

Volleyball Warm-Up Drills

The best way to learn to play volleyball is to play volleyball!

Since we never seem to have enough practice time working with our teams, we like to have them warm-up working with the ball instead of jogging or stretching (activities that are healthy, but do not teach our athletes anything about the game of volleyball). These are a few of our favorite warm-up games:

NEWCOMB (OR NUKE 'EM)

This is a great game for our Junior Frog players and other beginners who don't have much control passing a ball yet. However, players at all ages and experience levels have fun with this one.

This competitive game gets our athletes moving on the court in a more game-style manner (similar movements to passing a ball) than jogging or lunging, while also warming up their shoulder for serving and hitting. In addition, it teaches them how scoring works in a volleyball game.

1. Create 2-person teams (if you have odd numbers, you can make a team of 3).
2. Team A starts on the "Winners" side of the court and Team B starts on the "Losers" side.
3. One player on team A throws the ball overhand across the net to Team B's side.
4. Team B players run to catch the ball.
5. The Team B player who catches the ball must immediately throw the ball back over the net from the spot where they caught the ball.
6. Team A players run to catch the ball and play continues as long as the two teams can keep the rally going.
7. The team that wins the rally moves to (or stays on) the "Winners" side and is awarded a point. The team that loses the rally runs off court and the next team on the sidelines runs onto the "Losers" side of the court to play the winning team.

You can play this game for a set amount of time, or you can play until one of the teams reaches a pre-specified number of points.

Scoring / Pairing Modification: With an odd number of players, you can have 2 lines off the back of the "Losers" court so that each new team entering the court is a new player pairing. In this case, you can choose not to track points or you can have the players track individual points to see which individual had the most success being paired with different players.

QUEENS

This is a good game for all skill levels.

Review Newcomb above.

This game has a similar scoring system and team exchange as Newcomb above. The difference is that we create 3-person teams and have them play 3-touch volleyball. Depending on the level of experience, you can have the coach toss a ball or send in a down ball to the Queens (Winners) side of the court, or you can have the incoming team serve to the Queens side.

As with Newcomb above, you can keep the same teams and track scores to see which team wins, or you can have players line up to enter the court with different teammates each time and track individual scores. In both cases, you can require players to switch positions on the court for more challenge; 3-person teams can rotate positions each rally or individuals can be required to pick a new line each time to enter the court.

You can customize this drill to focus on specific areas for improvement. For instance, if you have young players who send the ball over the net on the first pass, you can require that all three (or maybe two) players must touch the ball to get a point. If your team is more experienced, you might require a pass-set-hit to win the point. If you want your players to learn to set, you can require the 2nd touch to be an overhead set or that all touches must be overhead sets. If you want your players to pass to target, you can require that the person in right-front must get the 2nd ball.

COOPERATIVE PEPPER (MODIFIED VERSION OF EXCHANGE)

This drill works best for players who already have a good degree of ball control.

All players participate at once in Cooperative Pepper. The objective is to keep a rally going between teams as long as possible, and to have every player touch the ball over the course of several rallies.

1. Split the team up on different sides of the court; teams may be uneven (i.e., 5 v 4).
2. Give the team a goal for how many times the ball should go over the net.
3. Coach toss (or have one team toss to the other) a ball into play.
4. Each team will play a 3-touch rally, send the ball over the net on the 3rd touch, then the entire team rotates 1 position.
5. Both teams must count how many times the ball goes over the net. On a dead ball, the ball must be tossed back into play again and the count starts over.
6. Once a team reaches the rally goal, they can then play out a rally for a point to end the drill.

This drill can be customized based on experience level and areas to improve. If your team has relatively little ball control, then you may want to make it a passing-only drill. If your team has good control, you could have stages of progression such as 10 rallies with a pass-set-pass, followed by 10 rallies with a pass-set-set, then 10 rallies with a pass-set-downball. You can make counting start over if there are less than 3 touches on a side. You can add an "atonement" element to the drill, where you have the player who made a mistake "replay" and correct that touch (for instance, if the ball drops in front of them, you toss the ball to the exact same spot until they pass it).

RUNNING THREES COMPETITION

This competitive drill works best for players who already have a good degree of ball control.

1. Split into teams of 3 (if you have 10 players, you can make 1 team of 4).
2. Team A starts on one side of the court with no one on the other.
3. Coach tosses a ball to one of the players. That player passes the ball to another player and runs under the net to the other side of the court.
4. The 2nd player passes the ball to the 3rd player and runs under the net to the other side of the court.
5. The 3rd player passes the ball over the net for another 3-touch rally on the other side, then runs under the net to that side of the court.
6. Play continues as long as the team can keep the 3-touch rally going. The players count how many times the ball goes over the net. All 3 players must touch the ball on each side for play to continue.
7. When the ball is dead, the next team enters the court to see if they can beat the prior team's score.

