



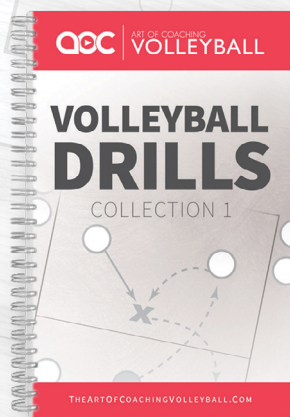
ART OF COACHING  
**VOLLEYBALL**

# **VOLLEYBALL DRILLS**

COLLECTION 2

# MORE DRILLS!

## Volleyball Drills: Collection 1

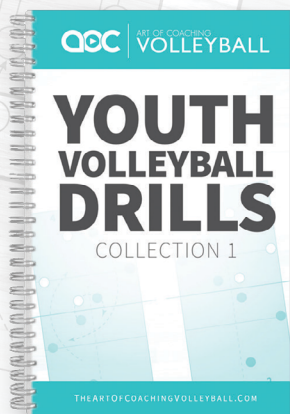


### 150 DRILLS!

Develop and improve skill technique and team performance in a variety of game situations.

- The six volleyball skills
- Ball control and warm-up
- Team defense
- Team offense
- Transitions
- Team situations
- At-home situations

## Youth Volleyball Drill Book



### 120 YOUTH DRILLS!

Developed specifically for coaches and players at the youth level (ages 5-12)

- Warm-ups & ball control
- Serving
- Passing
- Setting
- Team situations
- And more!

# **VOLLEYBALL DRILLS**

COLLECTION 2



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## **Founders, Terry Liskevych & John Dunning**

As we have traveled around the country the past several years doing Art of Coaching Volleyball clinics, we have had many wonderful opportunities to converse with coaches of all levels. One of the primary things we do at each clinic is discuss the list of skills that coaches might need at different levels of coaching. We all need to be able to teach individual or team skills and we also need to be proficient at developing team strategy, culture, and competitiveness. The list is long and different for every coach, but the one thing that we always hear is that everyone wants a supply of drills and practice activities and our Volleyball Drill Books were created to be just that.

The Volleyball Drill Book, Collection 2 has been developed to provide coaches and teachers of all levels with a comprehensive tool for teaching volleyball skills and practicing game situations.

This book contains drills for:

- Each of the six skills
- Ball control and warm-ups
- Team defense
- Team offense
- Team situations
- Wash drills

Each drill explains:

1. Purpose
2. How it Works
3. Variations
4. Requirements

Drill creation and drill development are cornerstones for both practice planning and execution. One of the most important tasks for a coach and/or teacher is practice preparation.

It is our responsibility to construct practices which:

- Focus on what the players and the team need at a moment in time
- Clearly emphasize the responsibility of each coach
- State the focus of each drill
- Outline how the drill works
- Communicate what we hope to accomplish during the activity
- Explain how the drill will end (how we succeed, win, accomplish a goal)

One of the most crucial parts to a successful practice lies in the art of framing of activities. We can all relate to when our team listens to our explanation of an activity and then, when you walk onto the court, half

## Introduction

# Founders, Terry Liskevych & John Dunning

of them ask someone else what we are doing. So much is gained when everyone knows exactly what we are doing!

It is also important to understand the purpose of drills, so that after reviewing the drills presented in *The Volleyball Drill Book, Collection 2*, you will be able to modify and design your own drills to suit your individual player and team needs.

Selecting or designing a drill includes several different factors.

Is it a player-oriented drill where the players control the input of the ball and execution with no coach involved, or is it a coach-oriented drill where a coach controls the input and degree of difficulty?

How many players are involved in the drill?

- Individual player
- Group of players (two to four)
- Team (6 vs. 6 drill – wash, scrimmage, etc.)

You can manipulate the different variables of a drill to change what it accomplishes. A partial list:

- Positioning
- Player movement
- Ball movement
- Pace/speed of play
- Physical demand
- Intensity of movement
- Etc.

Every drill that you run in practice should have a purpose & goal with the following objectives:

- Comprehensible – Players can easily understand what is expected of them
- Realistic – Specifically as it relates to the skills required to be successful tactically. Stated more simply, is it game-like?
- Achievable – Can your player(s) or team be successful (or eventually successful)?
- Measurable – What is the final outcome? For example – how many repetitions? Has a certain time elapsed or the scoring goal been reached?

