

## COACHING KEYS

Relax & Load  
Ready & Wide  
Face the Ball  
See the Server

Wrist & Hands  
Straight & Simple  
Set Angle Early  
Quiet Platform  
Round Shoulders

Track with Eyes, Platform & Feet  
First Step Toward Ball  
Shuffle Low & Level

## COMMON ERRORS

Not facing the server  
First step in the wrong direction (we want to work in straight lines toward the ball)  
Squaring off toward the setter or target  
Slicing or scooping to direct the ball  
Crossing over during the shuffling movement  
Not balanced in ready position (weight heavy on one leg)

## TRAINING PROGRESSIONS

### Platform / Angle Work

Two Knees - midline passing  
Right Knee Up/Left Knee Up—angle passing (set angles with your shoulder)  
Wall work  
Box Passing

### Footwork / Shuffle Movements (step, shuffle, shuffle—movement for all directions)

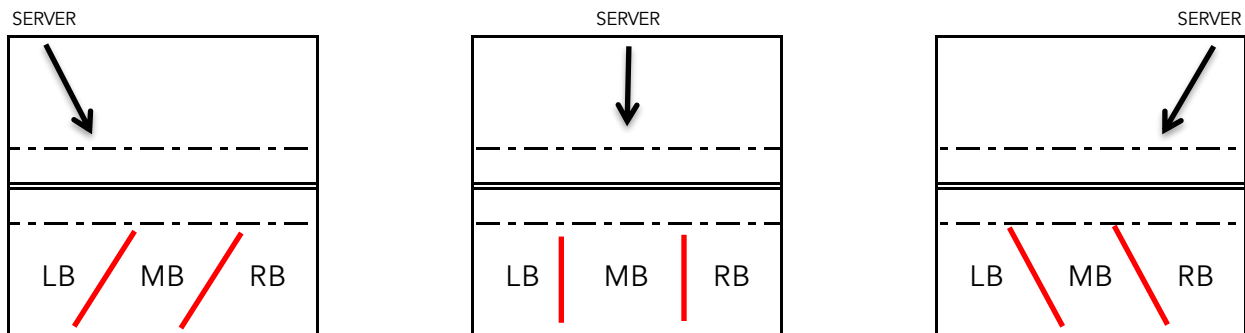
Coach on Box  
Bowling / Chipped ball  
Topspin ball  
Float serve  
Work on strong and dynamic first step toward the ball  
Work lateral, short, and deep movements  
Train one direction for multiple reps

### Eye Sequencing & First Step

Building on the footwork, add an element of reading. This can be lateral movement, seeing whether the ball is going left or right. Or deep movement, seeing whether the ball is deep over their right or left shoulder. Or short/deep. You can combine many different elements with reading, but don't trick the player. They can't develop strong motor memory if they are never sure where the ball is going.

### Seam Passing/Communication

Add another player. Overemphasize seams and communication. Early and confident calls.



## COACHING KEYS

Face the passers	Left foot to passer / right foot to target	
Feet to ball	High contact	Square to target
Shape hands to the ball	Thumbs by hairline	Quick Release
Hands up Ea	Palms flat on freeze	
	Thumbs straight across	

## COMMON ERRORS

- Not Squaring Up
- Over Rotating
- Hands dropping below players forehead
- Thumbs forward, not back on contact (shape)
- Uneven hands up and/or uneven follow through of wrists & hands
- Hands before feet

## TRAINING PROGRESSIONS

### Handwork:

- Seated sets
- One knee sets
- Wall work

### Footwork Patterns:

- Perfect: right-left-right
- One step off: left-right-left
- Crossover: right-left-right
- Step crossover: left-right-left-right
- Spin off right forward
- Spin off right back

