Locate ball with your left foot, square up with your right 10. Body stopped at contact 11. Goal is to get feet, hips and shoulders square to the pin. Emergency moves should be introduced (jump set to ball when rushed, side setting tight passes) but not overly emphasized as a part of technique. 12. Follow through: 2 seconds to target with quick release coverage position (after holding form for 2 seconds post contact) 13. All movements to the ball should be consistent 14. **Footwork** 15. Early and in medium position with hands up 16. Run and then left-right feet before hands are up to set 17. Get BEHIND location of the ball 18. Read angle of passer’s arms and travel in a straight line to the ball 19. **Jump Setting** 20. Jump. Set. 21. Contact at consistent point 22. Keep hands close to forehead and extend through the ball   **\*\*Repeatability is key! Repeatable technique leads to consistent skill!** |
| **Setting Drills:**  (This is designed to get setters footwork from every angle a ball could be passed to them **and** all footwork patters- forward, off, behind. The only specific footwork that is addressed beyond left-right is that when you set a ball behind you, you must lead with your left foot.)   1. **Wall Work**  * 2x25 wall sets – position off the wall, set to self, left-right set to the wall. Let ball bounce before returning to ready position for next rep. * 50 sets – 2 feet balanced * 50 sets – right foot * 50 sets – left foot * 25 sets - right hand high * 25 sets - left hand high * 50 jump sets  1. **Coach entered to setter**:   Tosser starts at outside pin and works around court with each toss. 10 balls. Rotate.   * Front Row setter, setting outside-   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location   * Back Row setter, setting outside- transition to net on slap, stop on toss   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location  Tosser starts at outside pin and works around court with each toss. 10 balls. Rotate.   * Front Row setter, setting back-   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location   * Back Row setter, setting back- transition to net on slap, stop on toss   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location  Tosser starts at outside pin and works around court with each toss. 10 balls. Rotate.   * Front Row setter, setting outside- **jump set**   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location   * Back Row setter, setting outside- transition to net on slap, stop on toss- **jump set**   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location  Tosser starts at outside pin and works around court with each toss. 10 balls. Rotate.   * Front Row setter, setting back- **jump set**   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location   * Back Row setter, setting back- transition to net on slap, stop on toss- **jump set**   -perfect pass  -pass off net  -pass forward  -pass behind  -pass high but varied location  \*Additional variation is to add in the setter’s serve receive transitions as a third type of footwork after front row and back row transitions, specifically the setter in rotations 1 and 3, and 4 (if in a 5-1).  \*Tempo of the set outside and back can also be varied depending on player ability.   1. **Groups of 2 – 2 balls**  * 2 x 25 Juggling: 2 people, 2 volleyballs. Partner A tosses 1st ball, Partner B locates toss, left-right and sets back. Once partner B has contacted the ball, partner A sends the second ball. Set continuously. Switch partners.  1. **Groups of 3 – 1 ball**    * 100 balls - set to yourself at the net, set outside    * 100 balls – set to yourself at the net, set off the net, set outside    * 100 balls – set to yourself at the net, set behind    * 100 balls – set to yourself at the net, set off the net, set behind 2. **Groups of 3 – 10x out & 10x back**  * Partner A – set, Partner B – toss, Partner C- target * A stands 2-3 feet away from wall waiting to receive toss, sets against the wall * B stands 2-3 feet perpendicular to A – tosses short to B * C stands behind B and targets  1. **Dig, Transition, Set**  * Setter moves from front row, to back row, to end of line * Front row and back row start in base, transition to defense, backrow setter digs to front row setter, front row setter set to setter position, backrow setter sets out * Backrow setter focus: dig and release to net * Front row setter focus: setting off of dig * Coach attacks cross court from same side of net  1. **Triangle setting** at the net with 2-3 setters. Setters can set anywhere along the net – predetermined by the coach. Setters should receive critique on the set, “awesome”, “tight”, etc. Coach can toss to a setter in the setting position who sets a high outside ball – setter sets it back to coach. Or, with 3 setters, the setters can set continuously. 