## **Founders, Terry Liskevych & John Dunning**

As for purpose – are you trying to improve a skill? Are you trying to improve the team’s tactical performance in a specific situation? Are you focusing on improving skill technique in a controlled environment, or is the drill a game-like situation?

The achievement of the drill goal can include a number of different variables:

- Is the drill complete when the players reach a certain quantity of an action, like serving ten balls?
- Does the drill end when the player/team achieves a certain predetermined quality? For example, seven out of 10 perfect sets to target?
- Is the goal complete when players achieve a certain number of in-a-row of consecutive contacts? For example, three serve receptions (passes) directly the setter zone or three side-outs in a row in Rotation 1.

One of the most difficult things for any coach to accomplish is to push athletes along the path to greatness and do it in a way that we still have a good rapport with them. If we rely on our personal intensity to do this we may wear out our connection with them. Therein lies the art of coaching, designing/using drills in a way that will motivate the athletes to work as hard as they need to improve.

It is our hope that this collection of drills/activities will provide you with ideas that will help lead you to put together great practices that are designed perfectly for your team.

### **Terry Liskevych & John Dunning**

Co-Founders – The Art of Coaching Volleyball



# Table of Contents

- 1** [Drill Key](#)
- 3** [Serving Drills](#)
  - 4 [Amoeba](#)
  - 5 [Cross-Court Serving](#)
  - 6 [Snake](#)
  - 7 [Threading the Elastic](#)
- 9** [Passing Drills](#)
  - 10 [11 Before 20](#)
  - 11 [Activate Plus Five](#)
  - 12 [Bundle](#)
  - 13 [Four Corners](#)
  - 14 [Four Corners - Partners](#)
  - 15 [Franzy](#)
  - 16 [Plus 50](#)
  - 17 [Plus-Plus](#)
  - 18 [Pressure Passing Ladder](#)
  - 19 [Rapid Passing Reps](#)
  - 20 [Rate the Pass](#)
  - 20 [Read the Server](#)
  - 21 [Rotation Passing](#)
  - 22 [Shovel Rotation](#)
  - 23 [Step to Cover](#)
  - 24 [Synchronized Passing](#)
  - 25 [Technical Accuracy](#)
- 27** [Serving & Passing Drills](#)
  - 28 [Ace to Replace](#)
  - 29 [Avoid the One](#)
  - 30 [Competition Ladder](#)
  - 31 [Danger](#)
  - 32 [First to 25](#)
  - 33 [Five Before Three](#)
  - 34 [Four Corners - Cross & Straight](#)
  - 35 [Repetition Drill](#)
  - 36 [Servers vs. Passers Ladder](#)
  - 37 [Side-Out Advantage](#)
  - 38 [Sweden](#)

# Table of Contents

39	<a href="#">Two-in-a-Row</a>
40	<a href="#">World Series Passing</a>
<b>41</b>	<b><a href="#">Setting Drills</a></b>
42	<a href="#">Basketball Key</a>
43	<a href="#">Beat the Coach</a>
44	<a href="#">Chair Drill</a>
45	<a href="#">Eye Work Drill</a>
46	<a href="#">Half Star</a>
47	<a href="#">Half Turn</a>
48	<a href="#">Jump Setting Drill</a>
49	<a href="#">Libero Setting Drill</a>
50	<a href="#">Line Drill</a>
51	<a href="#">Monkey in the Middle</a>
52	<a href="#">Out-of-System Setting</a>
53	<a href="#">Parallel to Off</a>
54	<a href="#">Solo Setter</a>
55	<a href="#">Star Drill</a>
56	<a href="#">Triangle Drill</a>
57	<a href="#">Triangle Drill with a Pass</a>
<b>59</b>	<b><a href="#">Attacking Drills</a></b>
60	<a href="#">50 Kills Drill</a>
61	<a href="#">Avoid the Block</a>
62	<a href="#">Block to Transition</a>
63	<a href="#">Box Hitting</a>
64	<a href="#">Carry the Burden</a>
65	<a href="#">First Step</a>
66	<a href="#">Five Before Two</a>
67	<a href="#">Five-in-a-Row</a>
68	<a href="#">Four Hitters vs. Three Defenders</a>
69	<a href="#">Gun Steps</a>
70	<a href="#">Hit Your Zone</a>
71	<a href="#">Hitter Finish</a>
72	<a href="#">Hitter vs. Hitter</a>
73	<a href="#">Injured Player Drill</a>
73	<a href="#">Last Attack</a>
74	<a href="#">Lift Tip Drill</a>