### Transition from SR rotations:

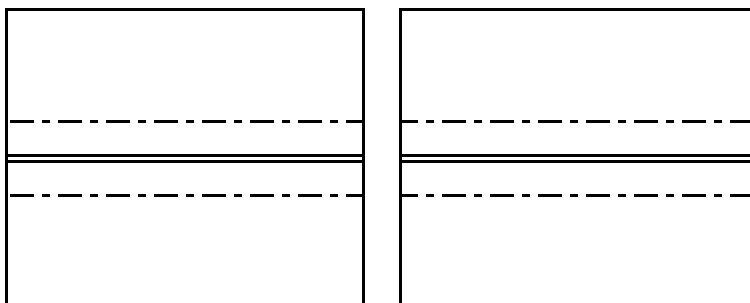
- Release from 1 zone (Rot 1 SR & RB defense)
- Release from 4 zone (Rot 3&4 SR & off blocker defense)
- In-sytem tosses , then transition into out of system tosses)

### Add live passing:

Setters footwork should directly translate in to a live drill. Make sure they are getting all the way to their setting position and working their footwork from the net.

## FAVORITE DRILLS

- Triangles
- 3 contact into cover
- 2 contact into cover
- 2 Setter Dig Set



**COACHING KEYS STANDING FLOAT**

High hand , open shoulder  
Hips at 45  
Toss in front of serve shoulder  
Firm open hand  
Step/Toss-Serve  
Rotate hip toward target

**COACHING KEYS JUMP FLOAT**

High hand , open shoulder  
Hips at 45  
Toss in front of serve shoulder  
Firm open hand  
Step-Step-Step-Toss/Jump-Serve  
Rotate hip toward target

**COMMON ERRORS**

Lift & step at the same time  
Poor toss  
Soft hand/poor contact  
Swinging across or away from the body  
Not seeing the target before starting the serve

**TRAINING PROGRESSIONS**

**10ft line over the net**

We know that the majority of the players in our club can serve from the endline, but can everyone serve from the endline, repeat the same action everytime, with the same hand contact? We have them start on the 10 ft line to create good habits. Slow it down, make sure their hand is firm, contacting behind the ball, with no spin.

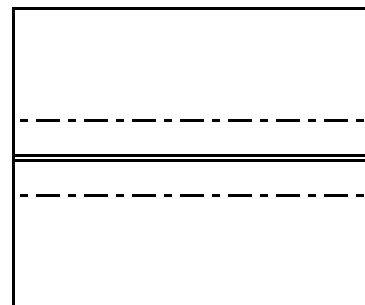
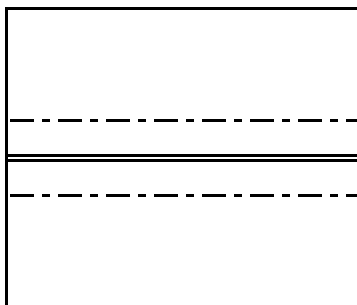
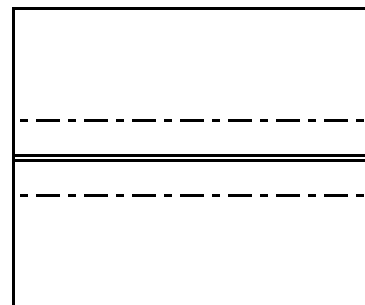
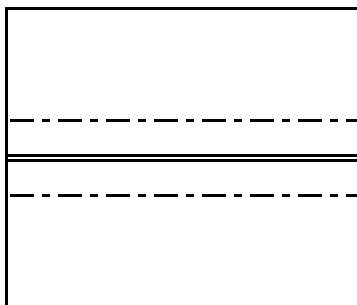
**One Foot Serving from 10ft line (balance, control, good toss)**

Stand and balance on your opposite foot, lift and serve. The player should be able to balance on their foot through the whole movement. If they are wobbling or falling over, they most likely have extra movement in the serving arm, or their toss is not in front of their serving shoulder so they are having to over compensate.