Dynamic Warmup

Dynamic warmups are often used before a variety of sporting events or exercise classes, with the intent of increasing blood flow to the areas of the body which will be in use during the follow-on activity. Ideally, you should mimic movements that will be used throughout your activity but at a slower pace. The warmup should last approximately 5-10 minutes. Here are some ideas for your dynamic warmup, along with some helpful videos on proper technique.

Have your players start at the end line of the volleyball court and perform each of these dynamic stretches as they move to the net and back again:

High Knees: <https://www.youtube.com/watch?v=ZZZoCNMU48U>

Butt Kicks: <https://www.youtube.com/watch?v=-dtvAxibgYQ>

Lunges: <https://www.youtube.com/watch?v=YYWhkctnP2o>

Frankenstein: <https://www.youtube.com/watch?v=m7muRa-r0LE>

Quad Stretch: <https://www.youtube.com/watch?v=CZBKSOtyssM>

Walking Knee Hug: <https://www.youtube.com/watch?v=m9vsPdnG3JQ>

Additional movements you might consider include:

- 10 High Fives
- 10 Sit-ups
- 10 Push-ups
- Tick Tock to the net and back
- Shuffle to the net and back

Drills focusing on Skills

Passing:

- Butterfly
 - 2 players begin near zone 1 with ball on both sides of the court in a line
 - 2 players begin in zone 5 ready to pass on both sides of the court in a line
 - One player is in setter position on both sides of the net
 - Players with ball will toss over the net to passer
 - Passer will pass the ball to the setter
 - The setter will catch the ball like she was going to set it
 - Rotation: (Follow your ball)
 - Tosser across the net to passing line
 - Passer to “setter”
 - Setter to tosser on the same side of the net
 - <https://www.youtube.com/watch?v=sHMU6mx1wqo>
- 2-line passing
 - Players get into two lines off the court, two players start on court
 - Coach serves the ball
 - Progression:
 - One player passes to partner, the other one catches
 - Pass to partner, pass to partner, catch
 - Pass to partner, pass to partner, pass over net
 - Pass to partner, set to partner, catch
 - Pass to partner, set to partner, pass over net
 - Pass to partner, set to partner, set over net
 - Pass to partner, set to partner, hit ball over net
- Neville's Pepper
 - Team of three on both sides
 - One team will receive all of the free balls for 3 minutes
 - The team receiving free balls is the only team to score points
 - They receive points by:
 - Winning the rally (+1)
 - Digging the ball (+1)
 - Other sides goal is to keep them from getting points
 - Side NOT earning points may rotate every time ball hits floor so all players are involved
- 5 and switch
 - 3 players on both sides of the court
 - Everyone else split up serving on both sides
 - Passers successfully get three touches and over the net. (Counts as 1)
 - Must do this 5 times to get out of the drill then new passers
 - Progression:

- Pass, Pass, Pass
 - Pass, Pass, Set
 - Pass, Set, Set,
 - Pass, Set, Hit
- Partner Passing
 - Progression:
 - Pass back and forth
 - Pass to self, pass to partner
 - Pass to self, touch ground, pass to partner
 - <https://youtu.be/pb09sQBpqq4>
- 2 ball passing drill
 - Both players start with a ball
 - One player starts with rolling the ball, other player starts with toss
 - Simultaneously, one will pass the ball to the other partner, while the other player is rolling the ball to the partner passing the ball
 - One player will be rolling and one will be passing every time
 - <https://youtu.be/QmROENweVSQ>

Setting:

- Doubles tournament
 - Split up the court using antenna to make mini courts
 - 2 players on each “mini court”
 - Play to 7 then switch opponents
 - Progression:
 - Set over net (Only one touch)
 - Set to partner, set over net
 - Set, set to partner, set over net
- Set to Self-Set to Partner
 - Players get a partner
 - Player sets to self, then sets to partner

Hitting:

- Hitting lines

Blocking:

- Ball, Setter, Ball, Hitter (BSBH)
 - Teams are divided into 6 vs 4
 - Pass perfect-hands up, BSBH eye sequence, read!
 - Hit it over on 1-front row turn and run in transition
 - Pass it so there will be a free ball/ down ball- back row steps up, front row backs up a step, then turns and runs
 - Free balls should be handled by the back row if at all possible, and the setter can release
 - On down balls the setter does not release
- Hitting lines with blockers

Serving:

- 10 Before 3. Team must make 10 serves before 3 misses
 - Once mastered, spot serving. Coach picks a spot and team must get 10 before 3 misses.
- Ace to Replace
 - https://www.youtube.com/watch?v=5Sodas0_NFg

Passing Keys

Passing is the most fundamental skill to learn in volleyball. It is also one of the hardest to do well. The concept of “bumping” a ball into the air seems simple enough, but there are many facets to it that require mastery if one wants to play competitively. The good news is that players can get started passing with just a few simple pointers.

