

- **Volleyball drills – Girls Place, Inc.**

The following drills can be used with most age groups. Coaches need to help develop good basic skills in our players and everything begins with good footwork. All ages and all levels should make sure to spend time on basics. And switch up drills to make practice fun. We hope these drills help you in practice!!

- **Basic hitting steps** – right handed hitters load at the outside hitter position with right foot forward. Have partner lay down in front of hitter and big step away. Hitter should take big step with left foot, then lead with right foot and jump over partner lying on ground in a left...right, left step fashion and jump to hit off two feet. Hitters also need to land on two feet, balanced and without pushing into the net. To get hitters in the right position, have them head-butt a set ball over the net instead of hitting. A head butt will force them to move to the correct position beneath the ball. To get the hitter to extend both arms high, have the hitter raise both arms with a tennis ball in the left hand, at the apex of the hitting motion, the hitter should switch the ball to her right hand, and then flick it over the net with wrist snap motion.
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- **10-10-10 warm-up** – Have players pick a partner and separate, one with back against the net and the other player at the end line facing each other (30' apart). Players should toss the ball in the air in front of them with both arms. Both arms should extend straight up, left arm leading and tucking in at abs/core area, right hand striking ball. Target should first be spot on floor 10' away (5 times each), then 20' away (5 times), then 30' away (at partner's feet) to simulate hitting at apex of swing. Emphasize apex strike and wrist snap, not speed of hit.
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- **Basic setting technique** – have younger players place hands on hips. Players should maintain hand spacing, but raise hands over forehead. To set the player should step into pass with legs bent slightly, then arms should extend through the ball where fingertips push upward like a superman pose. Hands should never flop forward at the wrist. Ball should never contact the palms. Practice by getting correct hand spread, then have players bounce the ball high in front of them. They should first step into the bounced ball so if they missed the ball, it would hit them in the forehead. First, players should just catch the ball with the proper hand spread and fingertip control. Then continue the bounce and step into the ball followed by setting practice. Follow with **Setting in Place** drill.
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- **Setting in Place** -This challenging setting drill requires players to set the ball many times continuously. Players can do this drill on their own at home as well as in practice. Give each player a ball and have players spread themselves out on both sides of the court. Players should leave plenty of space between each other. When you blow the whistle, all players should begin setting to themselves above their heads. Call out instructions as the players set. Instruct the players to get down on their knees, sit cross-legged and eventually lie down, all while setting in place. Then instruct players to stand up again. Players who drop the ball are out. Continue until only a few players remain, and reward those players by letting them sit out a round of sprints.
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- **The dead fish drill**, also known as target practice, helps players improve the consistency of their serve placement. Divide your players into two teams and have the teams line up behind the end lines on either side of the net. Give each player a ball, and place a storage bin full of extra balls near the end line on each side of the court. Use tape to designate certain spots on the court for players to aim for when they serve. Set a time limit for the drill, then blow the