**Endline Serving: Standing float - - - jump float**

**FAVORITE DRILLS**

Serve & Chase  
Serve With Purpose  
Servers vs Passers  
Zone serving with elastic band



## **COACHING KEYS**

Low Forward posture - shoulder over knees, knees over toes

Elbows in, palms up

Weight on balls of feet

Face the attacker

Strong load

Straight & Simple - hands meet at the ball

Step toward the ball

Finish angle to target

Dig 5-10ft of nett middle of court

**Most important aspect of defense is mentality. If a player believes they can make any play, they're going to train their body to "go" no matter what. We have to develop that mentality in our gym. You never know if you can make a play unless you try. Watching is no option.**

## **COMMON ERRORS**

Pre-Hop—Players need to have both feet on the ground when ball is contacted

Drop and Drive

Meeting hands in the middle, swinging or scooping out toward the ball

Opening up their hips and shoulders on their first step

Moving/"Reading" on contact

## **TRAINING PROGRESSIONS: (angles are being created with individual defense)**

### **Hand Work**

Player ready position, leaning back on a box

Right arm out—Coach attack at right knee, meet at the ball

Left arm out—Coach attack at left knee, meet at the ball

### **Cushion & Control**

Players should not be yanking back into their body to cushion the ball if the speed amps up. There should be a sort of finesse, similar to catching an egg that is being thrown in your direction. Put a towel on the ground, two feet in front of the player, attack directly in the players midline ... the player should try to get this ball to land on the towel. The player is learning the touch and feel required to put the ball where they want on a hard driven ball.

### **One Step**

Make sure the player is taking a step toward the ball and driving their hip and shoulders around the ball.

### **Floor Moves**

Knee drives

Front layout

Side layout

Layouts should be used for ALL balls on the court ... Shoulder roll is only used on pursuit

## **FAVORITE DRILLS**

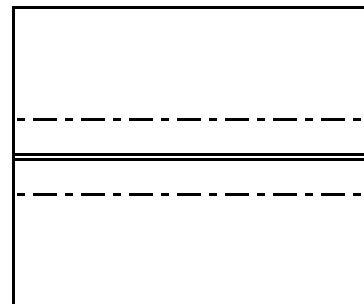
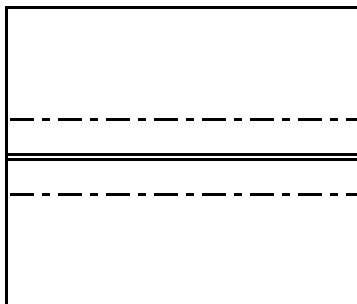
2 Ball Chase

3 person defense (switch rotate)

4 person defense (coverage)

Defensive weave

9 Ball Dig / Set



# ATTACKING ATTACKING ATTACKING ATTACKING

## COACHING KEYS APPROACH FOOTWORK

Lean forward / Athletic stance  
4 Step Approach - R,L,R,L  
Plant heel to toe  
Plant at 45  
Approach = small, big, biggest / slow, fast, fastest  
Land on two feet

## COACHING KEYS ARMSWING

Double arm lift / Shoulders up - hip rotation  
Bow & Arrow - non hitting arm drive up toward ball  
- hitting arm = low elbow high hand (triangle)  
- Shoulder opens up with hip rotation back  
- Hand big and open above shoulder  
Fingers over the top of ball

## COMMON ERRORS

Approach flat and straight to net	Slow arms up
Landing on one leg	Arms go out to sides rather than up
Takeoff with toes toward net	Last two step are not toward the ball
Elbow too high above shoulder	Approach is one speed
Stiff wrist, no snap on ball	
Arch back on takeoff	

## TRAINING PROGRESSIONS

### **Partner Work**

Throwing  
Two hand toss to bow & arrow  
Machine gun drill (3 players)

### **Box Work** *(coach initiated)*

Double arm lift to attack  
Torque & snap  
Shot selection

### **Approach Work**

Standing downball - walk into toss with footwork  
2 step attack - close step to the ball, fast off ground  
4 step attack - slow to fast & small to big steps

### **Two Ball Attack**

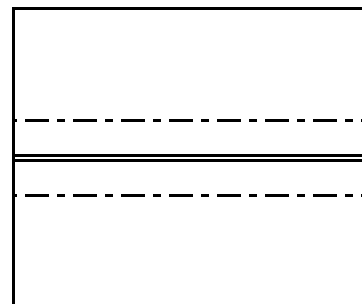
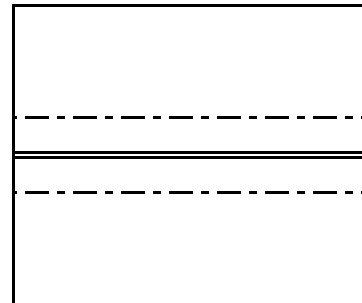
4 in 4 off 4 in  
Freeball Attack  
In system / Out of system