When introducing or reviewing any skill in volleyball, it helps to break the skill down into small chunks, introduce the various parts with as much simplicity as possible, then start honing each facet of the whole as the player starts getting the hang of it. We suggest providing 1-3 keyword phrases for each chunk to make it easy to remember, reference, and correct.

It also helps to reduce the number of keys or chunks to 3 in any one lesson, even though the entire skill has many more. You can customize the lesson and keys based on the level of your players.

Here are the key phrases we use when introducing or reviewing the passing skill:

1. Ready Position
2. Wrists and Hands
3. Straight and Simple
4. Face the Ball
5. Angle to Target
6. Shuffle
7. See and Connect

BEGINNERS

You can get beginners started with just the first 3 keys above.

1. **Ready Position.** The Ready Position is what we call the stance a player takes when they are “ready” to move quickly to pass a ball. Knees are bent, feet wide, torso parallel with shins, hands relaxed in front of the body with arms and hands ready to extend into the passing platform (Keys 2 and 3).



2. **Wrist and Hands** (Alternative keyword: **Pancake**). There are several ways to hold your hands, but we recommend the “pancake” style where you lay the fingers of one hand over the fingers of the other, palms up, then fold your thumbs in to lay beside each other from thumbnails all the way up to your wrists.



3. **Straight and Simple** (Alternative keyword for simple: **Quiet**). Show your players the “straight” platform by extending the arms and bending the thumbs down slightly. The ball should be passed on the “straight” platform of your forearms between the wrists and elbows. “Simple” or “Quiet” means to have very little movement of your arms. Just put them straight out in front of you for the pass.



Note that when passing a soft toss, players will need to use their legs and add a slight lift to their platform to pass the ball. When they start taking harder balls from a serve or overhand hit, the lift will not be needed as the ball will simply bounce off of their stationary arms. At all ages, you will have to stress “simple” or “quiet” because there is a tendency to add extra unnecessary movement that reduces speed and precision. For instance, some players will pull their arms toward their body before making the platform. Others will swing their platform above their shoulders when passing, or swing their platform down between their legs and then swing up.

READY TO RECEIVE SERVE

After your players understand and can demonstrate the first 3 keys, teach them keys 4 and 5 in preparation to receive service in a game.

4. **Face the Ball.** There are a number of approaches to passing a ball, but we have found the simplest approach is to face the path of the ball and pass it straight on, using the next key (Angle to Target) to “bounce” the ball in the direction you want it to go. By facing the ball and passing it straight on, it is easier to redirect the ball to a target in front of you. Players passing the ball sideways will more often experience the ball deflecting off of their platform and continuing out of back court, or being redirected off the side of the court where the player’s body is facing.

5. **Angle to Target.** In order to redirect the path of a ball, the player’s platform must be angled toward the intended target (usually the setter spot between middle and right front). Angling the platform is done with the shoulders as shown in the picture. Notice the left shoulder has dropped lower than the right shoulder in order to redirect the ball to a position in front of and to the left of the player. The arms themselves should not twist because we need to maintain a straight and simple platform to pass the ball with precision.



ADVANCED PASSING

Once your players start demonstrating ball control, you can challenge them with speed to the ball and attention to external factors.

6. **Shuffle.** Players must learn to “shuffle” their feet side to side quickly to get themselves lined up in the path of the ball. The distance is short, so turning to run will actually take longer, plus you can get your feet tangled up and lose sight of the ball.
7. **See and Connect.** Players must begin evaluating the serve, the hit, and the pass before it is even made. They need to watch the server, for instance, to take in a plethora of small details that will tell them where the ball is going. Where is the player standing? Where are they looking? Which way are their feet and shoulders facing? How fast are they moving? What direction and how fast does the ball leave their hand? Is the ball spinning? Is it high? Is it low? The player must watch, pay attention, and adjust their own position from the moment the server gets the ball until the ball connects with their arms and then continue to watch to see how well they redirected the ball to target.

Serving Keys

Serving is one of the two most important skills to learn in volleyball. If you can pass a ball and serve a ball, you can play *the game* of volleyball. Additionally, serving is the only skill in volleyball that is individual with no external variability. Once you learn how to master the mechanics of serving, you can serve the same way every time with confidence. All other skills in volleyball involve constant adjustment to a play made by another player.

