

Volleyball Practice 1 (60 minutes)

1. Intro: 5-10 min

- Background
- Goals
- Medical conditions or other important info

2. Warmups: 5 min

2 laps easy jog, 1 high knees, 1 butt kicks

Shuffle drill (stay low, no crossovers)

****DRINK****

3. Passing: 15-20 min

Passing -- demonstrate correct form/position and have the girls follow:

- hands overlap with 3 "pads" together, fingers curl in, thumbs over top and pointed down
- arms are locked and straight -- ball should hit fleshy part of forearm
- feet are a bit wider than shoulders, with legs bent like sitting back in a chair
- arms stay still, "lift with your legs" to meet the ball
- always face the ball with your body -- always face the net for passing drills
- communication -- they should say something every time they come into contact with the ball (mine or name of girl she is passing to). Let them know this is a "talking sport" and that's what helps them work better as a team

Passing drills

- Partner passing: one girl facing the net; partner standing with ball, back to net
 - girl with ball slaps ball to indicate "ready" position for passer
 - toss ball to partner to pass back
 - 10 tosses, then switch positions (passer should always be facing the net)
- Shuffle drill: 2 coaches stand along 10 foot line, girls line up on sideline of backcourt and shuffle to ready position in front of coach, coach tosses to right or left of player, who then shuffles right/left to catch the ball. Once they are comfortable with shuffling to get in front of the ball, this can transition into shuffle and pass. Emphasize feet always pointing at the target. Working on shuffling footwork and getting in front of the ball. Pass

back to coach ("mine" and "coach") and move to back of other coach's line. May have to have girls shag their own balls.

- Bridge drill: have your players line up in two lines standing on the end line, with the line leaders standing in the middle of the court. Coach tosses a ball directly towards the player. That player then is supposed to move and make a "bridge" over the ball so that it bounces between her legs. Player shags her own ball and brings it back to the coach, and the coach just tosses back and forth between the lines.
 - Helps players work on judging and moving to the ball. The way they position themselves for the ball (stance wide and knees bent) is how they would move if they were actually passing a ball. Once everyone goes through 4-5 times and is comfortable, make them move just a little bit from side to side so they really have to work on moving. Do this another 4-5 times and end the drill. It's fun, but it does get old after everyone gets the hang of it. This drill can also be used throughout the season if you find your team is struggling to move their feet or get to the ball.

****DRINK****

4. Serving: 15-20 min

Serving -- demonstrate correct form and have the girls follow your lead (below is for right-handed servers):

- left foot forward
- right foot back at 45° angle
- weight in right hip
- right arm pulled straight back with hand behind right ear
- gentle toss ball with left hand, step in with left foot and reach with right hand
 - toss in front of right shoulder
 - ball is as high as hand (don't toss too high)
 - watch the back of your right hand
- motion should be "lift-step-contact-drop"

Serving drill -- start with yes/no tosses (at least 15 yesses per girl). Emphasize quality over quantity. Consistent toss is biggest key to a good serve. Then go to the wall trap for at least 10 good traps per girl so they can get the feel of the contact and motion. Finally, group them in pairs (do not let them group themselves) for a partner serve drill. Have them start at the 10-foot line and serve back and forth to each other. If one girl has 3 good serves in a row, she should move back a step.

****DRINK****

5. Game: One-bounce popcorn: 5-10 min

Have all the girls make a large circle. Then they pass the ball around. The rule is the ball HAS to bounce at least once. This gives the girls time to position themselves in front of the ball so they are moving their bodies instead of just reaching and swinging with their arms.

Volleyball Practice 2 (60 minutes)

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Arm stretching
- 10 squats/10 jumps
- Shuffle drill (no crossovers)

****DRINK****

2. Passing: 10-15 min

- If one coach: partner passing, then three lines aiming for coach/ hoop?
- If two coaches: shuffle: 2 coaches stand along 10 foot line, girls line up on sideline of backcourt and shuffle to ready position in front of coach, coach tosses to right or left of player, who then passes back to coach. Emphasize feet always pointing at the target. Working on shuffling footwork and getting in front of the ball. Pass back to coach ("mine" and "coach") and move to back of other coach's line. May have to have girls shag their own balls.

