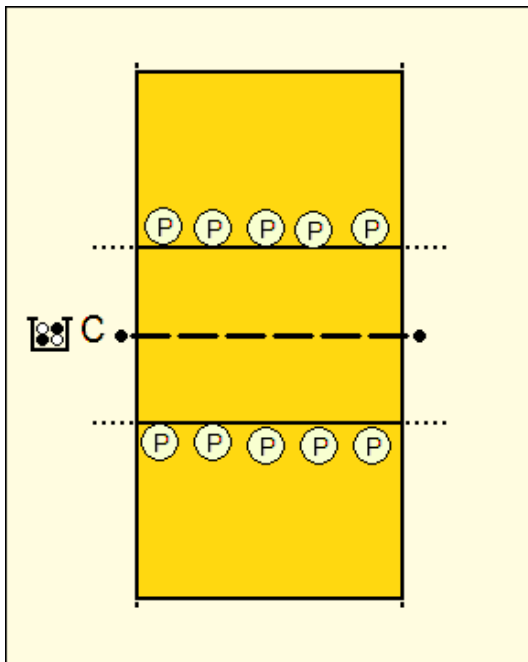




Drill	Attack Line Drill
Purpose	Warming up, working on passing skills, communicating with others
Notes	Have a little fun, focus on passing technique, and working with the team.

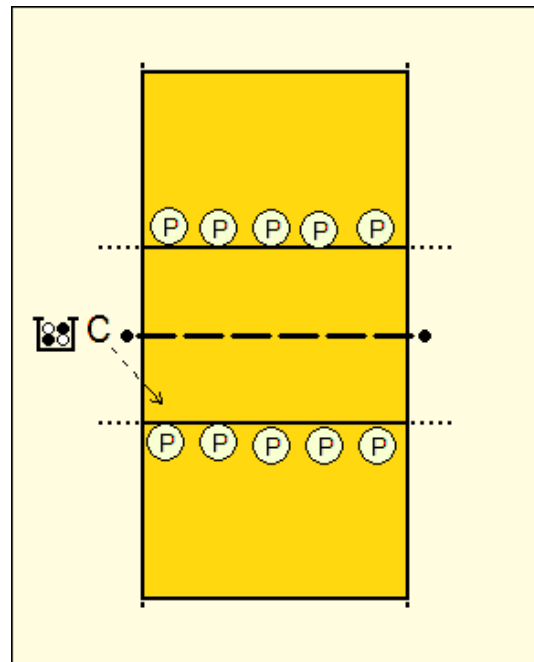
### Step 1



#### Starting Position

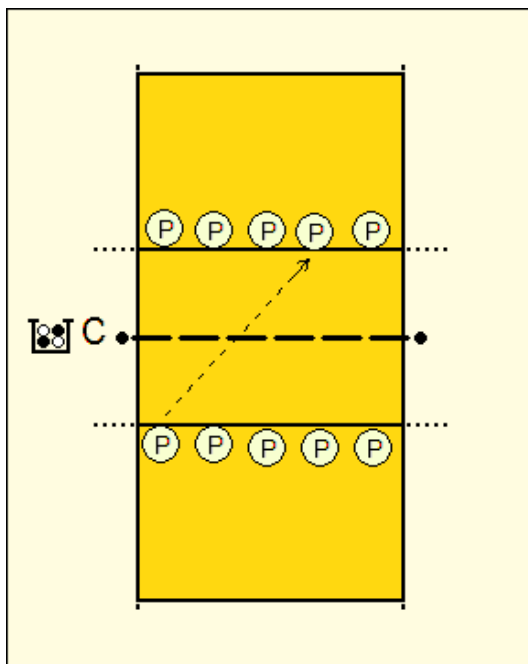
- Coach is off the court with a basket of balls
- Five players line up on the attack line on each side of the court
- This is a good drill to warm up with and get the team to communicate with each other

### Step 2



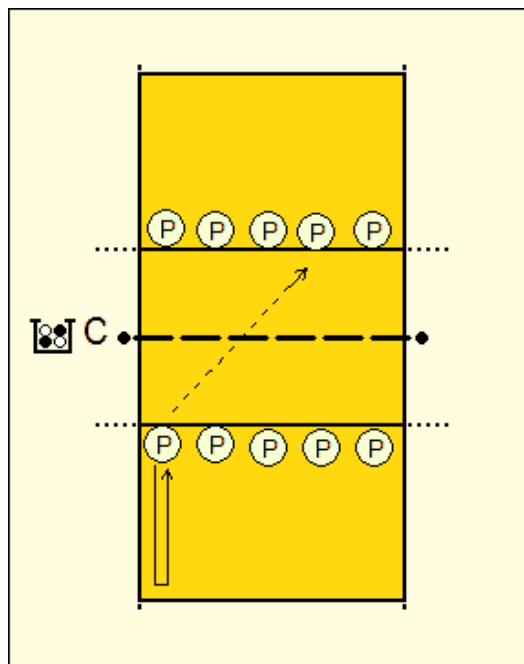
- The coach will toss one ball to a player on either side of the line
- Players will have to talk to the rest of the players on their side to make sure the ball doesn't drop between them

### Step 3



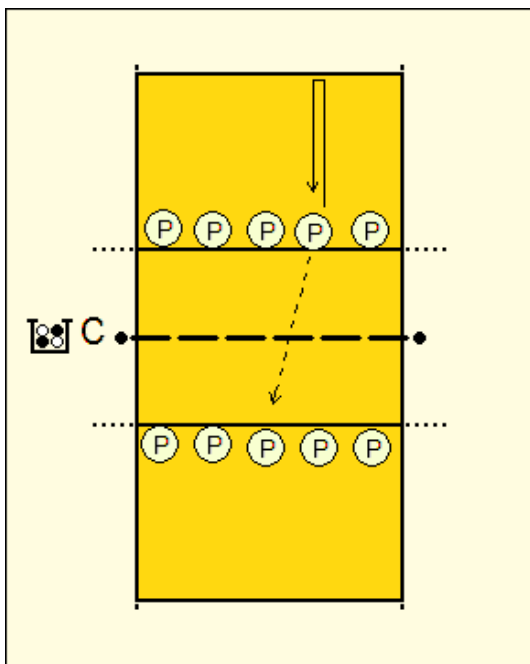
- The player will then pass the ball to the team on the other side of the net
- The ball must stay in bounds and stay within the attack line

### Step 4



- Once the ball has been passed, the player must run to their end line and touch it before coming back to the drill
- This is one way to warm up at the beginning of practice or to have some fun at the end of practice

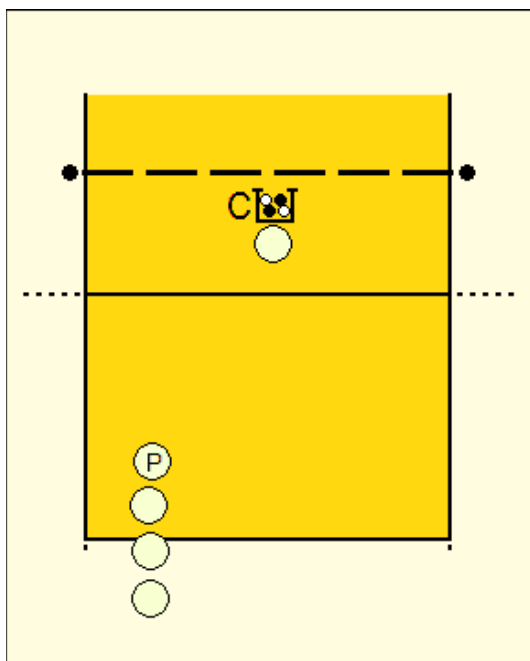
## Step 5



- The player that received the pass will then pass it back to the other team
- After passing, they must also run back and touch their end line before returning
- This will continue until the ball drops
- Once the ball lands, the team that lost the volley will do a few pushups or some other small amount of conditioning
- The drill can last about 10 balls or as long as desired