# Table of Contents

- 75 [Off-the-Net Connections](#)
- 76 [Out-of-System: Outside Hitting](#)
- 77 [Plus 10 or Minus Five](#)
- 78 [Plus Seven Hitter vs. Hitter](#)
- 79 [Point-Based Hitting](#)
- 80 [Pool Noodle Drill](#)
- 81 [Positional Match-Up](#)
- 82 [Single, Double, Triple](#)
- 83 [Three-in-a-Row Transition](#)
- 84 [Two-Touch Pepper](#)
- 85 [Wrap Around](#)

## **87 [Blocking Drills](#)**

- 88 [Box Blocking Sequence](#)
- 90 [Four Factorial - 4!](#)
- 91 [No Middle Drill](#)
- 92 [Solo Blocker](#)

## **93 [Individual Defense Drills](#)**

- 94 [China Drill](#)
- 95 [Fast Feet](#)
- 96 [Figure 8](#)
- 97 [Find the Libero](#)
- 98 [Fit Ball Drill](#)
- 99 [Hittable Ball Drill](#)
- 100 [Middle, Angle, Line Defense](#)
- 101 [Neville Pepper](#)
- 102 [Pit Drill](#)
- 103 [Read the Offense](#)
- 104 [Reckless Pepper](#)
- 105 [See the Attacker](#)
- 106 [Speed Ball Through the Net](#)
- 107 [Three-Man Drill](#)
- 108 [Tip Drill](#)
- 109 [Two-Ball Pursuit](#)

## **111 [Ball Control & Warm-up Drills](#)**

- 112 [All-Around Pepper](#)
- 113 [Around the World](#)

# Table of Contents

114	<a href="#">Back Row Attack</a>
115	<a href="#">Ball Control Ladder</a>
116	<a href="#">Burn Drill</a>
117	<a href="#">Chaos</a>
118	<a href="#">Contact Progression</a>
119	<a href="#">Continuous Butterfly</a>
120	<a href="#">Controlled Pepper</a>
121	<a href="#">Cooperation Drill</a>
122	<a href="#">Cooperative Back Row Attacking</a>
123	<a href="#">Core Drill</a>
124	<a href="#">Correct the Error</a>
125	<a href="#">Effort Drill</a>
126	<a href="#">Every Skill Drill</a>
127	<a href="#">Full Court Butterfly</a>
128	<a href="#">Golden Egg Drill</a>
129	<a href="#">Hit and Dig</a>
130	<a href="#">Hitter Transition</a>
131	<a href="#">Move Your Feet</a>
132	<a href="#">Nine Person Pepper</a>
133	<a href="#">No Net: Half Court</a>
134	<a href="#">Out-of-System Attack</a>
135	<a href="#">Pepper Series</a>
136	<a href="#">Pre-Practice Short Court</a>
137	<a href="#">Quality Control</a>
138	<a href="#">Rhythm Ball Control</a>
139	<a href="#">Rotating Pepper</a>
140	<a href="#">Short Court, Long Court</a>
141	<a href="#">Shuttle Drill</a>
142	<a href="#">Switch</a>
143	<a href="#">Three Person Pepper</a>
144	<a href="#">Triangle Pepper</a>
145	<a href="#">Zone Targeting</a>
<b>147</b>	<b><a href="#">Team Defense Drills</a></b>
148	<a href="#">Circle Drill</a>
149	<a href="#">Dig, Set, Cover</a>
150	<a href="#">Pass, Set, Hit</a>
151	<a href="#">Three Before Five</a>

# Table of Contents

## **153** [Team Offense Drills](#)

- 154 [First Ball Down](#)
- 155 [First Ball Kill Drill](#)
- 156 [First Ball Kill then Rotate](#)
- 156 [Middle, Right Combo](#)
- 157 [Offensive Pressure](#)
- 157 [Side-Out Drill](#)