When introducing or reviewing any skill in volleyball, it helps to break the skill down into small chunks, introduce the various parts with as much simplicity as possible, then start honing each facet of the whole as the player starts getting the hang of it. We suggest providing 1-3 keyword phrases for each chunk to make it easy to remember, reference, and correct.

It also helps to reduce the number of keys or chunks to 3 in any one lesson, even though the entire skill has many more. You can customize the lesson and keys based on the level of your players.

Here are the key phrases we use when introducing or reviewing the serving skill:

1. Place (alternate key words: Setup, Presentation, Stance)
2. Breathe (alternate key word: Relax)
3. Toss
4. Step
5. Swing
6. Contact
7. See and Connect
8. Ready Position

We recommend stepping through all of the Keys lightly, so you can get the kids playing faster, then go back through the Keys again (probably several iterations) to add, correct and reinforce. Remember to limit yourself to 1-3 Keys in any lesson for best retention.

1. **Place.** The initial setup is more complicated than one might think, so you might start with the first 3 pointers and then add the next two as your players get the hang of it.

1. Weight should be on the back, dominant foot with the non-dominant foot forward, both knees soft.
2. The dominant elbow should be pulled back behind and above the shoulder with the dominant hand open.
3. The non-dominant arm should be held out in front of the body with the ball resting in the palm. The player should hold the ball in front of the dominant shoulder.
4. The player's body should be at a 45 degree angle to the net (facing the antennae).
5. The toe of the front foot should be pointed toward the opposite court.



Prior to pulling the dominant arm back, players will sometimes place their dominant hand on top of the ball to make sure it is lined up in front of that shoulder, then pull the elbow back.



2. **Breathe.** Immediately following Step 1, take a deep breath in and exhale fully, relaxing your muscles and focusing on your ball. Now toss (Step 3).

Many coaches never teach breathing at all, regardless of level, but teaching your player how to relax and focus before the actual serve will help them to be more consistent in the remaining mechanics of the serve, and it will help them to block out environmental distractions that often affect players in a game.

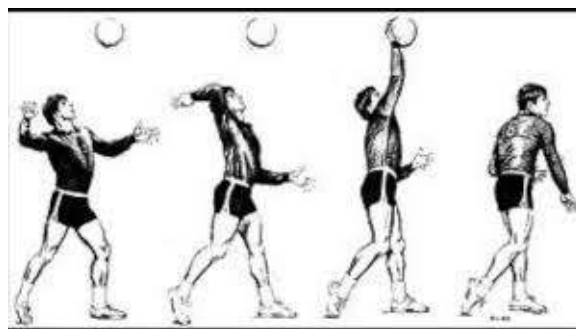
3. **Toss.** The Toss and Step (Step 4) happen almost simultaneously, but the Toss is the most critical component of a good serve and needs special attention. The Toss should go straight up or up and forward with no spin (unless you are teaching a Spin Serve). Spin is caused by the player pulling their fingers in on the toss and “flipping” the ball backward. This results in a toss that is above the player’s head, which is harder to hit with any power. In order to contact the ball with power, the ball has to be tossed (or “lifted”) to a spot out in front of the player’s dominant shoulder that is reachable with a step forward and a fully extended arm/hand.



4. **Step.** As the player tosses (or lifts) the ball in the air, they should step forward with the non-dominant foot that is *already* forward. This can be non-intuitive for new players because they want to step with the foot that is behind. However, the step forward with the non-dominant (front) foot allows the player to shift their body weight from that back foot to the front foot, giving them the combined force of forward body motion and torque from bringing their dominant shoulder around and forward on the swing.



4. **Swing.** The swing should be simple, starting from the pulled-back position in Step 1. The motion starts with the body stepping forward, then the shoulder is pulled around and forward, followed by the elbow and finally the hand, arm extending fully to swing through the ball. The swing should not stop at the ball, but continue to swing all the way down.



5. **Contact.** Unless the player is performing a Spin Serve, the wrist should remain locked throughout the swing and contact. Contact should be made with a flat, open hand with the heel of the hand hitting the ball dead-center. If done properly, this will result in a “float” on the serve, which is difficult to pass. For younger players who don’t have all the parts down for a powerful swing and contact, they can contact the ball slightly underneath to give the ball some lift.

6. **See and Connect.** Players should be present and focused for the entirety of the serve. During setup, they should look at the other side of the court to determine where they will serve. They need to see that serve in their mind. Once they setup for the serve, they should shift their eyes and focus to the ball, maintaining focus on the ball through the toss, swing and contact. They should then follow the path of the ball with their eyes to determine if the ball went where they intended. If not, a quick mental adjustment should be made for next time as they run onto the court to play.