### **Mutiple Contacts**

Pass to attack  
Dig to attack  
Block to attack

## FAVORITE DRILLS

F.B.O.I. Drill  
Attacker vs Attacker  
2 Ball Express Drill  
Dig Set Attack  
Gauntlet Drill



# BLOCKING BLOCKING BLOCKING BLOCKING

## COACHING KEYS SWING BLOCKING

Load knees & ankles  
Eyework: off-on-over  
Open, Step & Drop  
Plant at 45  
Swing & Square in Air  
Finish to middle of the court  
Land on 2 feet

## COACHING KEYS SHUFFLE BLOCKING

Load knees & ankles  
Read & React  
Hands at eye level  
Shuffle & Plant  
Press palms across the net  
Finish to middle of the court  
Land on 2 feet

## COMMON ERRORS

Not loaded  
Arms press too high or straight up  
Arms bat at the ball  
Arms are too close together  
Hip doesn't open up on first step

## FAVORITE DRILLS

Blocking Trips  
Side to Side  
1 vs 1, 1 vs 2  
BSBH (6v6)

## TRAINING PROGRESSIONS

### **Footwork Patterns**

Shuffle Move  
Shuffle-Shuffle Move  
3 Step Shuffle  
2 Step Crossover (middle emergency move)  
3 Step Crossover  
5 Step Move

### **vs. Coach on Box**

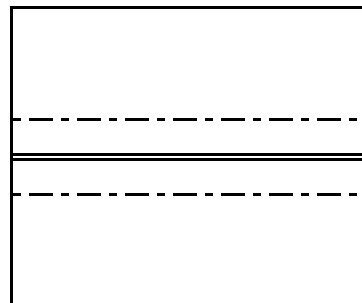
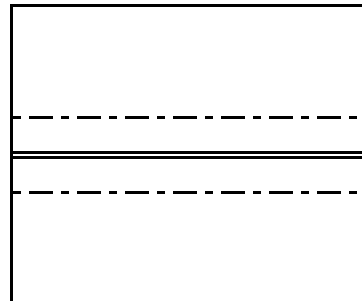
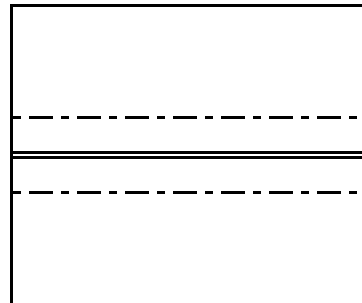
Various footwork patterns with coach on a box  
attack into blocker(s)

### **vs. Live Pass & Live Set (eye sequence)**

Off-On-Over  
Ball-Setter-Ball-Hitter

### **vs. Live Attack**

1 attacker  
2 attackers  
3 attackers



# COMPETE - TRAIN - COMPETE

*The goal of the philosophy "compete-train-compete" is starting and finishing strong. As soon as our players walk in to practice, they need to be in a competitive mindset. Championship teams come out of the gate on a mission! ...AND are able to close the deal. We MUST be able to finish when we get to point 20, and we need to train that mindset any opportunity we have in the gym. Winning championships begins in practice... - Dave & Taylor*

## **BASIC PRACTICE FORMAT**

System Focused Competition	30 min	Modified games, serve pass games, specific 6v6 system work
Team/Individual Training	45-60 min	Individual, position or team training. Full or 1/2 court drills with one or multiple teams.
Team Competition	30-45 min	6 vs 6 Games

## **3 Teams 2 Courts Options**

We will be holding Big Group practices on Wednesday and Thursday night to promote competition and collaborative training. We want our coaches to be able to have coaching impact on as many players as possible and this help us promote that concept. On those nights teams will be placed in three team practice groups on two courts for a month. The first three weeks of each month will be practice days on those nights. The last week of each month we will hold a "ladder tournament" for the last hour of practice that every team will participate in. Ladder tournament competition results will determine the practice group for the following month. Here are some practice format options for you to consider using for the the first three weeks of the month. Please make sure to contact the coaches in your practice