2. **Setting relays** starting from end line towards center line and back: (1)Set to self, (2)set to self while skipping, (3)set backwards 3. **Setting with a cone and small ball:**  If you have a small cone and a ball the size of a tennis ball (or smaller), you can do this simple setting drill that helps players work on getting their feet to the ball and take it directly above their foreheads. The drill starts with a coach or player making a loopy toss in the direction of the setter. The setter, who holds the cone in both hands, moves quickly to position herself under the ball with her shoulders square to the left front. Her objective: catch the ball in the cone at the same spot above her forehead every time. After the setter gets good at the basic drill, the tosser can make it more challenging by lobbing the ball to different locations around the court, simulating a bad pass that requires the setter to work harder to get in position. 4. **Set sitting on the ground** with partner 5. **Tempo setting**: high, medium, low and fast 6. **Partner Setting**: With a partner tossing – set to self, set out to partner. Partner gives setter a number on their hand for the setter to audible back to partner. 7. **Setting Movement and Control**: set standing to laying on the ground to standing 8. **Queens** with setting only 9. **Short court** with setting only 10. **Setter Dump** |

**Skill #4 - Defense**

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| **Defense**:   1. Start and move in posture: engaged core, bend at knees and ankles (create an acute angle in the ankle), no bending at hips 2. Arms in tray position 3. Both hands and wrists together, elbows and platform locked when contacting the ball 4. Digging is done in front of you! One move to the ball with a lead leg finishing forward and stepping into the ball (jab step) with ankle flexion. Balanced and forward on contact. Get your hands/platform under the ball. Hold posture after dig. 5. “Cut the ball off”: keep the ball out in front of body; not letting the ball get behind the defenders hips 6. Platform and shoulders angled and in the direction you want the ball to go when finishing the dig, manipulate platform 7. **Individual defense skills**: shuffle, platform dig, shuffle to platform dig, platform dig to side (jab step), sprawl 8. **Team defense**:    1. Base – stopped here when the opposing setter is contacting the ball    2. Court movement for free ball/down ball    3. Court movement for OH/RS/MB attack, including movement on defense from base to where the ball is set to – crossing responsibilities 9. **Ball control**: focusing on defensive technique. Consistently emphasize the importance of playing the ball to the appropriate target area. |
| **Defensive Drills:**   1. **Partner work**: give instructions for what technique you are focusing on. Have partner toss to a digger, eventually hitting vs tossing. 2. **3 on 2 contact** – *description included in team drills* 3. **Coaches hit at one line from a box or on the ground** – cross and/or line 4. **Coaches hit 2 lines from a box or on the ground** – cross and/or line 5. **Pepper** – communicate and keep the ball going – practice good ball control 6. **6 on the court in defensive posture**: coaches on boxes hitting at defense. Work with blockers to eye sequence (pass, set, attacker). Defense moves and sets themselves up around the blockers. To start have attackers catch the ball, making sure the blockers are up at catch and the defense is stopped and in the correct spot upon catch 7. **6 on the court in defensive posture**: 1-2 coaches on boxes and 1 other coach enters cover balls 8. **Scrap for balls**: coach hits to one athlete at a time. Ball is hit to corner/tip short/throw deep/hit – player needs all 4 touches to rotate. Place a stipulation on how hard you want the drill to be for your group of athletes 9. **Coach hits from a box at a wall:** In this drill the player’s backs are to the box. Athlete is working on quickly reading and reacting to dig up. 10. **Ducks in the pond**: 3 people on the court defending. In order for those 3 players to get out of the drill they must have (*can create your own rules*): 3 contacts, call the ball, go with two hands, and put the ball in bounds on the other side of the net. Shag your ball at the end and then jump back in to the end line to participate again. 11. **Breathe Drill for Individual Defense:** Coach holds a ball in hands while 3 defenders (players) put one hand on the ball. As soon as the coach communicates, “go” the players back up as the coach begins the hitting motion. When the ball is contacted players get stopped and balanced before digging the ball. Get 3 good digs to switch. Focus here is on getting feet stopped and balanced. 12. **5 vs. 5 / Outside vs. Outside:** 5 players on each court (no middle). Play games to 10. Only hitter that can score a point is the outside hitter on each court. The side that wins the point earns a free ball, but will be considered a wash if it wasn’t a point earned by the outside hitter. Object of the game is to defend against 1 hitter and a single block. 13. **Cross Court Pepper**: 4 players on each side of the court in right front, middle back, left back, left front. Teams go for 3 contacts on each side and attack cross court. This drill is meant to keep the ball going. Players focus on transitioning from their base to their defensive position on the court, getting stopped and balanced in posture in order to dig. After the ball goes over the net, players will rotate in a circle. If you are playing with more than 4 players, more players can rotate into middle back. Eventually you can play for a certain number of ball control swings on each side but then swing aggressively for a point. You could play a game to 5 or whatever you would like your team goal to be. |