7. **Ready Position.** Although the player is fully focused on their serve and observing the outcome of that serve, they must also be ready to play. Sometimes a server can get caught standing behind the serving line and then get burned with a volley back over the net right to the spot on the court they should be covering. As soon as that serve connects on the other side of the court, the player needs to quickly move onto the court and get in the Ready Position (see Passing Keys).

USA

- Split the team into two teams
- One side will serve
 - Whichever side wins serve... (Team A)
 - Gets a freeball
 - If Team A wins the freeball they get a downball
 - If Team A wins the downball then they get a pancake
 - If Team A wins the pancake then they get a "U" or "S" or "A"
 - If Team B wins the downball then they get a freeball
 - If Team B wins the freeball then they get a downball
 - If Team B wins the downball then they get a pancake
 - If Team B wins the pancake then they get a "U" or "S" or "A"
 - If the team does not win the freeball and downball in a row then the other side gets a freeball
 - Have the teams rotate every few turns and restart with a serve

Atonement

- Split the team into two teams
- The goal is to "atone" for your error
- If a player makes a mistake then they must "atone" their mistake
 - For example: If a player hits the ball into the net then the coach would toss a ball for the player to hit again until she successfully hits it over the net
 - Another example: If a player shanks a ball from a hit then the coach would continually hit balls at the player until she successfully digs it
- Have players rotate every few turns

9 vs 5

- Split the team in half
- First there is a serve
- Coach continues to toss freeball to the team on offense until the offense scores 9 points or defense scores 5 points
- After either offense or defense wins, the other side gets to serve
- Then both teams rotate and the game repeats

Make 'Em Pay

- Split the team in half, or 6 vs 4
- Team starts in rotation coach gives them
- For each team, keep track of positive points scored through kills, aces, and blocks. Also track negative points given through service errors, getting blocked, hitting out/in net, getting aced in serve-serve, and ball-handling errors
- At the end of the drill, the teams must have a positive/negative point ratio of 2:1 or better, otherwise there are penalties.

Beal Drill

- Coach makes a bad pass
- Setters set best option
- Hitters must attack the ball

Bounce

- Split the team in half or 6 vs 4
- A team serves and a rally ensues.
- When the rally terminates, a coach on the side that has lost the rally bounces the ball into court
 - This counts as the first contact
- Only two contacts remaining, and the players should try to set and spike the ball
- The coach keeps bouncing balls to the team that loses the rally until a team wins three rallies in a row
- Three in a row is a point, and the team scores the point rotates

Games from 22

- 6 v 6 or split team
- Start in rotations chosen by coach
- Set the score 22-22, and play standard volleyball
- First one to 25, win by 2, wins the rotation and gets to rotate
- Continue until making it through all rotations

Videos from SpikeFrog.org (not my material):

Partner Passing: <https://www.youtube.com/watch?v=pb09sQBpqq4>

Pepper game: https://www.youtube.com/watch?v=BslSkkCU_iM

Queens: <https://www.youtube.com/watch?v=dPZa60KuXFA>

Around the World Serving: <https://www.youtube.com/watch?v=7v9pKJ80iWk>

Ace to Replace: https://www.youtube.com/watch?v=5Sodas0_NFg

Volleyball Clinic Lesson Plans

Every week, begin with group sharing (i.e. everyone share your name and favorite restaurant) followed by running and dynamic warmups. Use the volleyball lines, warming up parallel to the net.

Warm-ups (each exercise, down and back)

- Jog
- High knees
- Kickbacks (butt kickers)
- Grapevine
- Jogging with arm circles going forward
- Jogging with arm circles going backwards
- Walk two steps, quad pull, repeat
- Walk two steps, hamstring pull, repeat
- Walk two steps, side lunge

Ball warm-up with partners (repeat 3-4 times)

- Throw ball down with two hands
- Throw ball down with right hand
- Throw ball down with left hand
- Hit ball down with right hand
- Hit ball down with left hand

Partner skill warm-up (not till week 2)

- 10 perfect passes (younger-partner toss)
- 10 perfect sets (not till week 3)
- Practice passing back and forth, older can self-pass, set across to partner (week 3 or later)