Drill	Big "M" Passing Drill
Purpose	Training players to move and pass accurately
Notes	The coach should toss balls quickly to keep the player constantly moving

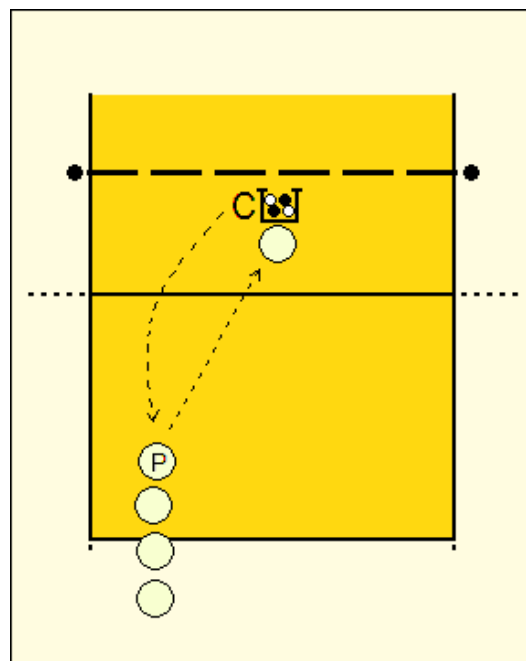
### Step 1



#### Starting Position

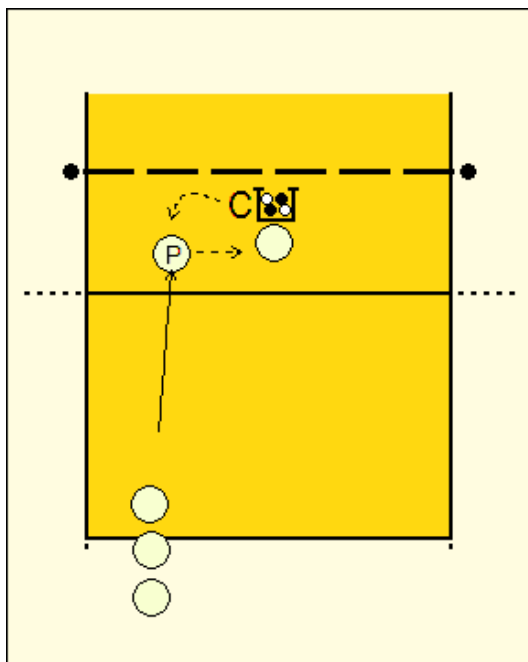
- The coach will stand at the net in the middle
- The coach will need one player to catch the balls that are passed
- This drill is called Big M because of the pattern the player will make during the drill
- We are focusing on accuracy and movement

### Step 2



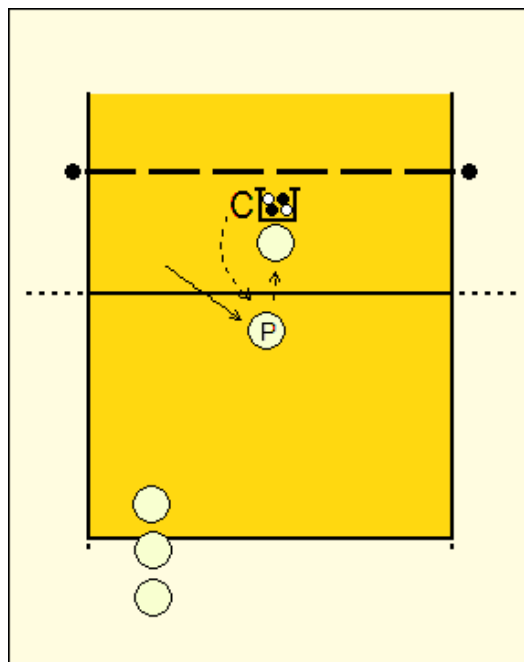
- The coach will spike a ball at the first player in line
- The spike should be similar to receiving serve
- The player will pass the ball to the target the entire drill (the person by the coach)

### Step 3



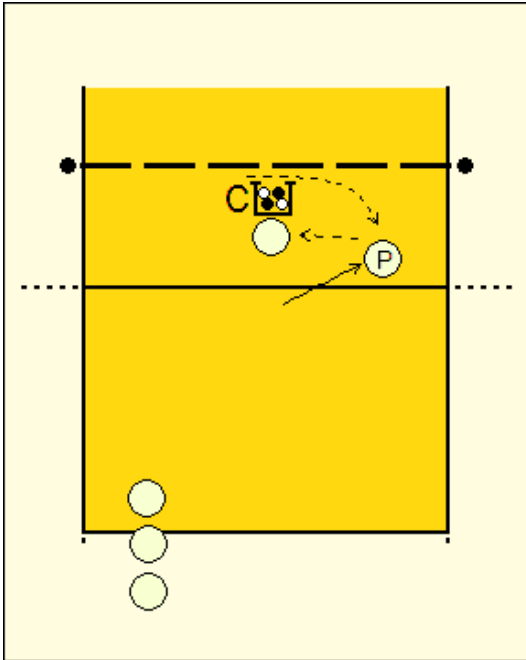
- After passing, the player will run forward, and the coach will softly throw the ball
- This throw will be similar to a hitter tipping the ball
- The player will pass the ball to the target

### Step 4



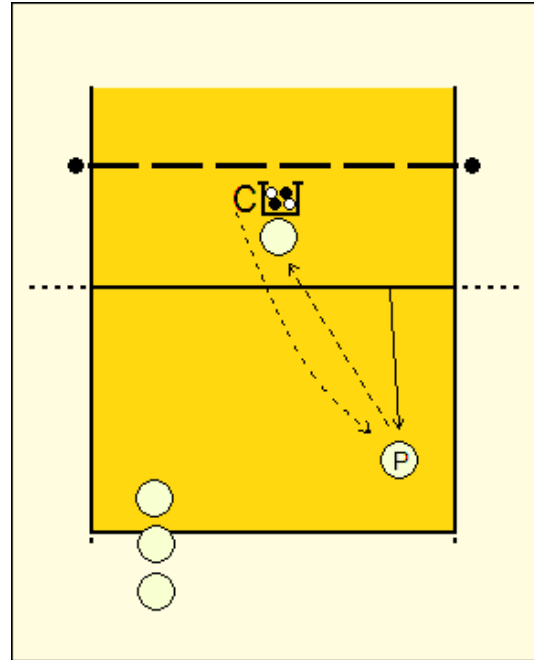
- The player will move behind the attack line for the next pass
- The coach will again throw the ball to the player
- The ball should be thrown so that the player is passing the ball on the move
- The player will pass the ball to the target

### Step 5



- The player will move past the attack line on the other side of the court
- The coach will throw the ball to the player
- This should also be similar to a tip from a hitter
- The player will pass the ball to the target