**Skill #5 - Hitting**

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| **Hitting:**   1. **Approach & Transition Footwork**    1. 2 step, 3 step or 4 step    2. Slow to fast steps    3. Little to big steps    4. Last two steps intentionally get feet to the ball (putting the ball in hitting area). Hitter will need to open up to the set (OH and MB) RS feet come in perpendicular to the net and open up hips for hitting arm    5. For a 4 step approach: arms begin down on 1st step, forward on 2nd, back on 3rd, draw up quick and back on 4th step    6. Jump vertical - no broad jumps    7. Transition footwork to hit from the net       * OH hitters – 3 or 4 steps off, 3 or 4 step approach back in – run in posture to transition off the net, getting ready to hit       * MB – 3 steps off, 3 step approach back on. Fight to get off to the 10 foot line (hitting line home). If it’s an emergency and the ball is coming quick: get 2 steps off, 2 step approach in. Open up to the ball. \*do not back pedal       * RS – 3 steps, (left, right, hop or cha, cha, cha) and 4 step approach back on    8. Transition footwork to hit from serve receive – pass, no pass, to attack drills    9. Landing: hitters land softly on 2 feet! (bend in knees) and in athletic posture 2. **Arm Swing**     1. Keep arms in close to your body, driving up to contact ball with quickness. Imagine: figure skater will move faster & more efficiently with arms in close to body, slows down when arms are outside of body    2. Use arms to drive up to max jump    3. To begin arm swing work: throw volleyballs (smaller ones would be ideal) with hitting hand, while standing on the ground. Feet start perpendicular to where you are throwing. Non-hitting hand is high and out in front, hitting arm (or elbow) is high and back contacting the ball at 11 o’clock. Feet will finish open to where you are throwing. Follow through: shoulder to shoulder – driving force or torque on the ball. Imagine: throwing a baseball, throwing a javelin – need to open up and finish to throw with force, similar to hitting a volleyball. Arms “whip” through – crossing body, not straight down.    4. With a volleyball, use an actual arm swing that mimics the throwing action listed above. Toss ball with hitting hand, tossing high and out in front. Attacker attacks the ball “up and out” to partner with same technique listed above. (Attacker should focus on hitting OUT at the ball vs. STRAIGHT DOWN – contacting it at 11 o’clock). Hit the back of the ball.    5. The attacker will get their last two steps of their approach to the ball to contact it in their hitting area.    6. “You go I throw” – hitter begins their approach and accelerates to the ball – getting the ball in their hitting area    7. “I throw you go” – hitter needs to wait and time out their approach to the ball – still accelerating to the ball    8. Advanced hitters should always be focused on hitting angles (line/cross/shots) |
| **Attacking Drills:**   1. **Toss**: Small volleyballs/tennis balls/birdies to toss 2. **Toss and hit**: toss to self or coaches toss – with focus on the last 2 steps of the approach getting your body to the ball so you are contacting it high and out in front 3. **Box work**: includes attention to hitting line/cross, hitting body line. Also pay attention to hitter taking the ball in hitting area. 4. **Boxes vs shovels or live hands** 5. **Toss to self and hit**: with right hand and hit over the net to deep corners – focusing on keeping hips open, elbow high and back before contacting the ball 6. **2 step approach only**: Have athletes load on their left foot (for right handed players) and jump/hit a toss from a coach over the net with the last 2 steps only. Coach can toss anywhere in a 10 foot area to make the player take the last 2 explosive steps to the ball. 7. **Jump**:    * 3 attackers on each side of the court. The person with the ball tosses to self and approaches to attack over the net. Person on the other side of the court catches ball and tosses to self and attacks to other side. Goal is to catch the ball that is hit over the net. If the ball is out of bounds it is a point for the other team. If the ball lands on the ground without being caught, it is a point. Wherever the ball lands on the court, the person nearest the ball must pick it up and do another approach/hit from that location. 8. **I love Middles/RS/OH’s**:This drill places emphasis on hitters judging the tempo of the dig before approaching in to hit. You will need a defender to dig down balls, setters to set to hitter and hitters rotating through. Hitters need a set amount of successful pairs to complete the drill. Coaches can set up the drill however you wish; a sample recommendation would be:  * Defender in left back digging a down ball to setter who sets an OH “5” and “5” * Defender in left back digging a down ball to setter who sets a MB “”A” and “C” * Defender in middle back digging a down ball to a setter who sets a OH “3” and “3” * Defender in middle back digging a down ball to a setter who sets a MB “B” and “D” * Defender in right back digging a down ball to a setter who sets a RS “5” and “7” * Defender in middle back digging a down ball to a setter who sets a RS “9” and “9”  1. **3 on 2 contact** – *description in team drills* |