## **3 Week Team Rotation**

	<u>Court #1</u>	<u>Court #2</u>	
Week 1	Team A Team B	Team C	This format allows each team to have their court one more night each month. The trade off is that the other two Big Group practice nights, you will share a court with another team the whole time... which is not a bad way to train! It may just be a little uncomfortable for some at first , but you will find that you can get a lot accomplished with two coaching staffs helping each other out. You can combine teams for shared training , split the court 1/2 , get more team training reps and obviously add in more 6v6 drills.
Week 2	Team A Team C	Team B	
Week 3	Team B Team C	Team A	

## ***Station Training***

During your team training section of practice, a good option for splitting up the time is station training. You can set up (A) 3 stations on 2 courts or (B) 4 stations on two courts. Each station is a different drill with a different focus or (C) 2 stations on two courts with a physical conditioning station off the court. There could be a common theme to the stations (ex.) defense where there are 4 defensive drills set up on each 1/2 court. Or you could have multiple skills being trained within the stations. Here are some examples:

### ***4 Stations 2 Courts***

3 Person Def	2 Ball Chase
Dig Set	Dig by Position

### ***3 Stations 2 Courts***

Out of System Setting	Serve Pass
Block Coverage	

### ***2 Stations On 1 Station Off 2 Courts***

Pass Set Attack	Blocking

Speed, Agility, Stength

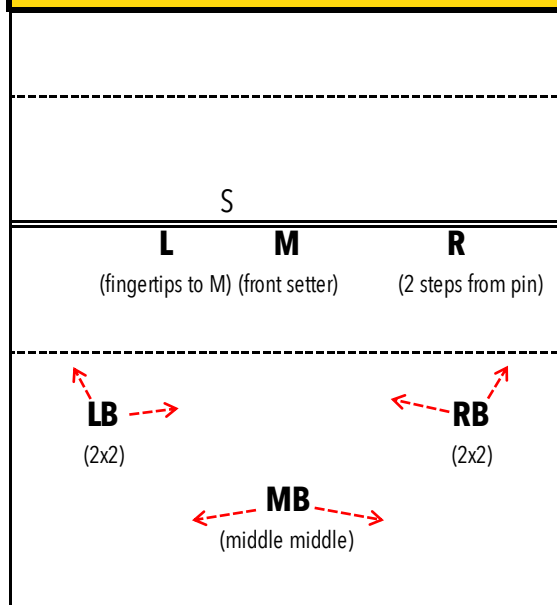
## ***One Night Team Rotation***

This format is most commonly used when sharing court, but can also yeild a slow tempo and upproductive practice if not used correctly. It is important to keep the competiton factor incorporated into practice at the end. Teams will rotate though the two courts where they each have an equal amount of time on the single court to themselves. This format might be best used the Thursday before a ttournament weekend. What we would like to see used is the flowing time format below:

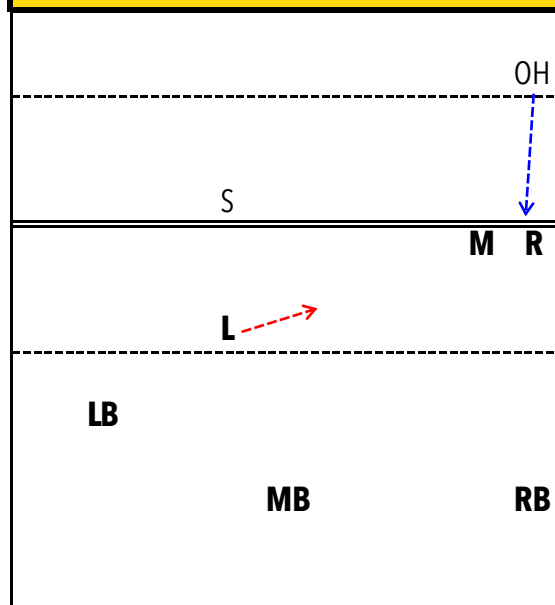
First 30 min	Team A = single court	Teams B-C = share a court
Second 30 min	Team B = single court	Teams A-C = share a court
Third 30 min	Team C = single court	Teams B-A = share a court
Fourth 30 min	Teams play 6v6 competiton (timed or short score) where teams rotate in/out	
	The team that is out is going over strategy and reviewing play.	



