

Volleyball Practice

Date: _____

3:15	3:35	Dynamic warmups - pick 3 or 4 from list
3:35	3:50	Ball Control
3:50	3:58	Serving
3:58	4:00	Water
4:00	4:15	Hitting - technique
4:15	4:30	Blocking - technique
4:30	4:34	Serve short targets
4:34	4:35	Water
4:35	4:55	Defense
4:55	5:10	Offense from pass
5:10	5:30	Systems (6 vs 6; Out of System OSS; Ser Rec)
5:30	5:45	Stretch; Meeting

Drill Options

Dynamic warmups (when both sides = two groups in drill; one or two groups shag)

- 1) Blocking footwork
- 2) Rapid pass (groups of 4) - toss over net; setters set out/back/middle (both sides)
- 3) Passing run thru's - left and right (both sides)
- 4) Rapid dig - coach on box - hit over net; groups of 3 (both sides)
- 5) Rapid hit - from coach toss; 1's, 2's, 4's (quick arm warm up prior)
- 6) Dig and pursue - coach hit over net = dig, then player runs down ball "off block" (both sides)
- 7) Block and rapid hit off toss; groups of 3 (both sides)

Ball control (when both sides = two groups in drill; one or two groups shag)

- 1) Serve passing: tri-line 3 out; rotate every 2 balls; 20 balls total, both sides
- 2) Down ball passing to target - with block; coach initiate (later in season - toss to hitters)
- 3) Free ball passing to target
- 4) Passing with hands - groups of 4
- 5) Dig high attacks w hands
- 6) Dig opposite corners: LB/RB dig attacks (coach on box) - coach hit to opposite deep corner
- 7) Dig/Pass attacks/downballs: 6 out; block each attack; read/move/dig-pass; back to defense ready
- 8) Serve pass: tri-line vs short/deep serves

Hitting

- 1) Footwork/approaches by position
- 2) Downballs w partner: high reach
- 3) Rapid hit - coach toss; by position or off setter
- 4) Block/Transition hitting by position (toss to setter)
- 5) Pin hitters off setter; MH off setter (separate courts) (MH: 1's, 2's, slides)
- 6) Serve rec hitting off of serve/pass (focus on balls served to specific area)

Blocking

- 1) Hand position; block movement (shuffle? Swing?)
- 2) Block vs ball hit by coach (player - focus vision on attackers/coach's approach/swing; penetrate before contact)
- 3) Blocking vs downballs (3 blockers by position) - 10 balls/switch
- 4) Block/cover tip: 3 blockers vs out/back attackers (or coaches); non-blocker get inside tip
- 5) Rapid block: 3 blockers vs 3 attackers w setter; block 5 balls in a row; include vs 5-1 setter

Defense

- 1) 6 out vs specific attack (LF/MH/RF) - dig to setter/no play out; fast paced; back to defense ready quickly
- 2) Defense vs Out of System - create variety of OOS plays to defend
- 3) Attack to Defense: 6 out - serve rec and attack; def ready; defend specific attack
- 4) Defense vs free ball: Defense passes free ball over net then defends; defense should try to make free ball tough
- 5) Defense vs 5-1 front row setter

Offense

- 1) Offense plays from: free ball/downball/dig
- 2) Offensive combo plays (MH w pin):
- 3) Pin hitters - attack line/attack sharp angle/tips from pass/set
- 4) Offense plays vs block w focus on block coverage (use Block It or coach toss ball in after attack (ball off block))

Systems

- 1) 6 vs 6 drills (find drills from sources); have goal: time or number
- 2) Vary how ball is introduced: serve rec/bounce in/downball/freeball
- 3) 2 for point: 6 vs 6: serve rec; side that wins serve rec gets down ball - if win both = 1 point; play to 3 or 5