

2014 Skills Lessons

Passing and Serving for 12s

Date: 1/26

- 12:00 Introductions, Expectations - 5 min.
Passing form and cues (taken from "passing basics" document) - 10 min.
Isolate skills (one at a time) within passing breakdown with groups of three (toss, passer, target)
- 20 minutes
- feet still on contact and facing ball
 - straight arms
 - freeze platform with platform angled to target
 - efficient first step to ball
 - eventually add hand passing
- 12:35 Basic pass, set, hit drill (taken from Pass, Set, Hit drill document)
- loosely work on hitting and setting (specifically team setters), but focus most attention on passers
- 1:10 Serving basics (taken from "Serving Breakdown and Cues" document
Partner serving for consistency
Differentiate courts based on ability/strength (fundamentals court / challenge court)
- fundamentals court (skill breakdown)
- challenge court (serve to locations and height over net)
- 1:35 Combine passing and serving with a focus on communication and movement to the ball