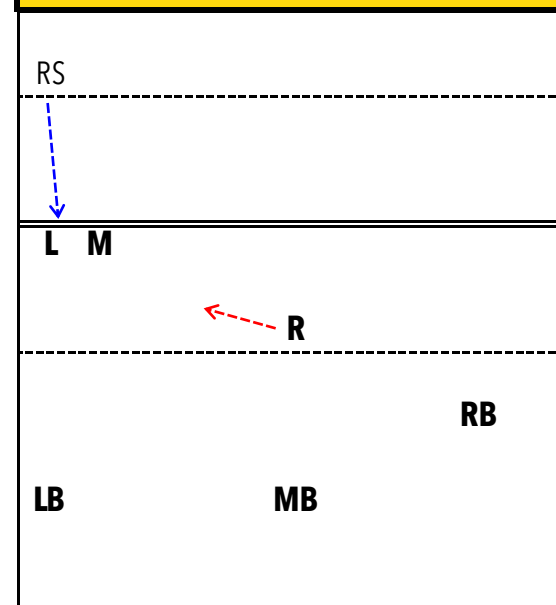
### BASE DEFENSE



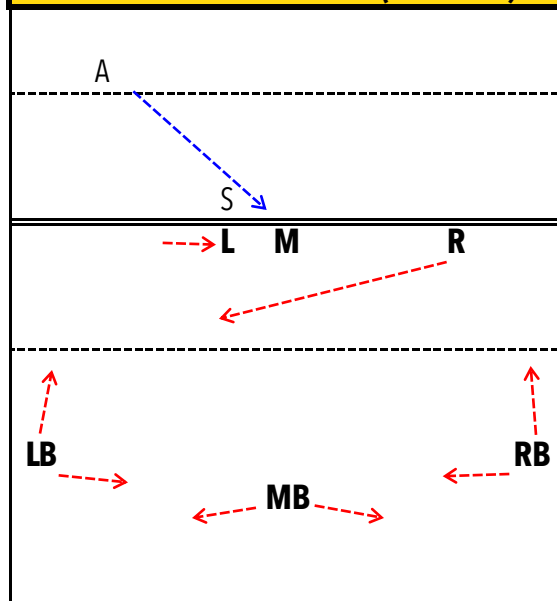
### LEFTSIDE DEFENSE



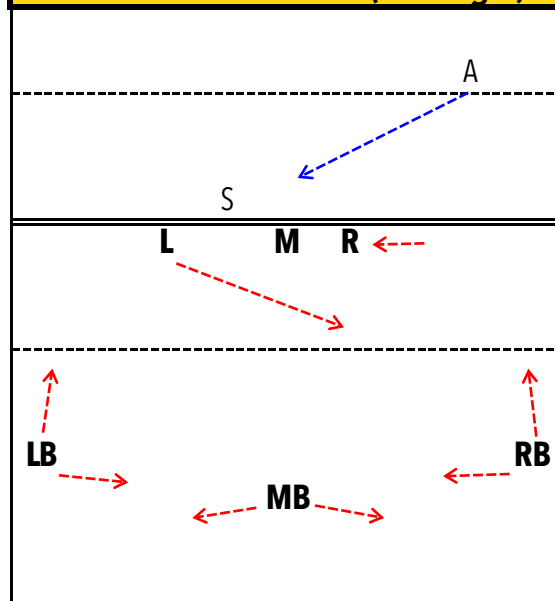
### RIGHTSIDE DEFENSE



### 2 BALL DEFENSE (from left)



### 2 BALL DEFENSE (from right)



### BACKROW DEFENSE

