

# Volleyball Practice Plans

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## **Sample Practice Plans**

### **1st practice**

Teach them how to do a Dynamic Warm-up (3 minutes)

Teach them how to do an Arm Warm-Up (3 minutes)

Teach them how to serve (2 minutes)

Practice serving from the 10-ft line with a partner, move back after 3 serves if they can get it over the net; help with technique where needed (8 minutes)

Water break (2 minutes)

Teach them how to pass (2 minutes)

Passing Progression (6 minutes)

Target Practice (5 minutes) (2-3 passing lines, ball cart set up in setting position, try to pass the ball into the ball cart)

Water break (2 minutes)

Teach them how to set (2 minutes)

Setting Progression (6 minutes)

Partner Setting (3 minutes)

Water break (2 minutes)

Serve receive practice (5 minutes) (one coach is a target, have 2 or 3 passing lines, other coach can serve or have girls serve)

Teach them the basic rules of volleyball (serving line, difference between out and in, how the ref signals them to serve, etc.) (2 minutes)

Scrimmage until time is up

### **2nd Practice**

Dynamic Warm up (3 minutes)

Arm Warm up (3 minutes)

Pepper/pass with a partner (3 minutes)

Practice serving from the 10-ft line with a partner, move back after 3 serves if they can get it over the net; help with technique where needed (6 minutes)

Dead Fish serving game (5 minutes)

Water break (2 minutes)

Partner passing (5 minutes)

Butterfly passing drill (6 minutes)

Wall sets (3 minutes)

Partner setting (5 minutes)

Teach them how to hit (2 minutes)

Practice hitting approaches (3 minutes)

Hitting lines (5 minutes)

Water break (2 minutes)

Queens (groups of 3 or 4, coach tosses the ball in) until time is up

## How to Teach Each Skill

### Serving

**\*\*While underhand serving is allowed in games, focus on overhand serving in practice\*\***

- [Toss](#) - focus on the height (not too high, not too low) and keeping the toss in front
- [Arm swing](#) - elbow higher than shoulder, hand higher than elbow; high contact, swing through, shoulder rotation

### Passing

- [Platform](#)
  - Flat thumbs, straight arms, contact on forearms
- Use the body for power (no swinging arms)
- Move first, hands second (don't run to the ball with hands together)
- Hold the platform
- Good [posture](#)
  - Low & balanced
  - Back bent
  - Shoulders forward
  - Hands out

### Setting

- [Hand positioning](#)
  - Hands close to forehead
  - Big hands
  - Fingers spread apart
  - Elbows bent
- Contact only on fingertips & hold position
- Move to the ball before hands go up
- Feet directly under the ball
- Legs slightly bent
- **Right** foot slightly forward
- Push with arms and legs together
- Hold position after contact

### Hitting

- [How to teach the whole skill](#)
- Approach footwork (teach the approach you're comfortable with)
  - [3-step approach](#)
    - Right-handed hitters start with right foot forward, all the weight on that foot (then left, right, left)
    - Left-handed hitters start with left foot forward, all the weight on that foot (then right, left, right)
    - Big first step, next two steps are quick
    - Be sure to jump with both feet
    - Arms are back with first step, come up with the jump
  - [4-step approach](#)
- [Arm swing](#)
  - Both arms go up
  - Load by bringing hitting arm back like a bow and arrow
  - Elbow is back, above ear
  - Swing arm fast and follow through to the leg
  - Keep wrist loose to snap hand over ball
  - Pull down with off-arm to create power

# Warm Up Ideas

## Dynamic warm-up

- Some of the older girls will know what to do so you can ask them to lead it and then choose a new leader for each practice
- This should be done at every practice

## Arm warm-up

- Goal is to get their shoulders warm before serving or hitting
- This should be done at every practice

## Fun Ball Control Warm-ups

- It's ok if they don't do it well...it's important to get them moving

## Pepper

- The younger players typically only pass and set to each other, but you can introduce the hitting part of it to them

## Six-Touch Pepper

- This is HARD for younger players, but it gets their heart rate up and it's fun to try

## Serving Drills

- [Serving progression](#)
  - Start with girls on their knee to practice their toss
  - Don't feel like you have to do the whole progression; most girls aren't ready for serving much past the 10-ft line
- [Partner serving](#)
  - Start at the 10-foot line (or closer to the net for the littles) and serve back and forth to each other
  - Coach(es) help individuals with technique
  - After a designated time or # of serves, have kids move back
    - Important! If a player cannot get the ball over the net at the 10-foot line, do not move them back...it's more important to focus on correct technique than being able to serve from further back
  - You can also have the non-serving partner catch the ball like they would pass it as a way to practice serve receive
- Serving to a spot (mostly for more experienced players)
  - Each player has a ball
  - Teach the players each of the 6 serving zones
  - Pick a zone and have girls practice serving to that spot
- [Wall serving](#) (only do the first few steps with the younger girls)
  - Trap the ball against the wall
    - Meant to focus on the toss and a quick arm swing

