

WELCOME BACK *to the* COURT



WARM-UPS

- 🏐 Ball Bounce Sprints
 - Warm-up Relay Competition
- 🏐 Small Ball Progression
 - See 6:00-20:00 of this video
 - Replace partner with a wall
- 🏐 Small Ball Transition
 - See 7:00-13:00 of this video
 - Just one player starts in the middle at a time - once they transition outside, next player steps up to the net.

SERVING

- 🏐 Wall Serving Progression
- 🏐 Serve & Chase with Targets & Points
 - Serve ball to target zones
 - Chase around the court to avoid targets
 - Serve for a specific number of points
- 🏐 Pressure Serving
 - Adjust point system to team's ability
 - Learn to serve tough under pressure
 - Compete together as a team



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BALL CONTROL/PASSING

- 🏐 Platform Control
 - Tape square targets on wall
- 🏐 Ball Control Movement
 - 30 minutes of individual ball control movement reps
- 🏐 Solo Ball Control
 - Includes underhand, overhand, single arm & pepper
- 🏐 Stanford Individual Ball Control
 - Challenging but fun ball control series
- 🏐 Off the Net Scrap Drill (adapt this drill with two variations)
 - Player tosses ball into net, digs ball up, and sets to target
 - Player tosses ball into net, digs ball up, and attacks ball over

SETTING

- 🏐 Wall Setting Series
- 🏐 Wall Sit Strength Setting
- 🏐 Setter Medicine Ball Warm-Up
- 🏐 Rebound Board Setting Reps
 - Scroll to last video to see setter reps
 - If you don't have a rebound board, be creative or use the plans to build one



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ATTACKING

- 🏐 Arm Swing Mechanics
 - See 4:00-11:00 & 18:00-19:30 of this video
 - Replace partner with a wall
- 🏐 Arm Swing Progression for Better Contact
 - Swing and chase your own ball
- 🏐 Self Toss - Attack to Targets
 - Focus on feet to the ball
 - Directing the ball

DEFENSE/BLOCKING

- 🏐 Reaction Ball Training
 - See 5:00-8:00 of this video
 - [Reaction Balls on Amazon](#)
- 🏐 Wall Reaction Training (adapt this drill)
 - Remove coach as initiator
 - Passer will have to throw ball and quickly get in ready position
- 🏐 Blocking Transition Movement
 - 30 minutes of individual blocking transition reps