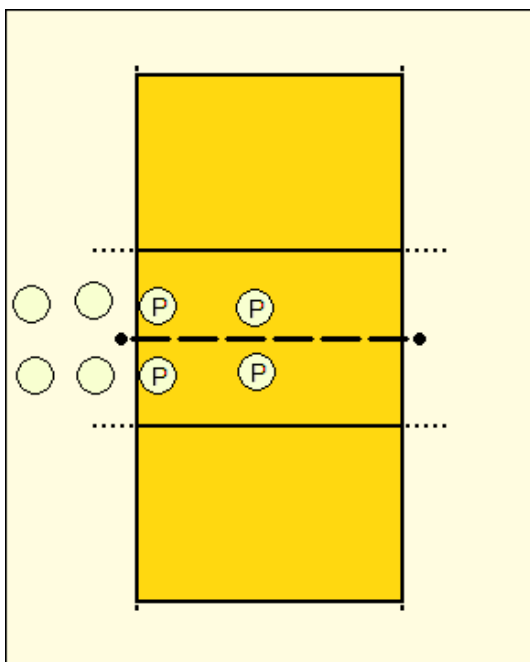
### Step 6



- The player will then run back towards the corner of the court
- The coach will lob the ball so that the player has to hurry to catch up to it
- The player will pass the ball to the target
- You have completed the drill and are ready to begin with the next person in line

<b>Drill</b>	Double Blocking Drill
<b>Purpose</b>	Working on individual blocking as well as blocking with a partner
<b>Notes</b>	Focus on timing, penetrating the net, and blocking with a teammate

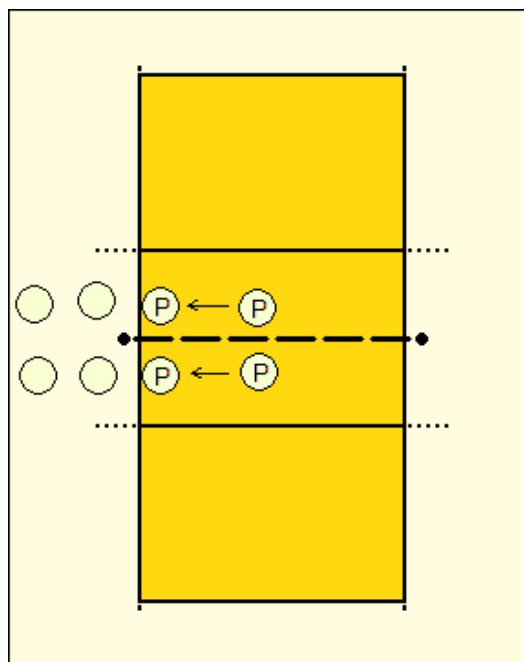
### Step 1



#### Starting Position

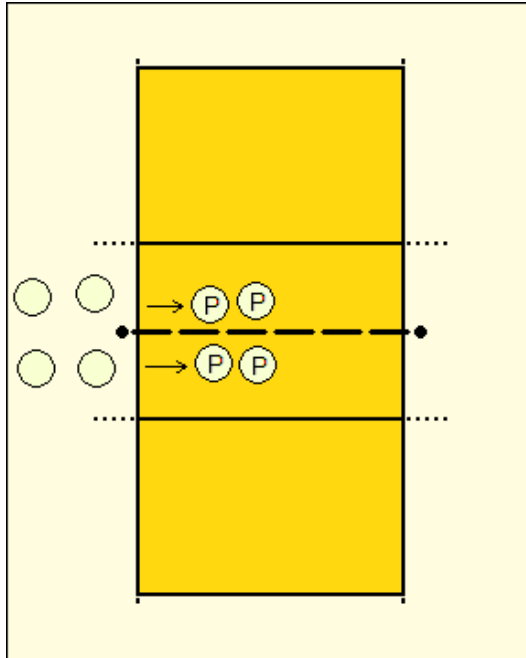
- No balls are used in this drill
- Four players are on the court
- One player on each side of the net in the middle of the court and one player on each side on the edge of the court
- Two lines of players will be formed off of the court
- To start the drill, all four players on the net will jump and block

### Step 2



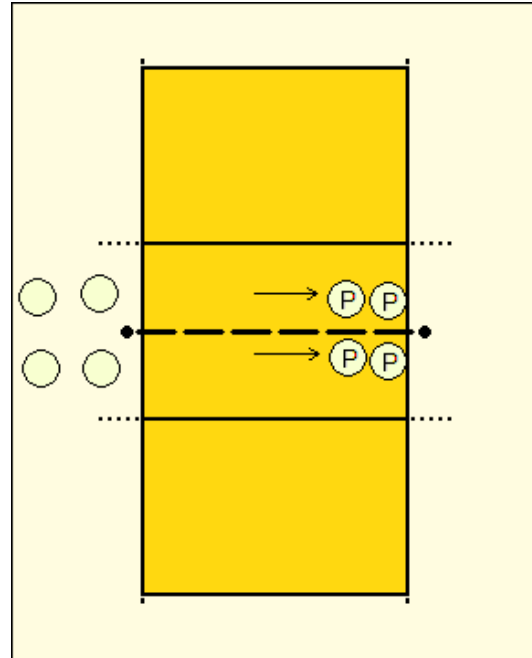
- After landing from the first block, the two players in the middle of the court will slide over next to the other players on the court
- Once the players are side by side, they will all four jump and block again
- Take special care to ensure you are not landing on your teammate and that you are eliminating gaps between the double block

### Step 3



- Upon landing, all four players will then move to the middle of the court
- All four players will block again in the middle of the court

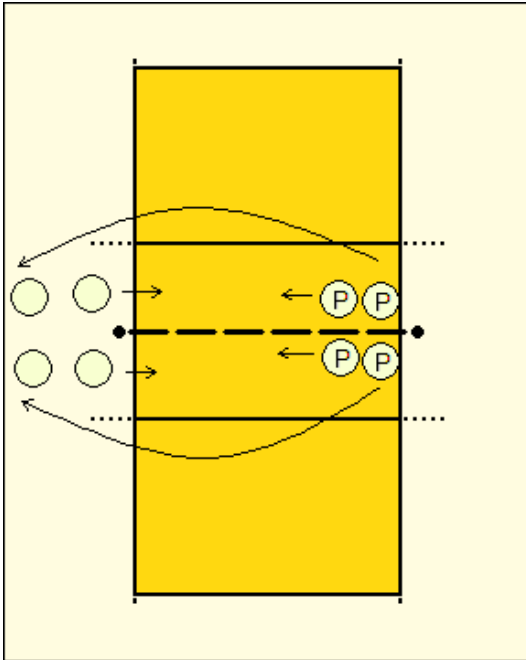
### Step 4



- After doing a double block in the middle of the court, all four players will move to the right side of the court
- All four players will block again
- Remember to try and eliminate seams between the block

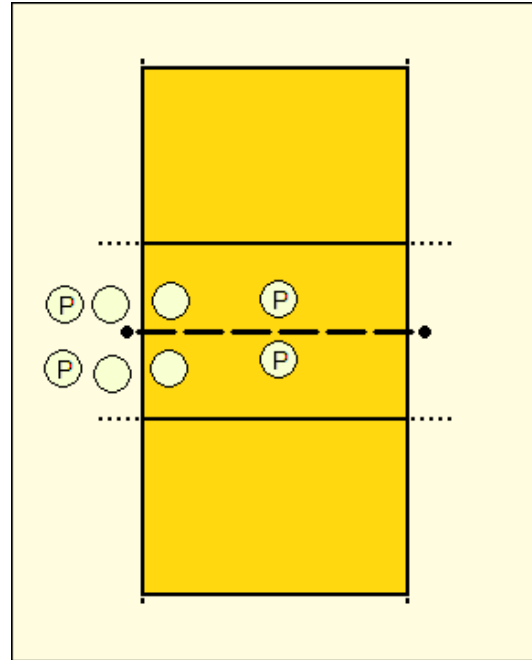


### Step 5



- After landing from the block, the drill is over. The players on the outside will go to the end of the line
- The blockers on the inside will move to the middle of the court
- Two new blockers will step onto the court from the lines that were off the court