**Skill #6 - Blocking**

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| **Blocking**:  *\*First line of defense…. Blocking is an attitude!!*  \**Be sure to teach blocking technique, including giving good space from the net (no belly up to the net)*   1. **Hands**     1. Hand creases in the back of the wrist – hold to begin block and maintain throughout    2. Individual hand work – right hand only, left hand only, 2 hands (but individual) from attacker on a box to blocker on a box. Work on taking away the space, pressing over with shoulder shrug. Finish hands pressing over the net and hold to middle back of the court. This works on eye sequencing as well as paying attention to pressing and holding over the net before contact is made from hitter. 2. **Types of blocking**    1. Static       * Footwork: shuffle, push/slant, push/drive/slant – start in good posture, big first step       * Hands/elbows stay out in front: high hand in the direction you are traveling       * Press over and hold into the middle of the court       * Decide if you are blocking ball or blocking an area for your defense to dig around (cross or line)       * Close blocks by getting feet less than a hand width away from teammate. Shoulder to shoulder.    2. Swing blocking       * Footwork: shuffle, 2 step crossover, 3 step crossover, Q2, Q3 – little to big, slow to fast       * Good spacing from the net: starting in good posture with weight on both feet       * Middles front hitter with hands out in front, hands drop or drive down with elbows bent, drive big arms back, down to up, slow to fast… similar posture to a sprinter.       * Pin blockers front middle hitter position, leaning on outside leg, and are ready to move out to the pin if the ball is set in their direction       * Hips square to the net when pressing over the net       * Watch the angle of the approach and take away their hitting area 3. **Stay balanced while preparing to block**. Weight should be evenly distributed on both feet. It’s important to have good composure and strength when going up in the air and body control when coming down from the net to transition to hit. Land on 2 feet before transitioning to hit. 4. **Eye sequencing**    1. Keep eyes open    2. Watch (1)pass, (2)set (3) hitter to read timing (4)set (5)hitter    3. Watch first step of your hitter, not the ball    4. Read the setter while staying balanced and in good posture – ready to move to where the ball is being set    5. Blockers need to COMMUNICATE about what their hitters are doing and going up together 5. **Block independent and block together** 6. Give blockers the freedom to learn how to block independently (block ball) 7. Blockers should be able to read the set/attacker and move to block ball 8. Blockers plan together about who the primary hitters are and how they are going to defend them 9. Blockers should move efficiently - independently and together |
| **Blocking Drills:**   1. **Footwork patterns** along the net: Focus on footwork increases speed and balance in blocking 2. **Footwork patterns with a partner** on the net: Focus on closing blocks together. Patterns are pre-determined by coach and communicated for athlete to execute. 3. **Front hitter**: Focus with partner doing an approach – blocker shuffles to front hitter 4. **Footwork patterns with objects**: Use smaller volleyballs, tennis balls or volleyballs taped together. Blocker does footwork to grab or touch volleyballs from person on a box. Blocker focuses on going up and pressing OVER the net and HOLDING 5. **Blocking against hitters**:    1. With 6 defenders on one side of the net and attackers/setter hitting at defenders off of coaches toss only. The pass will always be “on”. To slow it down even more you can have only 2 hitters running a high outside ball and a quick middle only. Blockers must read the set and be up in the air when the ball is caught by an attacker. Defense must be stopped around the block when the ball is caught. As you progress you can have your hitters actually attacking but with the same focuses. 6. **Eye Sequencing**: Work eye sequencing with hitters, setter and attackers. Track the pace of the ball: “on”, “off”, “over”. Communicate and move to front hitter or close the block. Start with a ball being entered from a coach, progress to ball being entered from a pass or a dig. 7. **Swing Blocking Drills:**    1. Footwork patterns along the net: shuffle, crossover 2, crossover 3, Q2, Q3    2. Blocking triads – footwork patterns along the net with a partner. For example: Shuffle, crossover 2, crossover 3 – focusing on talking and going up together, traveling at a faster speed    3. Break it down before progressing – for example, have a setter/middle/outside hitter at 3 blockers, but hitting a “1”, “5” only. Pin blockers need to focus on loading and then picking up their hitter right after the see the quick middle set. Progression for here would be to have a middle run an “A” and an outside running a high outside ball. Here the pin blockers need to check down for the “A” set first, and then pick up their hitter. Have the setter set either attacker.    