****DRINK****

3. Setting: 10-15 min

Setting Form

- Hands softly in the shape of the ball
- All 10 fingers on the ball
- Hands above forehead, bend elbows, bend knees
- Push with legs and arms, feet pointing to target

Setting Drill –

- Players in partners. First player tosses the ball up to herself, catches in setting position (described above) and then pushes it to partner, using legs for energy and following through with hands straight up in the air. This then can be progressed to toss and set rather than catch and push.
- Wall sets if extra time

4. Serving: 10-15 min

- Yes/no tosses – at least 15 yesses, gentle tosses over shoulder
- Wall traps -- motion should be "lift-step-contact-drop"

- 4 on each side, stand at mid-court and throw ball over net, both underhand and overhand
- Partner serve drill – over or underhand, start at 10-foot line, if serves are consistently going over, then take a big step back

****DRINK****

5. Newcomb: 10-15 min

- Volleyball with catches and throws instead of passing
- Divide girls equally into two teams or do teams of 2, Queens of the Court style, where winner of the point stays on
- Play begins with the server throwing the ball over the net to the opponents. The ball remains in play being thrown back and forth across the net until there is a miss.
- Aim for three toss/catch with third tossing it back over
- Rotate after a few tosses
- Emphasize calling the ball

Volleyball Practice 3 (60 minutes)

Arrival: One-Bounce Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- 10 jumps (straight up, mimicking a block)
- Shuffle drill
- Arms: players partner up and warm up their arms by throwing the ball across the net to their partner. Coaches encourage stepping with the opposite foot, as we do in serving.

****DRINK****

2. Passing/setting: 10-15 min

Passing drill

- Players form 4 lines. One line in LB, one line in MB, one line in RB, and one line at the target position (RF). The coach will stand up by the net and toss or hit balls to the players in the back row lines. Passers should work on calling the ball, moving to the ball, and passing it to the target. After a player passes the ball, she should rotate clockwise to the next line. After the target catches the ball and hands it to the coach, she rotates into the passing lines. Coaches can set a goal for number of passes that the team gets to the target.

Setting with a partner

- Each partner takes turns tossing and setting. They can do 10 tosses/sets and then switch so that the other partner is tossing or setting. Encourage nice high tosses. If they do well with partner tossing, they could try to see how many continuous sets they can get back and forth with their partner.

****DRINK****

3. Standing hits: 10-15 min

- Split the group so half of the girls are on each side of the net in the LF position. Players line up at the 10 foot line in left front. One coach will be on each side of the net and toss the ball up, and players do a standing hit. This also helps them with their arm swing for serving. Right handed

hitters should use their left arm as their guide arm (they can point to the ball if that helps), and swing and hit with their right. Players shag their own ball and bring it to a coach.

4. Serving: 10-15 min

- Yes/no tosses – at least 15 yesses, gentle tosses over shoulder
- Wall traps -- motion should be "lift-step-contact-drop"
- Partner serve drill – girls partner up to stand on opposite sides of the net and serve from wherever they are able, starting just behind 10 foot line and continuing to move back as they get stronger. Coaches, help them out with their form, encouraging overhand, stepping with the opposite foot, keeping their elbow high, etc.

****DRINK****

5. Game: Don't Sink the Ship 5-10 min

- All girls start out on the serve side; coaches help shag
- Trying to serve over the net
- If serve does not go over, girl moves to other side of net and has to try and catch a serve. If she catches a ball, she can go back to the serve side.

6. Game: Make the Basket 5-10 min

- All girls start out on one side; coaches on other side, holding hands to make a hoop
- Trying to serve over the net and aim for the hoop
- Once they do, they join the group where they made the hoop to make a bigger hoop

Volleyball Practice 4 (60 minutes)

Arrival: One-Bounce Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Arm stretches
- 10 jumps
- Shuffle drill

****DRINK****

2. Passing/setting: 10 min

Back row drill (both sides of net)

- One player in each of the 3 back row positions, coach tosses or serves the ball to players, players pass the ball into hula hoop. Players rotate to practice each position. Player waiting helps shag balls

2-line drill – girls go to back of opposite line after their pass or set; emphasize calling the ball

- Passes, sets and then combo
- Standing in position
- Shuffling in from sideline

****DRINK****

3. Serving: 5-10 min

- Yes/no tosses – at least 15 yesses, gentle tosses over shoulder
- Wall traps -- motion should be "lift-step-contact-drop"
- Partner serve drill – over or underhand, start at 10-foot line, if serves are consistently going over, then take a big step back

****DRINK****

4. Serve reception: 10 min

- Put girls in serve reception with one server and rest to help shag on other side
- Emphasize calling the ball

- Aim for three passes and getting the ball over the net
- Rotate after 3 serves (or two unsuccessful serves plus two coach tosses per server)
- Make sure to get all the way through rotation so each girl has a chance at each spot
- Play according to rules – server gets two chances on first serve only. Three in a row max. Coach throws two free balls after first serve

****DRINK****

5. Game: Don't Sink the Ship: 5-10 min

- All girls start out on the serve side; coaches help shag
- Trying to serve over the net
- If serve does not go over, girl moves to other side of net and has to try and catch a serve. If she catches a ball, she can go back to the serve side.