## **159** [Team Drills](#)

- 160 [5 vs. 6](#)
- 160 [Accumulation](#)
- 161 [Avalanche](#)
- 161 [Burpee Drill](#)
- 162 [Dig to Score](#)
- 163 [Down Ball with a Serve](#)
- 164 [Endgame](#)
- 165 [First Team Challenge](#)
- 166 [Free Ball Execution](#)
- 167 [Hand-to-Hand Combat](#)
- 167 [Left vs. Left](#)
- 168 [Longest Rally](#)
- 168 [Make It or Take It](#)
- 169 [Make It Work](#)
- 170 [Middle, Right Wash Drill](#)
- 171 [One-Sided Scoring](#)
- 172 [Out-of-System Drill](#)
- 173 [Refuse to Lose](#)
- 174 [Rotation Race](#)
- 174 [Rules Drill](#)
- 175 [Score Tracker](#)
- 175 [Secret Squirrel](#)
- 176 [Serve Plus One](#)
- 177 [Six-Inning Drill](#)
- 177 [The Perfect Pass](#)
- 178 [Three Before Two](#)
- 178 [Three, Two, One Drill](#)
- 179 [Tie Breaker Reset](#)
- 180 [Unpredictable Ball Drill](#)

# Table of Contents

<b>181</b>	<b><u>Wash Drills</u></b>
182	<u>3.0 Drill</u>
182	<u>Big Point, Little Point</u>
183	<u>Big Three</u>
183	<u>Execution</u>
184	<u>Real Point</u>
184	<u>Three-in-a-Row</u>
185	<u>USA Transition</u>
185	<u>Validation</u>
186	<u>Vegas: Winner Takes All</u>
186	<u>W-I-N Drill</u>
187	<u>You the Man</u>

## Drill Key



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# **Serving Drills**

## Serving

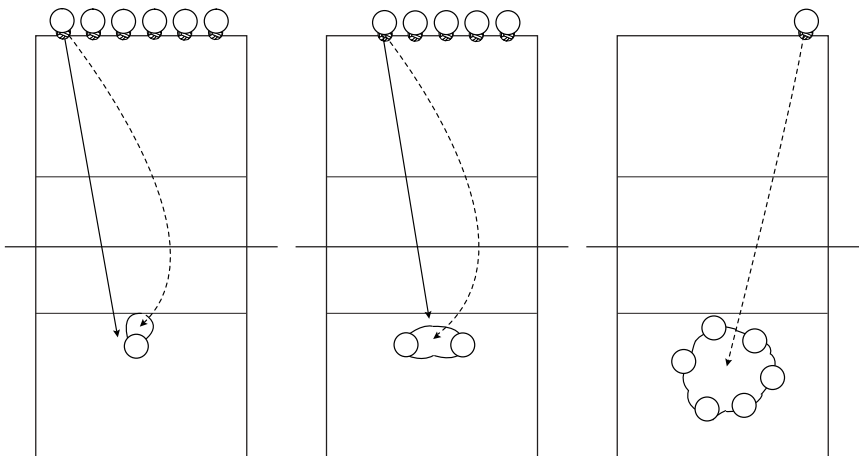
# Amoeba

**Purpose:** To train young players not to fear being hit by the volleyball through a fun game.

**How it works:** Players line up along the endline, each with a ball. One at a time, each player serves to the other side of the court where a single player, the amoeba, is standing with their arms in a hoop shape. The objective of the amoeba is to move their feet and have the ball go through the hoop they make with their arms. When a serve goes through the hoop, the server of that ball runs under the net and joins hands with the other player to form a larger amoeba. The amoeba moves as a unit to try to meet the serve. The circle grows as the drill progresses, once all the players are on one side of the court, the drill is over.