4. Progression could be to add in a third hitter or have the middle run a “slide” so the outside blocker is getting involved.    5. It is highly encouraged that the off blocker actually practices off blocker at this time to develop that good habit – muscle memory    6. Eventually progress to live play with defenders reading and moving around the blockers 8. **Monster Blocking**: With a coach on a box in right front and left front – blockers work on quick footwork to the ball, getting up in the air and pressing over when the ball is contacted by the hitter. Blockers can start 2, 3, 4 steps away or you may also have them run from one antenna to the other to block. |

**Team Drills**

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| **Team Scrimmage Games/Drills:**   1. **Movement patterns with or without a ball**:    1. Create a sequence of events that you would like your team to complete. For example, you can complete movement patterns without a ball by instructing your team to set/attack/cover a set to OH, then snap back to base and block OH, then move along the net to attack and cover a set to “3”, then block “C”, move along the net to attack and cover a set to “1”, then block “A”, move along the net to attack and cover set to “9”, then block OH set. Attack, cover and block. Defenders are always snapping back to base in between.    2. The purpose of movement patterns is to move quickly but to focus on the correct position on the court – defenders staying in posture for the whole sequence, switching out after the sequence is complete.    3. This same drill as above can also be done with a ball but will be coach guided. You may instruct your team of 6 players on each side of different sequence of events. For example: “ball is entered to left back, left back digs to the setter, setter sets outside, outside hitter hits to right back. Right back digs to middle back, middle back sets “9” and the right side hitter tips to left back…” continue the cycle. Attention would be on players staying in posture; covering and getting back to base each time. Attention for the hitters would be to go full speed on their attack and to max jump on their block. Coaches could create a different sequence of events depending on the focus. 2. **Vegas:** played on one side of the court. Place defenders in right back, left back, middle back, right front and left front. Coaches enter balls and hit/tip/roll shot from left front and right front corners. Setters set back to coaches. Continuous for defense and ball control. 3. **21 point drill (or 10 minute drill) out of serve receive:** Set team up in the rotation of your choice. Team works together to get to 21 points or to see how many points they can get within 10 minutes. Team receives a point by: good pass, clean set, strong attack to an angle. Team loses a point with missed serves, shanked passes, attacking out of bounds or into the net. Team creates a wash with a safe attempt at scoring. Can vary it based on what your team needs. 4. **Queen of the Court or Red, White, Blue**    1. Focus: serve receive – early call, shuffle feet to ball, lock platform, hitters are ready to attack, defend in posture and in correct position on the court (3 across), good arm swing technique    2. How to play: split into 2 teams, 3 across and a setter in right front. If you are playing Queens – winners move over and stay on the winning side until they lose. If you lose, you are off. If you are playing Red, White, Blue – 2 teams are split up. You can either play it by rotating out once the player hits over the net or you can rotate when someone makes an error, they rotate off the court. Keep individual score or team score. 5. **Reverse Queen of the Court**     1. This game is played similar to “Queen of the Court”, however, the serving side is the losing side. Players must but able to defend instead of serve receive to get over to the winning side.    2. The serving side enters a ball first and plays it out. Whatever side loses, they run back to serve to a serve receive side. If you lose, you serve. 6. **Tennis**    1. Focus: begin and stay in posture – reading where the ball is coming from and getting your feet to the ball to play the ball over the net. Players need to communicate and listen.    2. This drill is mainly geared towards younger and less experienced players who are just starting to get a touch on the ball and starting to play scrimmage type drills.    3. 3 players on each court and players entering in from the end line on their side of the court    4. Players enter in the ball over the net on the first contact and switch out with a player that is on the end line waiting to come in    5. Players play until the ball hits the floor for a point. Play the game to 11 or whatever goal you would like to reach. 