6. Game: Make the Basket: 5-10 min

- All girls start out on one side; coaches on other side, holding hands to make a hoop
- Trying to serve over the net and aim for the hoop
- Once they do, they join the group where they made the hoop to make a bigger hoop

Volleyball Practice 5 (60 minutes)

Arrival: One-Bounce Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- 10 jumps (straight up, mimicking a block)
- Shuffle drill
- Arms: players partner up and warm up their arms by throwing the ball across the net to their partner. Coaches encourage stepping with the opposite foot, as we do in serving.

****DRINK****

2. Passing/setting: 10-15 min

Passing drill

- Players form 4 lines. One line in LB, one line in MB, one line in RB, and one line at the target position (RF). The coach will stand up by the net and toss or hit balls to the players in the back row lines. Passers should work on calling the ball, moving to the ball, and passing it to the target. After a player passes the ball, she should rotate clockwise to the next line. After the target catches the ball and hands it to the coach, she rotates into the passing lines. Coaches can set a goal for number of passes that the team gets to the target.

Setting with a partner

- Partner toss and then continuous setting. Encourage hands in the shape of the ball, pushing the ball high.

****DRINK****

3. Working on 3 hits: 10-15 min

- Works best with 2 or 3 coaches. Players form 3 lines. One line in the target/setter position, one line in middle back, one line in left front. Coach tosses ball to middle back player, who tries to pass to the setter, setter tries to set to hitter, hitter tries to hit it over the net
- If the pass does not get to the setter, coach tosses the ball to the setter to give her another try. Similarly, if the set does not make it to the hitter, coach gives the hitter a toss. Players rotate to the end of the line. After a

few minutes, the groups switch lines to do a different skill.

4. Hitting against the wall: 5-10 min

- Each player has a ball and some space in front of a wall. Players toss the ball up and hit it down so that it bounces on the floor and then hits the wall. Some of the players have been serving and hitting by "tipping" it over, this will work on hitting the ball hard with the whole hand. More advanced: try to get multiple hits in a row off of the bounce.

****DRINK****

5. Game: Don't Sink the Ship: 5-10 min

- All girls start out on the serve side; coaches help shag
- Trying to serve over the net
- If serve does not go over, girl moves to other side of net and has to try and catch a serve. If she catches a ball, she can go back to the serve side.

6. Game: Make the Basket: 5-10 min

- All girls start out on one side; coaches on other side, holding hands to make a hoop
- Trying to serve over the net and aim for the hoop
- Once they do, they join the group where they made the hoop to make a bigger hoop

Volleyball Practice 6 (60 minutes)

Arrival: Regular Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Arm stretches
- 10 jumps
- Shuffle drill

****DRINK****

2. Passing / Setting: 20 min

Each coach takes a group. Players form a single file line, coach starts with a toss to first player, player passes ball back to coach and goes to end of line, coach tries to keep it going and pass to the next player in line.

Spend 10 min each on passing and setting (or combination)

****DRINK****

3. Moving to the ball: 10 min

Talk about not letting the ball drop, don't have to stay in your "spot" on the court. 2 players lay on floor, coach slaps ball and bounces high off the ground, players get up and get to the ball. Each group can take as many hits as needed to get it over the net.

4. Standing hits: 10-15 min

- Split the group so half of the girls are on each side of the net in the LF position. Players line up at the 10 foot line in left front. One coach will be on each side of the net and toss the ball up, and players do a standing hit. This also helps them with their arm swing for serving. Right handed hitters should use their left arm as their guide arm (they can point to the ball if that helps), and swing and hit with their right. Players shag their own ball and bring it to a coach.

5. Game: Don't Sink the Ship (if time)

- All girls start out on the serve side; coaches help shag
- Trying to serve over the net
- If serve does not go over, girl moves to other side of net and has to try and catch a serve. If she catches a ball, she can go back to the serve side.

Volleyball Practice 7 (60 minutes)

Arrival: Regular Popcorn

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Arm stretches
- 10 jumps
- Arms: players partner up and warm up their arms by throwing the ball across the net to their partner. Coaches encourage stepping with the opposite foot, as we do in serving.