Week One/Passing

- Introduce the sport of volleyball. Cover some basic rules: 6 players play at a time. Play begins with serving. Team can contact the ball 3 times before sending it over the net. Player cannot contact a ball twice in a row. No one can touch the net. Goal is to get the ball over the net and inside the court. Games are played rally scoring to 21, best 2 out of 3.
- Introduce passing, primary first contact in volleyball. Demonstrate form and talk about each body part. Have all the kids shadow you.
 - Arms-straight out in front, talk about contacting the ball with your forearms, use the word "platform" to be the spot on your arms you are passing the ball with. Discuss that your platform should always be pointing at your target.
 - Hands-no interlocking fingers, best to have one hand inside the other and thumbs together to best expose the forearms
 - Shoulders-relaxed, not tight to the head
 - Mouth-calling the ball
 - Eyes-following the ball into your arms
 - Legs-squatted in a sitting position, as if there was a chair behind you; ALL the power for passing comes from using your legs, not your arms. Think of it as an ice cream push pop.
 - Feet-shoulder width apart, even with each other; weight should be on the balls on your feet, ready to move forward. As you pass the ball, you should take small left, right steps.
- Platform Partner drill-one partner is a tosser, one partner is the passer. The passer gets down on one knee, with other leg perpendicular to the body, platform out in front of the body. Toss

tosses 10 balls to partner who passes them back, focusing on having her platform out in front of her and returning the ball to the target. Then players switch roles.

- Bring whole group back together. Discuss that we often have to move to pass the ball when we play volleyball. Demonstrate shuffling to move from the left to right, or right to left. Put class on 10 foot line and 30 foot line and practice shuffling as a group by pointing to one direction or the other. Key in on staying low while shuffling.
- Corner Passing Partner Drill-one partner is the tosser/roller, one partner is the passer. All groups will need to find lines in the gym that include a corner. The tosser/roller will stay on the corner. The other partner will practice shuffling from one line to the other to play the ball. The passer will contact 30 balls before switching. The first 10 balls, the tosser/roller will roll the ball on the ground from side to side, and the passer will simply roll the ball back to her. The next 10 balls, the tosser/roller will once again roll the ball, but this time the passer will flip the ball back up to her partner. The final 10 balls, the tosser/roller will toss the ball from line to line and the passer will pass them back to her partner. Then girls will switch roles, passer becomes the tosser/roller and tosser/roller become the passer.
- 4 person passing drill-each group of 4 will need 2 balls. Two girls will be the tossers and hold on to the balls. They will stand about 5 feet away from one another and across from the other two girls (about 10 feet away). Tossers will toss the ball directly across from them to the passers at the same time. Passers will pass the ball back to the tossers, then shuffle and high five each other and return to the position directly across from the tossers. The passers will pass 10 total balls and then switch with the tossers.
- Passing gauntlet drill-have half of the girls grab a ball and line up across the net on both sides of the net. These girls are the tossers. The rest of the girls will get in line at the 10 foot line. Each passer will receive a toss from each tosser on each side of the net. Once the first girl passes the ball, the next girl will enter the drill. After the entire group has passed through the gauntlet 2 times, have the groups switch. Run the drill again, this time with the passing group passing from further back (about 15 feet). If this was a struggle, simply try it again from 10 feet.
- Gather back together and review correct passing form. End with a team cheer. Play a fun group game if extra time remains (elbow tag, sharks and minnows, shipwreck, freeze tag, etc).

Week Two/Setting

- Begin with group share, running, dynamic warm-ups, partner ball warm-up and skill warm-up
- Review passing form with the group, have them demonstrate with their bodies how to properly pass the ball. Begin with a drill that was introduced last week (choose from platform partner or corner passing).
- Bring the whole group back together. Introduce setting technique and discuss when it is appropriate to set (when the ball is coming to you chest level or higher, as you get older, a set is usually the second contact on the ball in order to set up a hit).
 - Feet-shoulder width apart, even with each other; weight should be on the balls on your feet, ready to move forward. As you pass the ball, you should take small left, right steps.
 - Legs-squatted in a sitting position, as if there was a chair behind you
 - Shoulders-relaxed, not tight to the head
 - Mouth-calling the ball
 - Eyes-following the ball into your hands and out of your hands
 - Arms/hands-raise your hands over your head. When setting, if you miss the ball completely, it should land on your forehead. With your hands, you will make a diamond shape with your thumbs and pointer fingers. You can also imagine holding a two liter of a liquid to drink, this will put your hands in the correct position (you can have all the girls share what they would drink if they had to drink an entire 2 liter of something). When you set, you set the ball entirely with your fingertips. Have everyone show you their fingertips. Elbows are in, no ducks in volleyball. Discuss how your hands have to travel forwards,

they cannot come backwards to catch the ball, then go out. They must always be moving forward, otherwise, they will be whistled for a carry.