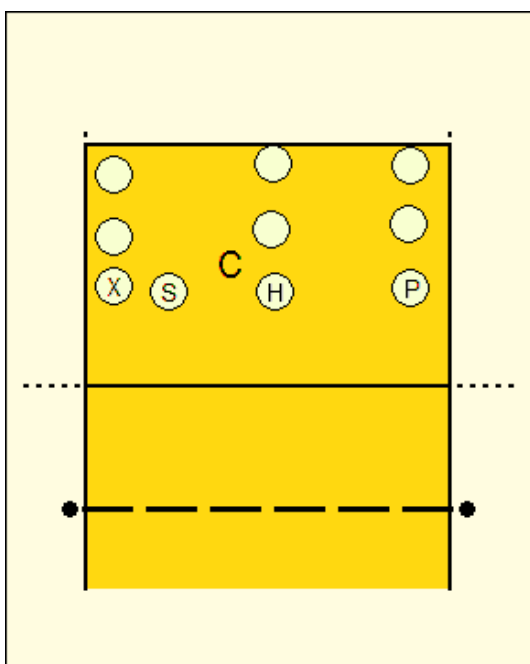
### Step 6



- You are now in position to restart the drill
- You can also do variations of this drill where the players are swing blocking. This means that the players are at a 90 degree angle from the net as they move and then swing their arms up as they turn their body parallel to the net for a block
- Penetration of the net (hands over the net as far as possible) should be emphasized

Drill	Kill the Setter Drill
Purpose	Setter accuracy while transitioning from defense to offense
Notes	Conditioning for setter as well as running an offense

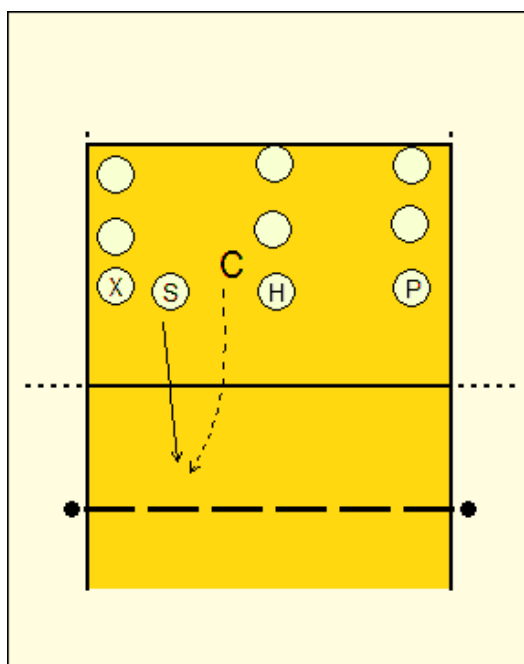
### Step 1



#### Starting Position

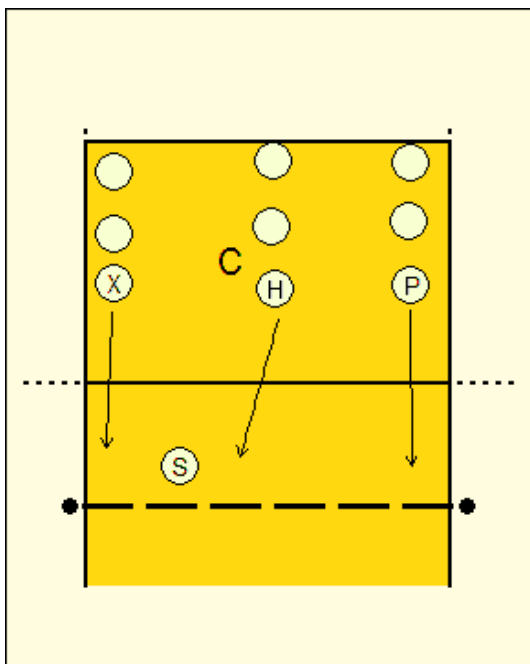
- The coach will be tossing the ball from the middle of the court
- There will be three lines of players
- The outside hitters (P) in one line
- The middle blockers (H) in another line
- The opposite hitters (X) in the other line

### Step 2



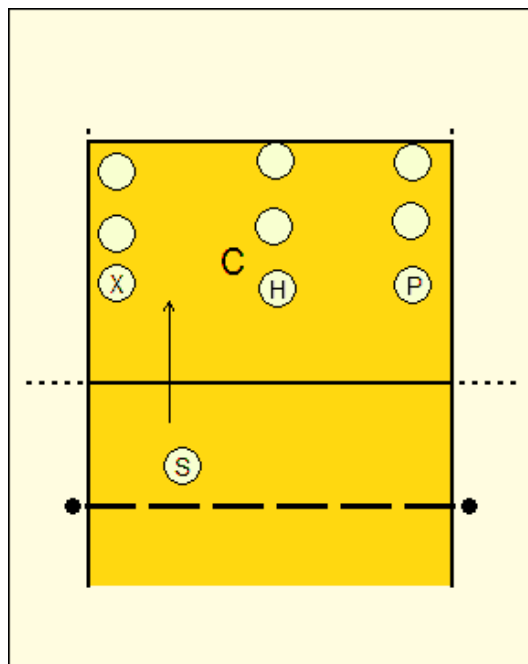
- The setter will move into setting position
- The coach will toss the ball to the setter. The tosses throughout this drill should be quick to keep the setter moving

### Step 3



- The first player in each line will do their hitting approach
- The setter will set to the hitter of their choice
- The player that hits the ball will go get the ball they hit

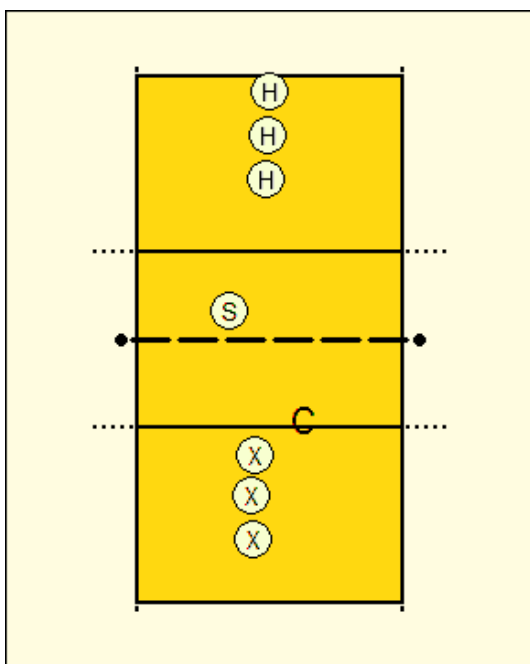
### Step 4



- The setter will then transition back to home position
- The coach will toss the ball again
- The drill continues until there are 10 good hits that land in-bounds
- Once 10 hits land in-bounds, switch setters and continue the drill

<b>Drill</b>	Blockers vs. Hitters Drill
<b>Purpose</b>	Have a fun competition while working on hitting and blocking skills
<b>Notes</b>	This is a good drill to run at the end of practice to finish up