NET		
4	3	2
5	6	1

## Serving games

- [Dead Fish](#)
- [Around the World](#)
- [Spider](#)
- [Serve 'n' Sprint](#): Divide team into two groups. Form two lines at one end of the court. First player in each group gets a ball. Blow the whistle and allow first player to serve. If the serve is placed successfully, the player sprints to retrieve the ball, returns and hands it to the next player in line so he or she can serve, then takes a seat behind the group. If the serve is hit out or into the net, the player must serve again. The first group to have all their players seated wins.

# Passing Drills

- [Passing Progression](#)
  - Girls should have a partner to toss so coaches can help out where needed
  - It may be a good idea to teach the girls how to toss underhand
- [Partner Passing](#)
  - You can start with the passing progression (see above)
  - Move into tossing to the right, left, short, and deep to encourage movement before passing
  - Emphasize correct posture and platform; be sure to move first, hands come together second
- Target Practice
  - Put the ball cart in the setter position (serving zone 2)
  - Have the girls set up in 2 or 3 passing lines (right back, middle back, left back)
  - Coach tosses the ball to a player to pass (can be done from the same side of the net or across the net); the goal is for the player to pass the ball into the ball cart
    - Be sure the ball, when passed, is high enough for someone to get underneath it to set the ball
    - For younger players, you can set a timer (3 minutes or so) and see if they can get a ball into the cart or set a number
    - For older players, you can play until the team gets a set number of balls into the cart
  - Can be used to practice serve receive
- [Solo Passing](#)
  - Each player has a ball
  - Players pass to themselves as many times as they can in a row
  - Be sure to stress correct posture and platforms
- [Ball Control to the net and back](#) (watch from 3:22-3:52)
  - Each player has their own ball and starts on the serving line
  - Players pass the ball in front of them, run to the ball, wait for it to bounce and pass it forward again
  - They pass to themselves from the end line to the net and back
  - The video has more variations
- [Butterfly drill](#)
  - If you have fewer players, you can make it a half “butterfly”
  - Players toss the ball overhand to mimic a serve
  - \*Modified\* Two coaches are always the tossers for more consistency - the target will chase down the ball and give to coach before getting into the next line
- [Wall passing & setting](#)
  - Can be done solo or with a partner
- [Pursuit](#)
  - Practice staying on their feet while chasing down a ball

# Setting Drills

- [Setting Progression](#)
- [Set to themselves](#) to the net and back (watch from 2:18 - 2:47)
  - Girls have their own ball and start at the serving line
  - Players set the ball in front of them, allow the ball to bounce and set the ball again
  - The video has more variations
- [Fan Drill](#)
  - One player starts as a target, one starts as a “hip sticker” and the rest of the girls make a line where the setter goes
  - First few tosses from the coach go directly to the setter, then start moving them around
- [Partner Setting](#)
  - One partner starts lying on the floor while the other tosses
  - Moves to a standing position
- [Pass to Self, Set to Partner](#)
- [Wall passing & setting](#)
  - Can be done solo or with a partner

## Hitting Drills

- Self-Toss to the wall
  - Practice arm swing against the wall
  - Be sure to use 2-hand toss to practice both arms going up
- Self-Toss to attack with a partner
  - Practice arm swing against the wall
  - Have a partner toss the ball
- [Hitting Progression](#) - arm swing
  - Focus on getting the arm swing right before adding in the approach and jumping
- [Hitting Progression](#) - knee down
  - Works on fast arm swing with the second ball
- [Individual Hitting Lines](#)



# Game Play Ideas

## Scrimmage

- Can be 6 v 6 or 5 v 5
- Great way to teach the rules before your first game

## Queen of the Court

- Modify to play 5 v 5, 4 v 4, 3 v 3 or 2 v 2
- Modify to have coach toss a ball in play or serve a ball in play

## Short Court

- Teams of 3 or 4
- The sidelines and 10' line make up the Short Court (you can also cut the court in half to have 2 games going on at the same time)
- Each player must serve behind the 10' line
- Any number of hits (less than 3) can be used to take the volleyball over the net
- Play to 15

## 0-10-20

- Split into two teams (video shows teams of 3, but can be more)
- Works on serving and serve receive