- Partner hands drill-Have one partner lie down on the floor on her back, other partner stand close to her head. Drop the ball straight down towards the girl's forehead, girl set the ball straight up to the partner. Repeat 15 times, then switch.
- 4 person passing drill-Do this drill the same as passing, just now with setting.
- Passing gauntlet drill-Do this drill the same as passing, just now with setting.
- Single circle setting drill (for practicing as a setter, more likely just older kids)-Put yourself in left back. Have at least 3-4 kids grab balls and line up behind you. Have 3-4 kids in the setter position. Have 3-4 kids in the outside hitter position. Kids will move through this drill in a circle. They will move from setter to outside hitter to ball hander with the coach to setter. Ball hander will hand the ball to the Coach, Coach will toss the ball to the setter, setter will set the ball to the outside hitter, outside hitter will catch ball. Each player will move from place to place-setter to outside to ball hander.
- Gather back together and review correct setting form. End with a team cheer. Play a fun group game if extra time remains (elbow tag, sharks and minnows, shipwreck, freeze tag, etc).

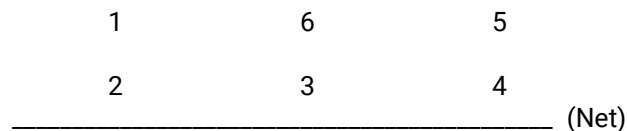
Week Three/Serving

- Begin with group share, running, dynamic warm-ups, partner ball warm-up and skill warm-up
- Review setting form with the group, have them demonstrate with their bodies how to properly set the ball. Begin with a drill that was introduced in the last two weeks.
- Bring the whole group back together. Introduce serving technique, both underhand and overhand serving.
- Underhand serving (written for right handed players, reverse for left handed players)
 - Feet-shoulder width apart, left foot will be in front of the right foot. When serving, the left foot steps forward.
 - Legs-knees bent
 - Shoulders-relaxed, bending from the waist, chest forward
 - Eyes-following the ball while you contact it
 - Arms/hands-hold the ball in your left hand, using your hand to hold the ball on the side. Use your right hand to contact the ball. Make a fist with your hand, wrapping your thumb around the side. The part of your hand you contact the ball with should be flat. You need to stay leaned over the entire time you are serving, otherwise the ball will end up hitting the ceiling, not going over the net.
 - When serving, take a step with your left foot. The hand the ball is in should not raise with you as you serve.
- Overhand serving (written for a right handed player, reverse directions for lefties)
 - Feet-shoulder width apart, left foot will be in front of the right foot. When serving, the left foot steps forward.
 - Shoulders-relaxed
 - Eyes-following the ball while you contact it
 - Arms/hands-toss the ball with your left hand. Your toss should not be any higher than the maximum height of your reach. Your toss should be out in front of you and not in line or behind you. Hand should be hard, flat and flexed. Think of your body as a bow and arrow. When you toss the ball, use your left hand to find the ball and swing through with your right hand. Take a step with your left foot as you toss.
- Have all the players give you a hard high five, this is how they should contact the ball. Tell them that there are no waitresses in volleyball so they should never contact the ball like they are carrying a serving tray.
- Have all players grab a ball and practice tossing the ball to serve, then catching it in the air where they would contact the ball.

- Partner serving drill parallel to net. Have kids find partner and spread about 10 feet apart, line them up parallel to the net. Have all kids get down on left knee and practice overhand serving across to their partner. Have them practice for a few minutes.
- Partner serving across the net. Have kids find partner and each partner stand on the 10 foot line on either side of the net. Have them practice serving overhand or underhand to one another across the net. As they get comfortable, they can move backwards from 10 feet.
- Duck game-have half of the players join you on one side of the net. They are the ducks, the other group will be the duck hunters/servers. The ducks will walk in a line slowly and quack, going back and forth, starting on the 10 foot line and ending at 30 feet. The servers will serve the ball and try to hit as many ducks as possible. Then the groups will switch.
- Gather back together and review correct setting form. End with a team cheer. Play a fun group game if extra time remains (elbow tag, sharks and minnows, shipwreck, freeze tag, etc).