7. **Steal the bacon** 8. Two teams of 6 play against each other and regular scoring is kept. This drill puts special focus and attention on getting big digs. Once a team gets a dig (decided by coach) and converts to scoring a point from a dig off of an aggressive attack they get to steal all the points from the other team adding to their score and the other team goes back to 0. Whichever team is the first to 25 points wins. 9. **Cross court pepper** 10. Focus: ball control, taking care of arm swings, staying in posture and being in the correct position on defense on the court 11. How to play: 2 teams of at least 5 players are created and split up. Players play in middle back, left back, left front, and right front. Players try to have 3 contacts on each side, hitting cross court to the other team. After the ball crosses over the net, the players rotate thru from middle back to left back to left front to right front to middle back, etc. If there are more than 5 players – players would rotate out of right back and into middle back. After the ball has been back and forth across the net 5 times (goal can be adjusted), then the team will swing for a point. Play to 5 big points, for example. 12. **Tips and rolls** 13. Focus: stay in posture, defensive movement, going up aggressive to swing, but dropping a tip/roll shot to a place that could score. 14. 6 on each side. Players can tip and roll the ball only. 15. **Short court:** Play happens within the 10 foot line and side lines. Play games to a certain score. 16. **Scrimmage with intention** 17. Games to 15 – If the starting side loses, run. If starting side wins, drill is completed. 18. If the starting side has a hitting error within the first 3 points, start the game over. If the starting side has 5 hitting errors before the end of the set, start over. Every time the starting side loses coach switches one person from the non-starting side to play with the starters. If the non-starting side has 3 easy serve receive chances, the starting side loses. \*Focus here is on staying aggressive and competitive in games to 15 points. 19. **Scrimmage with decided score**: Start at 18-18 (for example), first one to 25 wins. The losing side starts with a 2 point lead the next set, etc. 20. **Long Court 2’s or 3’s:** Move antennas to the middle of the court to play doubles or triples. Games to 15. 21. **Wave 6’s:** Played in similar fashion to “Queen of the Court” but 6 people will be on the court in base position on 2 courts. Teams on side A are on the winning side receiving a ball from side B. If side A wins, the front row of Side B waves off. If side B wins, the backrow of side A waves off and everyone moves over. 22. **Around The World** 23. Objectives: To be the team of 6 players that gets “Around the World” by winning 4 down balls, a free ball and a serve receive ball. Win all in a row for a big point. This drill is fast paced in nature and includes high reps in all skills of volleyball. Drill focuses mostly on defense and attack, finished with winning a serve receive ball. 24. How to play the game:     * + Set up 6 players on each side of the court. 1-2 coaches are entering down balls to each side.       + Coach on side A enters down ball to side B in left front while side A defends. If side B wins the down ball, a down ball is entered into left back, then middle back, then right back. If team B continues to win all 4 of those down balls, coach will enter a free ball to team B. When team B wins the free ball, they will get an opportunity to serve receive from side A in the rotation of side B’s choice. If side B wins all 6 balls, they win a big point.       + If at any time, side B were to side out, they would earn the first down ball entered into left back from a coach.       + Suggestion: play for 2 minutes of time until switch. After the switch, continue the drill from where it left off before the switch. Or, you can also switch after a point.       + Teams keep track of their “big points” and play to 5 “big points” 25. **3 on 2 contact**     * + Objectives: 3 people on the court at a time, 2 contacts are allowed. Ball control – reading where the ball is being hit to, moving body to the ball to dig high to a teammate. Placement of the second ball being sent over the net – place aggressively to a smart spot on the court that makes the opponents move to the ball. If hitting the second contact – the objective would be for the hitter to get their feet to the ball in order to take it in their hitting area. 26. How to play the game:     * + 3 people on each court, players that are out will file in from the end line       + Ball is entered to the winning side. The 3 players on the court call the ball to dig high to a teammate. One of the other 2 players on the court will pass, set, tip or attack (coach will pick one skill to focus on – beginning groups could start with setting only over the net) to the opponent. The goal in sending the ball over the net is to be aggressive and place to a smart spot on the court.       + The player who sent the ball over the net will rotate with middle back, unless that player was in middle back – then all players will stay until the next opportunity.       + Players will play the ball out until a point is scored. After a point is scored, the three players on the losing side will switch out and 3 new players will switch in.       + Games can be played to 15 or whatever goal the coach wants to reach. 