**Variations:** Split up your team evenly onto two courts and see which court can finish the drill first.

**Requirements:** 10-12 players, a cart of balls and a full court

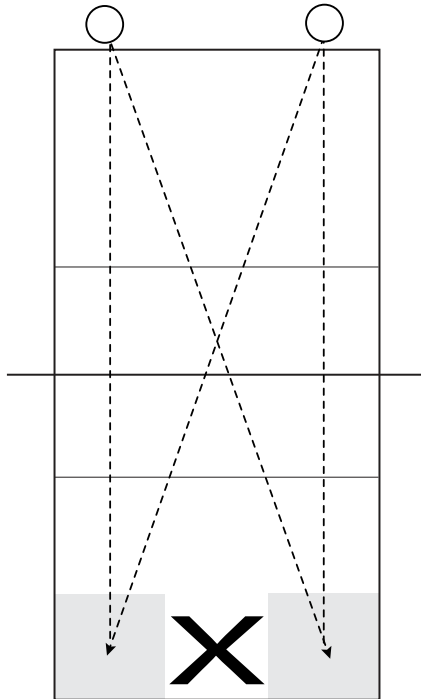


## Serving Cross-Court Serving

**Purpose:** To train players to think about their serving angles in order to challenge passers on the other side.

**How it works:** Any variation of a serving drill will work here, but have players intentionally serve cross court rather than straight across. Make sure the players understand the strategy behind serving cross court: they can put extra pace on the ball and challenge passers who are used to passing a slower, straight-across serve.

**Requirements:** One or more players, a cart of balls and a full court



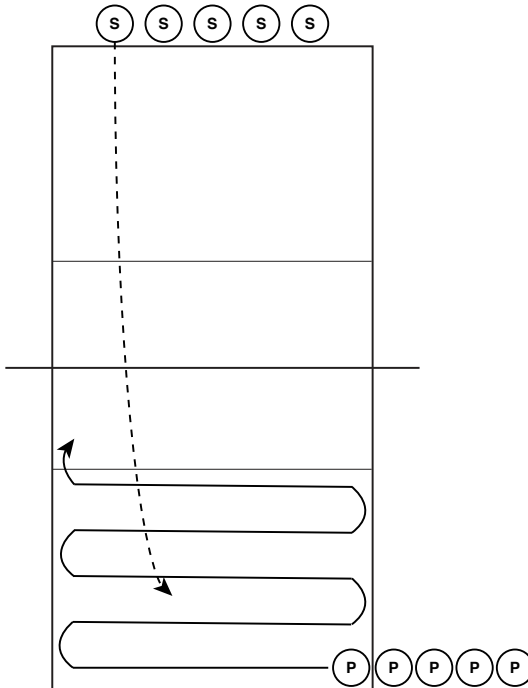
## Serving

### Snake

**Purpose:** To train young players not to fear being hit by the volleyball through a fun game.

**How it works:** Split your team into two even groups. One group lines up along the endline ready to serve (S) and the other group lines up in the corner of the court to act as the snake (P). As the “snake” slowly winds their way from the back corner up to the front of the court, the servers are trying to hit them with the ball. The players in the snake may not duck to get out of the way, instead letting the serve hit them before leaving the court. The goal is to be the last player left on the snake side.

**Requirements:** 10-12 players, a cart of balls and a full court

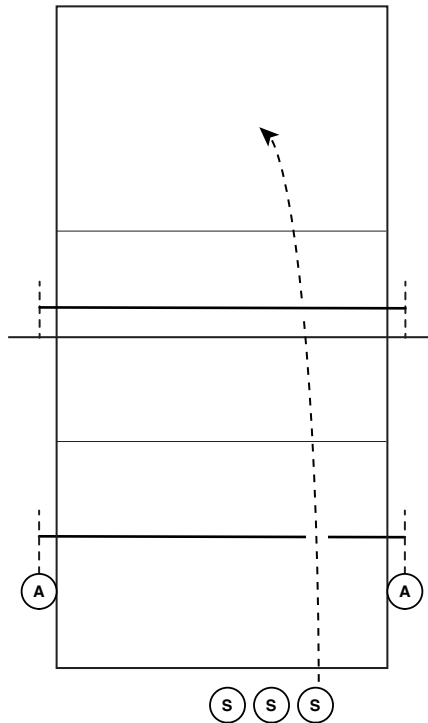


## Threading the Elastic

**Purpose:** To challenge jump-float servers to contact the ball and follow through to achieve flatter serves.

**How it works:** After stretching one elastic band between the antennas on the net and a second between two antennas held by players (A) about three feet from the endline, servers (S) attempt to serve over the closer elastic but under the second elastic. Done correctly, this will result in a flat serve with a high contact point.