Week Four/Receiving Service

- Begin with group share, running, dynamic warm-ups, partner ball warm-up and skill warm-up
- Review serving form with the group, have them demonstrate with their bodies how to properly serve the ball. Begin with a drill that was introduced in the last three weeks.
- Bring the whole group back together. Introduce serve receive technique.
 - Feet-shoulder width apart, ready to move
 - Legs-knees bent, in a seated position, like a chair is behind you
 - Shoulders-relaxed
 - Eyes-following the ball while you contact it
 - Mouth-calling the ball
 - Arms/hands-out in front ready to receive the ball, when serve receiving your platform should always be squared to target
- Single circle serve receive (similar to setting single circle)-have a line of 3-4 players in left back, a line of 3-4 players as targets, and you on the other side of the net with 3-4 players with balls. Kids will rotate in a circle from passer to target to ball hander. You will take a ball from the ball hander and serve (most likely underhand) to the passer, who will pass to the target, who will catch the ball and become a ball hander.
- Single circle serve receive with 2 passers-run this drill the same as the other, this time with 2 passers, one in left back and one in middle back. This will be to practice calling the ball. The girl who passed the ball will move to be target. Kids will rotate through the drill the same.
- Partner serving across the net. Have kids find partner and each partner stand on the 10 foot line on either side of the net. Have them practice serving overhand or underhand to one another across the net. As they get comfortable, they can move backwards from 10 feet.
- Around the world serving drill-Split the girls in half, and have them on either side of the net. In this game, you will put one player from each team in 1 on the other side of the net (see serving zones below). She will need to be seated on her bottom. The teams will serve at the player and she will attempt to catch balls served at her. Once she catches a ball, the player who served it will come and take her place and sit in 2. She will catch a ball, and the player who served it to her will replace her in 3, and so forth, until the team has served all the way around the world.



- Groups of 3 serve receive practice-Have the girls form groups of 3. Each group will need one ball. One girl will serve, one girl will pass, and one girl will be the target. Both the server and the receiver will stand on the ten foot line, across the net from one another. The target will be at the

net on the same side as the receiver. Have each girl serve 7 balls and then the group will rotate roles.

- Gather back together and review correct setting form. End with a team cheer. Play a fun group game if extra time remains (elbow tag, sharks and minnows, shipwreck, freeze tag, etc).

Week Five/Hitting

- Begin with group share, running, dynamic warm-ups, partner ball warm-up and skill warm-up
- Review serve receive form with the group, have them demonstrate with their bodies how to properly serve receive the ball. Begin with a drill that was introduced in the last four weeks.
- Bring the whole group back together. Introduce hitting technique (written for right handed players).
 - Feet-take a 3 step approach, left, right left, start at 10 foot line to run your approach
 - Eyes-following the ball while you contact it, on the setter beforehand
 - Mouth-calling the ball
 - Arms/hands-contact the ball high in the air at the peak of your jump, use your left hand to find the ball and your right hand to swing through. Snap with your wrist. As your feet are running your approach your hands/arms will go with them.
- First practice footwork. Have the girls line up with some on the 30 foot line, some at the 10 foot line. Introduce the first step of the approach. The first step is the location step. It is a big step. As you take this first left step, your arms will go behind you like you are pushing skis behind you. Have all girls practice taking a big left step with arms extending out behind them and freezing, shouting the word left (your mouth will tell your body what to do).
- Your next two steps are timing steps (right left). Your right foot should be pointing to the opposite corner in 5 on the other side of the net. Your body should be parallel to the setter, you should be low and ready to explode and jump. Your arms should be low with you, ready to drag yourself up to explode and hit. Practice running this footwork together repeatedly, shouting out the footwork.
- Have the girls line up at the 10 foot line. Practice running an approach to the outside, then middle, then opposite. Once a player has run an outside approach and transitioned off the net to the middle, the next player starts, so 2 players are approaching at the same time, then 3 players. You can have the players do this on both sides of the net.
- Have the girls line up again as outside hitters. Have them run an approach off a toss. They will wait to start their approach until you toss the ball. Instead of swinging, have them catch the ball at the peak of their jump. Have them go through the line a few times.
- Have the girls line up again as outside hitters. Have them hit the ball now as you toss it outside. They will shag their balls and put them back in the cart.
- If the group seems skilled, have a few girls volunteer to set. You toss the setter balls out of left back while the other girls form a line outside and hit off a set. The hitter will shag her own ball and put it back in the cart before returning to the line.
- Play a serving game-around the world or the duck game (if time).
- Gather back together and review correct hitting form. End with a team cheer. Play a fun group game if extra time remains (elbow tag, sharks and minnows, shipwreck, freeze tag, etc).

Week Six

- Begin with group share, running, dynamic warm-ups, partner ball warm-up and skill warm-up
- Review hitting form with the group, have them demonstrate with their bodies how to properly hit the ball. Begin with a drill that was introduced in the last five weeks.
- This week, I would put the day together based on strengths/weaknesses of the group. Select a drill from each week (passing, setting, serving, serve receiving, hitting) to reinforce good skills.
- End by playing as much of a "real game."
- Gather back together. End with a team cheer. Play a fun group game if extra time remains (elbow tag, sharks and minnows, shipwreck, freeze tag, etc).