27. **2 Ball Down Ball**     * + Objectives: Coach enters down ball or free ball #1 to one side, then down ball or free ball #2 to the other side. Win both for a big point and to rotate or switch. Fast paced reps for court movement, ball control, defensive and offensive focus 28. How to play the game:     * + 6 players on each side of the court and 1 or 2 coaches are entering down balls and/or free balls to each side       + Coach will enter 1 ball to side A – teams will play the ball out, trying to win the free ball or down ball.       + No matter the outcome of ball #1, coach will enter a ball to side B – teams will play the ball out, trying to win that free ball or down ball.       + Teams that win both free balls or down balls wins the big point. If it is split, it is considered a wash. Play the game to 5 or until goals are reached. 29. **2 balls at same time** 30. Objectives:     * + 2 balls are being entered in from right back at the same time to each court       + Players will need to focus on calming down the chaos of 2 balls being played on the court at the same time       + Players will need to communicate about what is going on including how to execute when one ball drops to the floor       + Players can talk about strategies for winning (for example: right back enters the ball high to get the other team out of tempo or the first ball will always be set outside to get a routine so everyone is on the same page) 31. How to play the game:     * + 6 players are on each court with both right backs holding a ball       + On the count of 3, both players in right back toss the 2 balls over to the net to opponents.       + Players on each side of the court play it out, but must tip or roll ONLY while both balls are in play. Once 1 ball falls to the floor, both sides can play out the remaining ball for a point.       + A point will be awarded to the team that scores points for both balls that have been played out       + Play the game to 5 points 32. **Serve Receive Plus 1:** 6 on each side. Team A serve receives. Winning side receives a down ball from coach. Win both serve receive and down ball for a big point. The team that won the serve receive ball gets awarded the next serve. Rotate when you win and serve. 33. **Effort**:     1. Objective: Communicate and give pursuit to each ball     2. How to play the game:        * 6 players on each side of the court and a coach entering balls to both sides. Rules of the game – Players must: Call the ball, play the ball with 2 hands, give effort (coaches can make whatever rules you need for your team). After a coach enters a ball – if a player does not do 1 of these 3 things, they are knocked off until the game is done.        * If you have players who are sitting out – they may join the game once a teammate is knocked out.        * Play the game until you are down to one player no players left on a side. If there is one player left, they may have 3 contacts but they must comply by the same rules of the game. A team wins when everyone has been knocked off the opposing side. 34. **Correction:**     1. Objective: this game allows players the opportunity to correct their error     2. How to play the game:        * 6 players on each side of the court        * Coach enters a ball to a side – watching for technique to correct: posture, platforms, arm swing, blocking, setting, coverage, etc.        * When the coach sees something to correct – give the proper technique and allow the next ball to be a correction ball for the player to correct it        * Teams play the ball out and switch after time 35. **Hand to Hand Combat**: 36. Objective: to get players comfortable using their hands to dig the ball 37. How to play the game:  * 3 players on each side, players who are out are entering in from the end line. Coach initiated or initiated by serve. If coach enters the ball, the ball goes to the winning side. * Player must dig the first contact with hands and try to attack out of it. If it is dug with player’s platform – the ball must be sent over as a free ball. * Player’s communicate when it is appropriate to use hands or when players should attack. * Play for points  1. **3 on 6 Drill**:    1. Players evenly divide into groups of three and stick with that group for the duration of the drill. To set up the drill, the coach identifies the six-player side and the three-player side. On the six-player side, one group starts in the back row and one group starts in the front row. On the three-player side, one group plays the entire court. Remaining groups wait to enter on the six-player side. The goal of the drill is to stay off the three-player side.    2. To run the drill, the coach enters a ball to the three-player side and the rally is played out. If the three-player side wins the rally, that group earns a point and runs to the end line on the six-player side. If the three-player side loses the rally, that group loses a point and stays where they are.    3. Players wave through the drill as follows: if the six-player side loses the rally, groups wave from back row to front row to three-player side. If the six-player side wins the rally, the groups can either stay where they are, or wave from back row to front row to end line. |