2. Passing: 15 min

- 3 back row lines, coach as target, 10 good passes to target (target does not have to take more than one step to get to ball) and then rotate lines.

DRINK

3. Setting: 10-15 min

- Split girls into two groups to use both sides of the net. Coach tosses, player moves to the ball and sets to hitter position.

DRINK

4. Serve reception: 20 min

- Put girls in serve reception
- 6 girls on one side, others plus coaches on other side
- Emphasize calling the ball
- Aim for three passes and getting the ball over the net
- Rotate after 3 serves (or two unsuccessful serves plus two coach tosses per server)
- Make sure to get all the way through rotation so each girl has a chance at each spot
- Play according to rules – server gets two chances on first serve only. Three in a row max. Coach throws two free balls after first serve – both sides
- Make sure servers are standing behind 10-foot line

DRINK

Volleyball Practice 8 (60 minutes)

Arrival: Arm Warmups

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Shuffle drill
- 10 jumps

****DRINK****

2. Passing: 10-15 min

- 3 back row lines, coach as target, 10 good passes to target (target does not have to take more than one step to get to ball) and then rotate lines.

****DRINK****

3. Setting/standing hits: 10 min

- Split girls into two groups to use both sides of the net. Coach tosses, player moves to the ball and sets to hitter to attempt standing hit.

****DRINK****

4. Game simulation: 20 min

- 4x4 in diamond formation, start with coach toss over the net, players work to get three hits (or more if needed) to get it over the net, move to the ball and don't let it drop!

****DRINK****

5. Game: Don't Sink the Ship: 5-10 min

- All girls start out on the serve side; coaches help shag
- Trying to serve over the net
- If serve does not go over, girl moves to other side of net and has to try and catch a serve. If she catches a ball, she can go back to the serve side.

Volleyball Practice 9 (60 minutes)

Arrival: Arm Warmups (ball toss over net)

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Shuffle drill
- 10 jumps

****DRINK****

2. Passing/setting: 10-15 min

- Passing and moving to the ball. 3 players on the court at a time. Coach tosses the ball, players try to control the ball to get 3 hits (passes or sets). Encourage moving to the ball, calling the ball. Next group of three comes on the court, etc.
- Each coach takes a group. Players form a single file line, coach starts with a toss to first player, player passes or sets ball back to coach and goes to end of line, coach tries to keep it going and pass/set to the next player in line.

****DRINK****

3. Setting/standing hits: 10-15 min

- One player starts as setter on each side of the net. The rest of the players line up to hit (one group on each side of the net). Coach tosses the ball to the setter, setter sets to hitter. Hitter is encouraged to move to the ball and hit it if able, otherwise pass or set it over the net. Rotate setters so that each player gets a turn (10-15 sets each).

****DRINK****

4. Serving/Don't Sink the Ship: 10 min

- Each team can stand in opposite sides of the net and serve from wherever they are able. Players can start at about 10 feet and move back as they are able. Coaches, help them out with their form, stepping with the opposite foot, keeping their elbow high, etc.

****DRINK****

Volleyball Practice 10 (60 minutes)

Arrival: Arm Warmups (ball toss over net)

1. Warmups: 5-10 min

- 2 laps jogging, 1 high knees, 1 butt kicks
- Shuffle drill
- 10 jumps

****DRINK****

2. Passing/setting: 10-15 min

- Passing and moving to the ball. 3 players on the court at a time. Coach tosses the ball, players try to control the ball to get 3 hits (passes or sets). Encourage moving to the ball, calling the ball. Next group of three comes on the court, etc.
- Each coach takes a group. Players form a single file line, coach starts with a toss to first player, player passes or sets ball back to coach and goes to end of line, coach tries to keep it going and pass/set to the next player in line.

****DRINK****

3. Setting/standing hits: 15 min

- One player starts as setter on each side of the net. The rest of the players line up to hit (one group on each side of the net). Coach tosses the ball to the setter, setter sets to hitter. Hitter is encouraged to move to the ball and hit it if able, otherwise pass or set it over the net. Rotate setters so that each player gets a turn (10-15 sets each).

****DRINK****

4. Game simulation/scrimmage: 20 min

- 4x4 in diamond formation, start with coach toss over the net, players work to get three hits (or more if needed for younger grades) to get it over the net, move to the ball and don't let it drop!

****DRINK****

5. Game of choice: 5-10 min