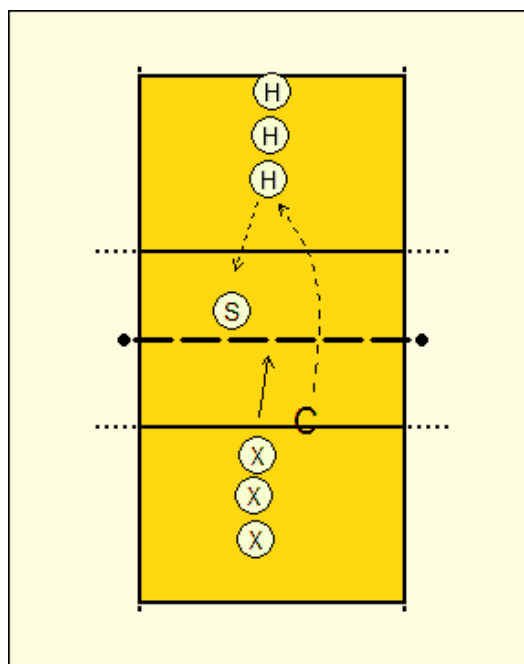
### Step 1



#### Starting Position

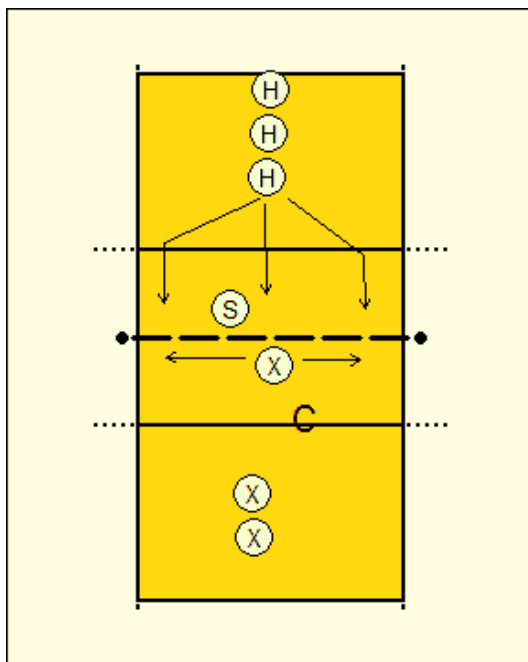
- The coach will stand on the same side of the court as the middle blockers (X)
- The outside hitters and opposite hitters will form a line on one side (H)
- The middle blockers will form a line on the other side (X)
- The setter (S) will be at the net on the side where the hitters are

### Step 2



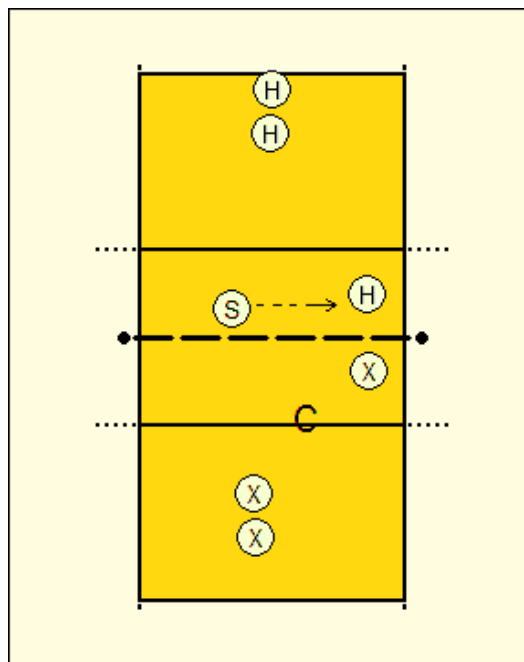
- The coach will throw the ball to the first hitter in the line
- The hitter will pass the ball to the setter
- The first middle blocker in line will come up to the net when the coach throws the ball

### Step 3



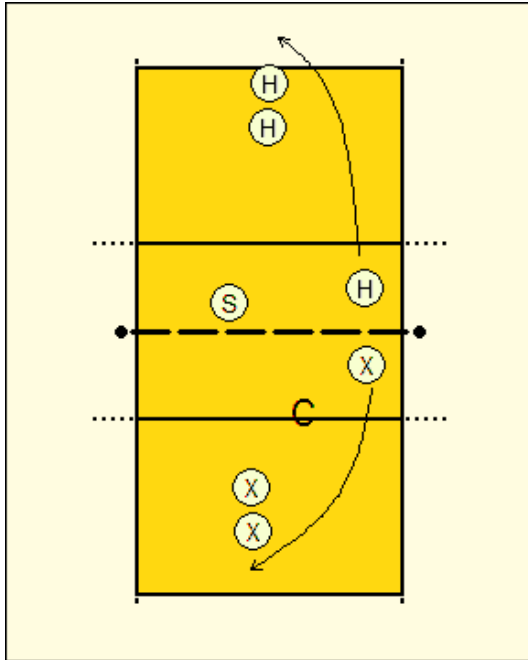
- As the hitter passes the ball to the setter, they will call out the play that they want
- Any play within the offense can be called
- The middle blocker will follow the hitter and get in position to block

### Step 4



- The setter will then set the ball to the hitter
- The hitter will try to hit it past the block
- The blocker will try to block and have the ball land on the hitter's side of the net

## Step 5



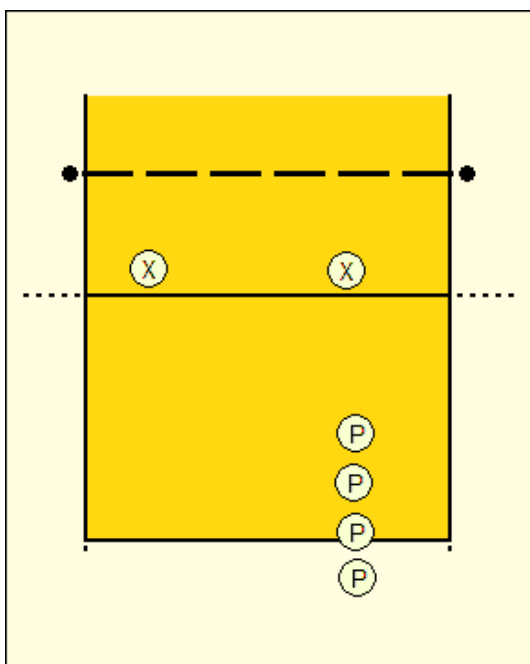
- If the hit was successful, the team of hitters will get one point
- If the block was successful, the blockers will get one point
- The players will go to the end of their lines and the drill continues
- The first team to get to their goal wins. The goal for the hitters is 11 points and the goal for the blockers is 3 points.