- whistle to indicate the start of time. All players on both teams should begin serving simultaneously. Whenever a player hits a serve out of bounds or into the net, he must sprint to one of the designated spots on the opposite side of the court and sit down --- becoming a "dead fish." His teammates can then rescue him by hitting a serve that he can catch without standing up. The team with the fewest dead fish at the end of the time limit wins.
- - **Ace to Replace-** Set up six players at serve receive position and line up servers on the opposite side of the net. The goal is for servers to ace the receive player and then take over their position. Servers that serve the ball out, or into the net, should do push-ups, planks, or wall-sits so they concentrate on their job to get the serve in play.
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 - **Triangle Passing** – This drill has three players set up in a triangle and 6' apart. Two players are tossers and one is the passer. The passer shuffles back and forth as tossers toss the ball. The passer should stay low, never cross feet, and turn stance and shoulders to the alternating targets. Passer should pass 10-20 balls then switch with rotate with one of the tossers.
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 - **Figure 8 Passing** – Requires three players and a coach/passers, or four players. Two players act as posts about 6' apart from one another. The passer shuffles in a figure 8 motion around the standing "post" players. The coach tosses the ball to a point between the players before the passer gets to the center. Passer passes back to coach/tosser and continues the Figure 8 for 10-20 passers. Alternate in new passer.
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 - **Target Pass to Basket** – divide team into two sides with a coach on each side of the net. Coach tosses ball to back row passers one at a time and passer try to pass back into ball basket set up at the setter position. Passes should be at least 10'high, especially with younger players. First team with 5 or 10 balls into basket wins.
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 - **2 on 6** - For this drill, one team has 6 players and the other has only 2. To begin with, have the strongest players on your team as the outnumbered ones. The 6-player team begins by serving the ball within two steps of a member of the 2-player team, or have coach free ball first ball. The 2-player team must cover court and communicate well, as well as be accurate with passes.
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 - **Queen of the court.** Split your players into groups of three or four. Players will basically play three on three or four on four. You can do this by introducing free balls or letting them serve. Have someone from each team keep track of their number of wins. The group with the most wins will not have as severe a consequence as the group that loses. For example, whoever wins may have to run two sprints, while each losing group may have to run three sprints.
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 - **Six-on-six wave.** Set up with six people on the court on each side. Lefts should line up on the left side, rights and setters on the right, with middle blockers and liberos (and DSs) lining up in middle back. Any extra players should be lined up on the baseline (off the court) ready to come in when you say "wave." The coach tosses a free ball over the net from the sideline, the ball gets played out and after three to four times through the coach yells "Wave!" At this time, each row of players will shift in one direction. So the front row players on one side will become the front row players across the net. Those front row players who were there will become back row players on the same side. The back row players that were there will step off and go to the lines at the baseline. Those on the baseline will enter the court and become the back row players on the same side. Finally, the back row players who were there will

become front row players on the same side. This is a good way to get everybody involved in play.

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- **Two vs. Two** - Beach volleyball is often played 2v2. When players work in smaller teams, they are forced to communicate effectively to properly set up points. When doing two on two in the gym as a drill, reduce the size of the court by playing points only within the 10-foot line. Serve underhand and play points out normally. As one team loses a side-out, another two-person team replaces it to challenge the winners.
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- **The Eye Check drill** - The eye-check drill helps those in the setter's position learn to read what is going on with the opposing team to properly read the defense and make the optimal set. The drill is done with someone tossing the ball from the back row with a setter and hitter all on the same side of the net. The coach or other player is the opposing team. As the ball is tossed, the setter looks to the coach who makes one of three signs: rock, paper or scissors. The setter needs to say what the sign is before setting the ball to the hitter.
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- **Corner Killer drill** – Set up cones about 18” inside each corner of the court. Divide team in half on opposite sides of the court. Give each side two balls that they must serve and run to retrieve in a game of who-can-knock-over-the-corner-cones first. Drill is also good for back row attack and deep corner passing. Cones can also be set up in the 1-6 gap and 6-5 gap for service game.
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- **Pass-Set-Hit** – three players lay on the floor at the end line facing net with coach/tosser with back to net. Coach slaps ball and tosses freeball into back middle. All three get to feet quickly, setter runs to set position, outside hitter runs to outside, and middle passer passes the ball to setter. Drill encourages movement and accurate passing/setting. Each player must keep an eye on the ball for errant passes/sets.
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- **Back Row Attack game** – 6 vs. 6 court. Coach free balls in first ball. To score point, players must only attack from back row. Focus on setters always bringing back row attackers toward net, never backing them up.
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- **Virus drill** – 6 vs. 6 court. Like the back-row attack game, coach free balls in first ball. First team only is allowed 2 touches (as if the first ball was an errant first pass). After the first possession, play the point out with three touches per side.
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- **Shank you very much**- Two players set up at back row, facing net. Coach/tosser tosses the ball over one player’s head and the player must track ball and provide an adequate save pass (generally high and back toward the center of the court), so that second player can play the ball over the net. Drill teaches scrambling and following errant passes.
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- **Jousting** – players face each other on opposite sides of the net, about 18” from the net. Coach/tosser tosses the ball so that it would land above the net and players fight to force the ball down on the opponent’s side of the net.