## Variations

- If your blockers are not at the same skill level as the hitters, you can change the scoring to 11/11. 11 successful hits, or 11 touches (whether successfully blocked or not) by the blockers
- Two blockers per hitter can be added to increase the difficulty for the hitters
- If desired, the losing team can do some sort of conditioning for losing. This will add to the competitive level of the drill

Drill	Pass and Move Drill
Purpose	Working on passing while moving
Notes	Focus on proper passing technique, and moving to the ball

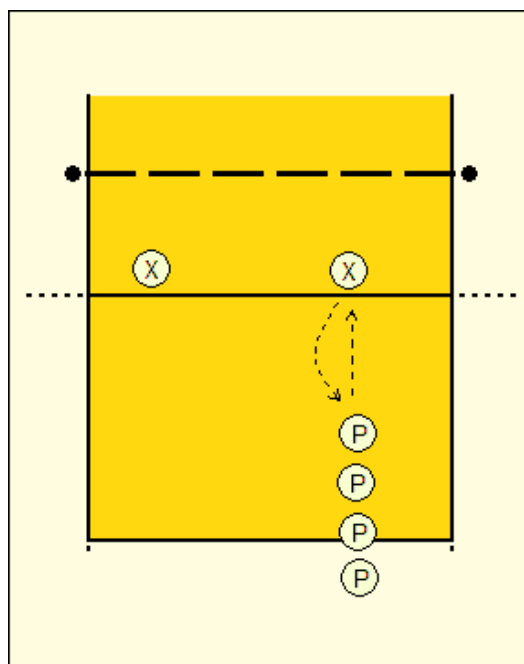
### Step 1



#### Starting Position

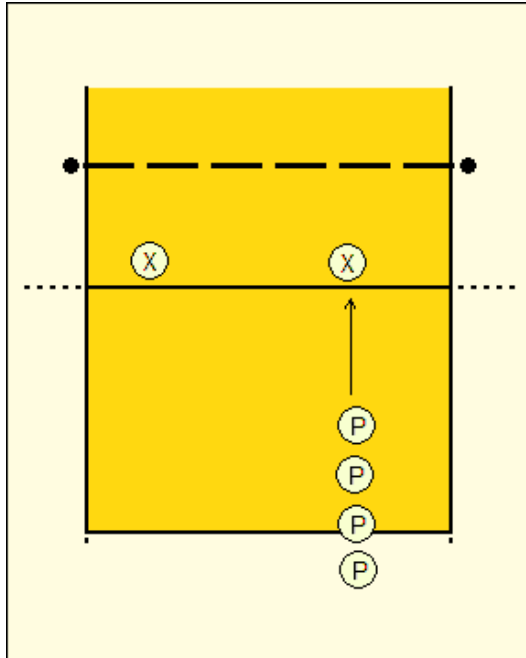
- Both tossers (x) each have a ball
- One line of players will form near the end of the court behind the first tosser

### Step 2



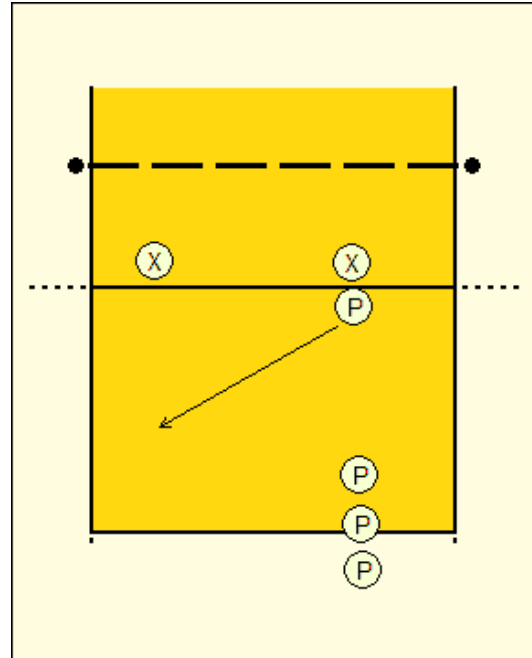
- The first tosser will toss the ball to the first player in line
- The player will pass the ball back to the first tosser

### Step 3



- After passing the ball, the player will run forward and touch the toes of the first tosser

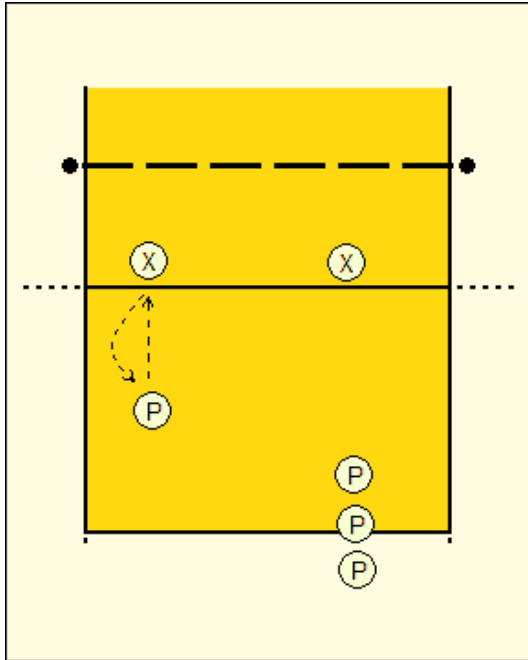
### Step 4



- After touching the toes of the first tosser, the player will retreat at an angle to line up in front of the second tosser

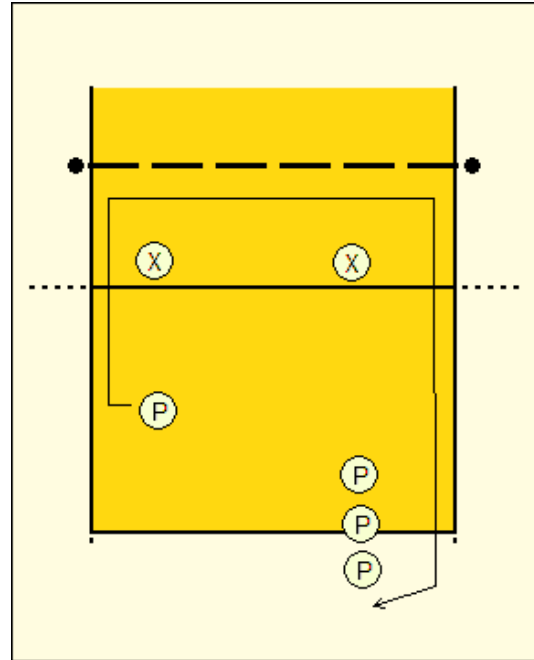


### Step 5



- The second tosser will now toss their ball
- The player will pass it back to the second tosser

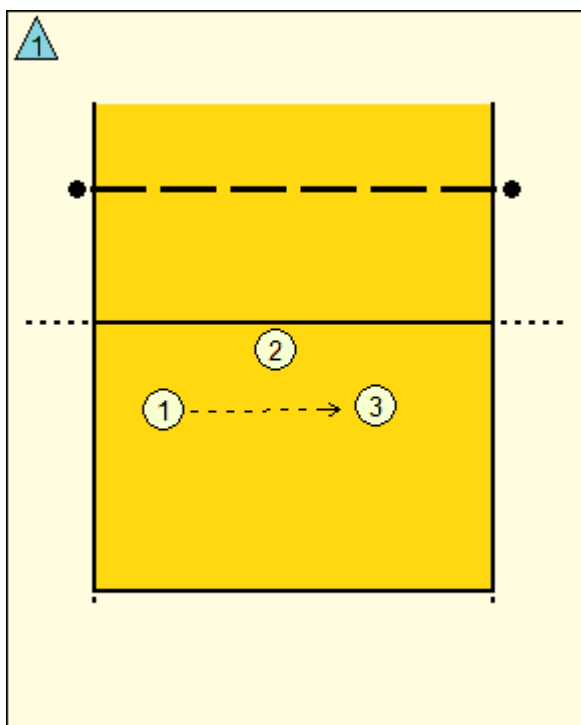
### Step 6



- After passing, the player will now sprint forward towards the net
- Once at the net, the player will shuffle across the net
- The player will then sprint to the end line and get in line
- The drill will then start with the next person in line
- A variation of the drill would include the tossers hitting the ball at the passers

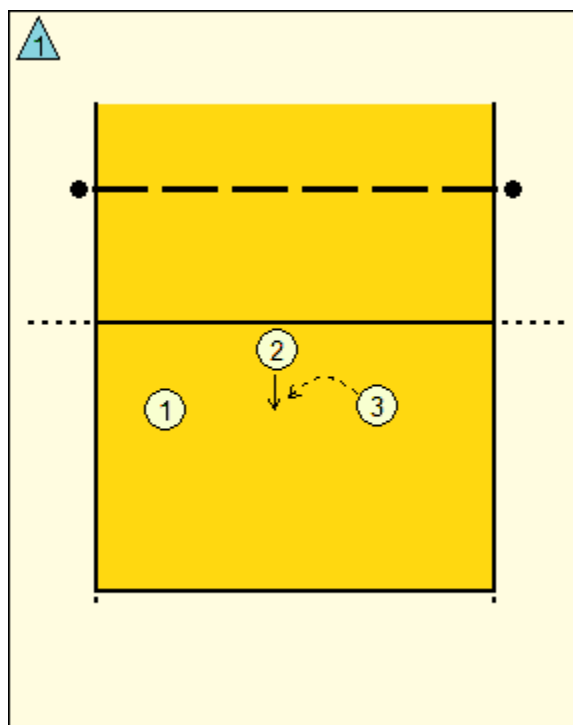
<b>Drill</b>	Russian Pepper Drill
<b>Purpose</b>	Practicing fundamentals of passing, setting, hitting, and digging
<b>Notes</b>	Focus on proper technique and ball control

### Step 1



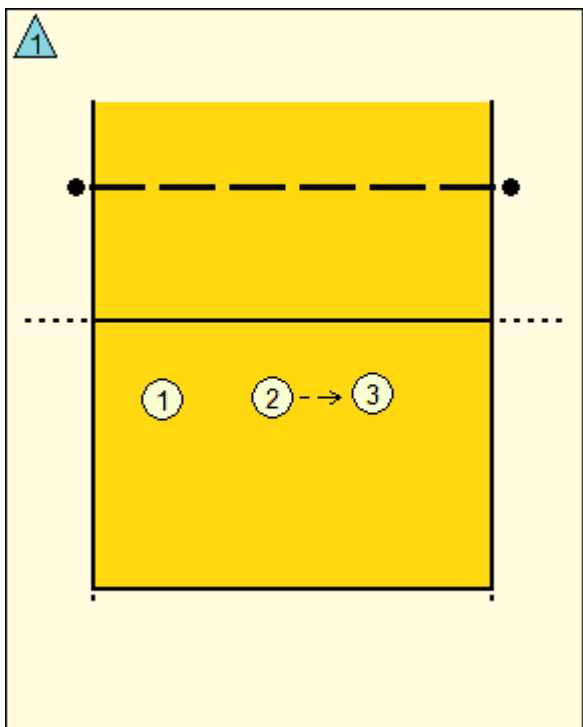
- Ball control is the main focus in all stages of this drill
- Player 1 will hit the ball to player 3
- As the hit goes by, player 2 will step back into the middle

### Step 2



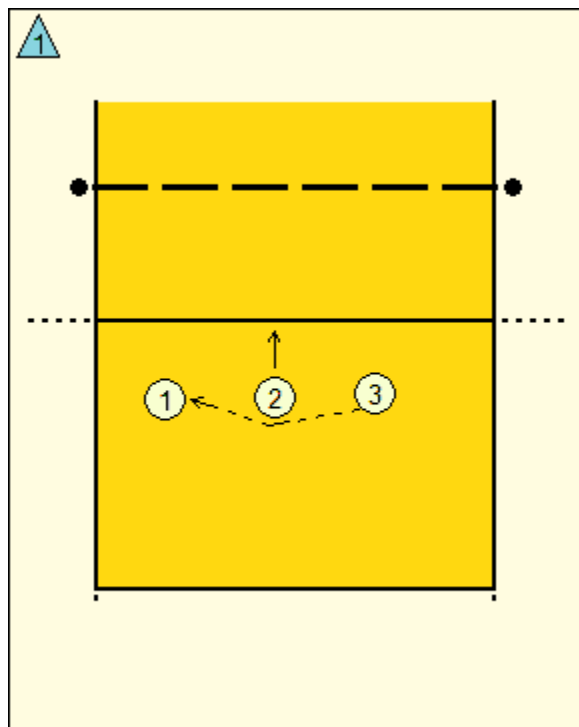
- Player 3 will dig the ball and pass it to player 2
- Player 2 will have moved into position to receive the pass

### Step 3



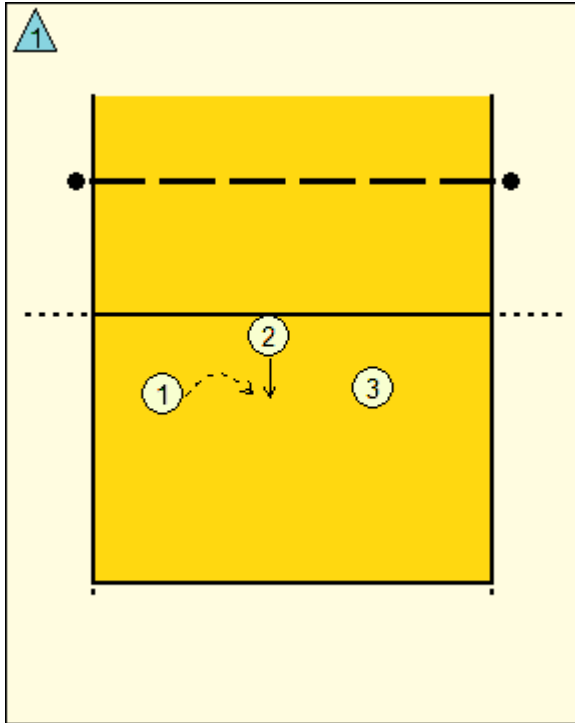
- As player 2 receives the pass, they will set the ball to player 3
- Player 2 will be the setter during all stages of this drill

### Step 4



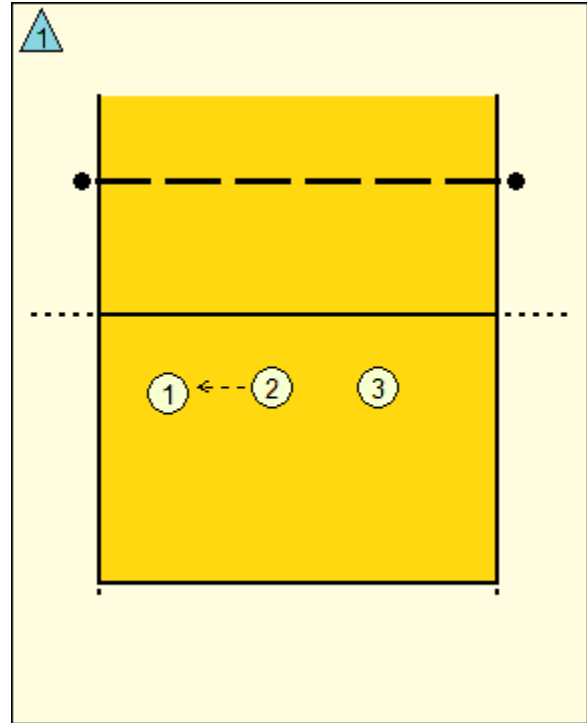
- After the set, player 2 will then step out of the way
- Player 3 will hit the ball to player 1
- Player 1 will be prepared to dig the hit

### Step 5



- The drill will now repeat with player 1
- Player 1 will pass the ball to player 2
- Player 2 will step into the middle to receive the pass

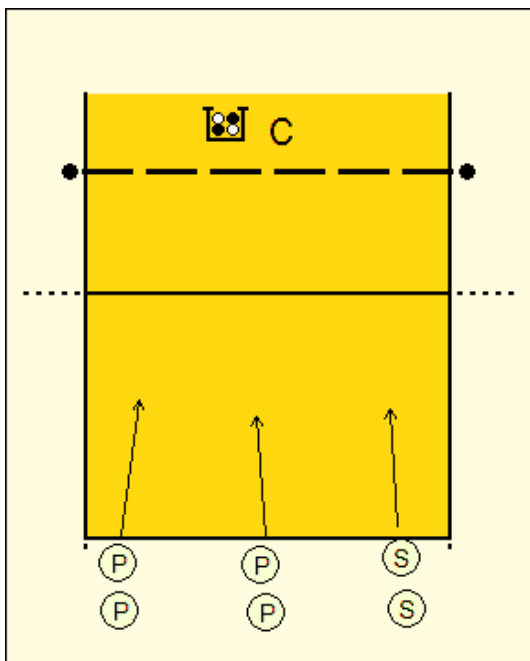
### Step 6



- Player 2 will receive the pass and set the ball to player 1
- Player 2 will then step out of the way
- Player 1 will hit the ball to player 3 and the drill repeats back to step 1
- After a period of time, rotate positions so that all players get practice their skills in passing, setting, hitting, and digging
- This is a great drill to focus on all fundamental skills of volleyball

<b>Drill</b>	Volleyball Offense Drill
<b>Purpose</b>	Practicing simple offense consisting of passing to setter, setting to hitter, and hitter hitting the ball.
<b>Notes</b>	This will simulate your typical three hit volleyball sequence during a game.

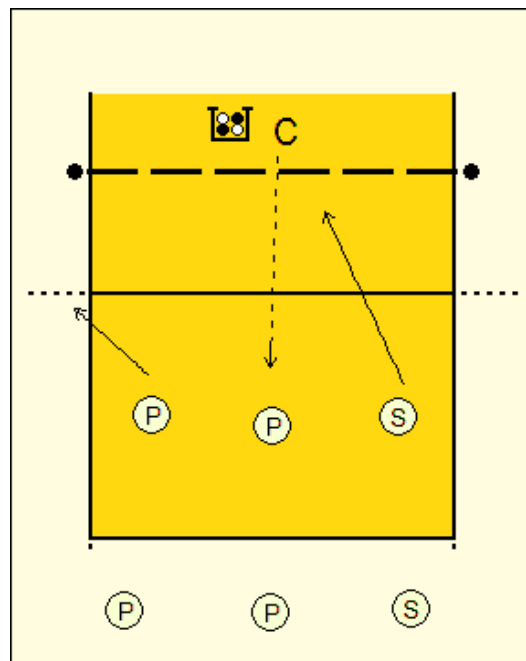
### Step 1



#### Set Up

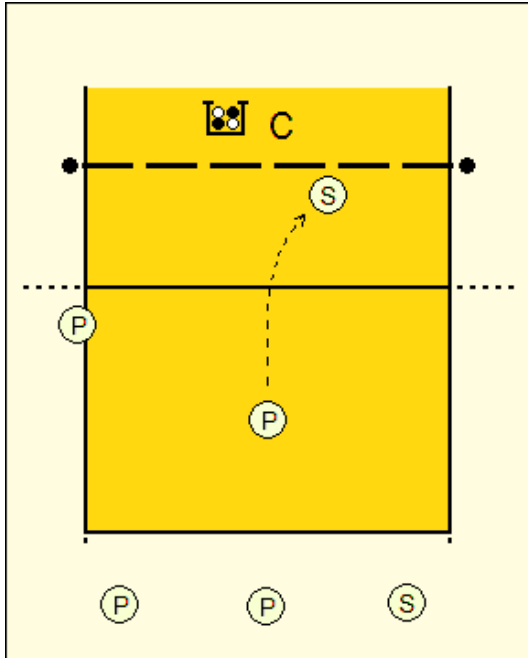
- The coach will keep a basket of balls on the other side of net
- 3 lines of players will be formed outside of court
- Setters will be in the right line
- First 3 players will step on court

### Step 2



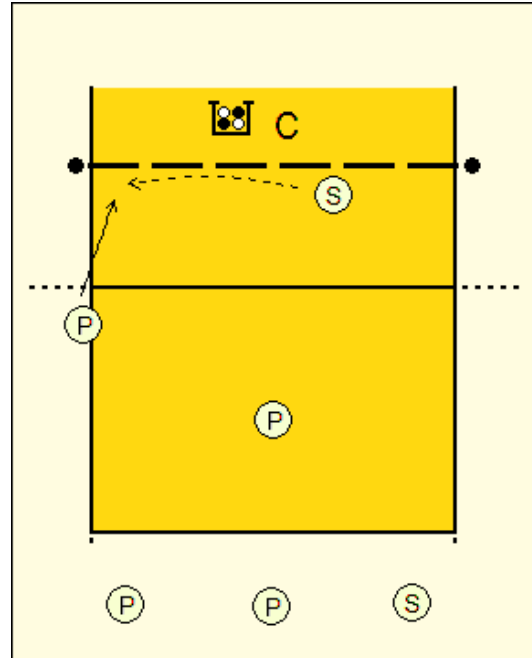
- The coach will toss or hit the ball to the player in the middle
- As this is happening, the setter moves into setting position
- The hitter on the left hand side moves into position to start their hitting approach

### Step 3



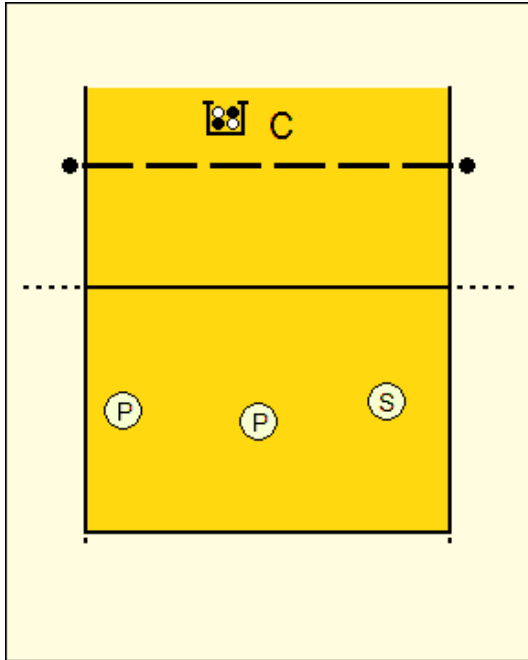
- The player in the middle will pass the ball from the coach to the setter
- The outside player is watching the pass to start timing their hitting approach

### Step 4



- The setter will then set the ball to the outside hitter
- Outside player will start their four step approach as the setter gets the ball and hit it

## Step 5



- The next 3 players step on the court and the drill is repeated

## Notes

- This drill works best to have the setters in the line at the right. This allows them to get plenty of practice setting to their hitters.
- All other players should alternate the line so that they get practice both passing and hitting.
- Once the team is proficient in the drill, a blocker could be added on the coach's side of the net.
- This drill simulates running a simplified version of the offense that would be used in game situations.

If you would like more drills that will increase your team's performance and add variety to your practices, then go to <http://www.volleyball-training-ground.com/youth-volleyball-drills.html> for more drills.