**Requirements:** Eight players, two net elastics, four antennae, a cart of balls and a full court





# Passing Drills

## Passing

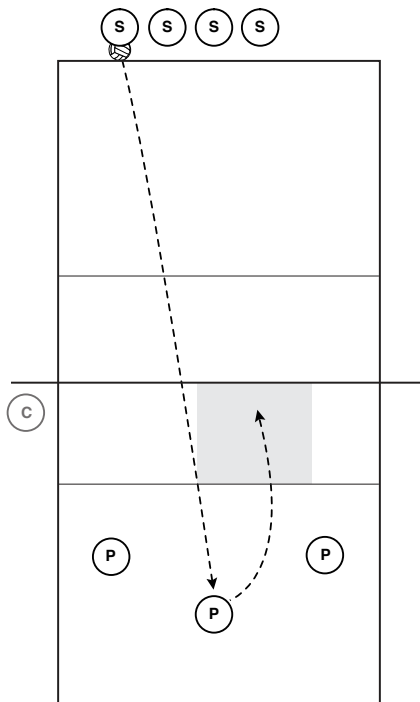
### 11 Before 20

**Purpose:** To improve the percentage of good passes made in serve receive.

**How it works:** Begin with players (S) serving one by one over the net to three passers on the opposite side of the court (P). The passers must get 11 out of 20 passes, or 55%, into the 3-zone. If the passing team achieves this goal, they win. If the passing team does not get to 11 perfect passes or gives up more than one ace and/or overpass, the serving team wins.

**Variations:** For less experienced teams, reduce the required passing percentage or expand the 3-zone.

**Requirements:** Three passers, multiple servers, a coach, a cart filled with 20 balls and a full court



**Activate Plus Five**

**Purpose:** To help passers learn to consistently communicate and perform.

**How it works:** The primary passers in a specified rotation line up on one side of the net along with a target. Remaining players serve from the opposite endline. The passers must score five perfect passes. The catch? Perfect passes are only tallied while the passers are activated. The first part of activating is to have three voices communicating whether the ball is short or deep, in or out, or whose ball it is during the serve. If this communication happens and they pass the ball to the target, the passers become activated. Once activated, they can add to their score. After each imperfect pass, they deactivate and must re-activate before adding to their score. Higher-level teams should attempt to complete all six rotations, while less-polished teams should attempt one rotation each practice before moving on to other skills.

**Variations:** If a team has six primary passers, run the drill on two courts to maximize practice time.

**Requirements:** Five or more players, a cart of balls and a full court

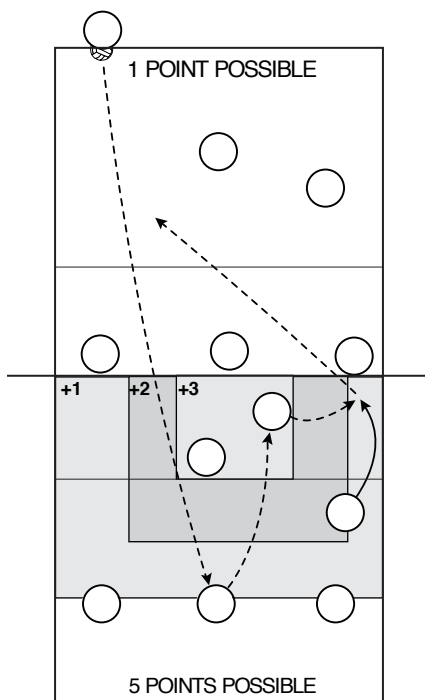
## Passing Bundle

**Purpose:** To better the chances of winning by executing a first ball kill.

**How it works:** For this 6 vs. 6 drill, begin with one team serving and the other in serve receive. The scoring works as follows: if the serve receive team wins the rally they receive +1 point, **plus** the number of points corresponding to their team's serve receive pass, using a 3 point passing scale. If they are able to score on a first ball kill, they receive +2 points for the rally. For example, if the pass is perfect and the team on serve receive eventually wins the rally, they receive +4 points (1 for the rally and 3 for the pass). If they only have a 2-point pass, but are able to get a first ball kill, they receive +4 points (2 for the pass and 2 for the first ball kill). If the serving team wins the rally at any point, then they receive 1 point, and now become the serve receive team. First team to 25 points, win by 2, is the winner.

**Variations:** Sides can rotate each time they win a rally, or remain in one serve receive rotation the entire game. If one team is always in serve- receive, have teams alternate serve after each rally, no matter the outcome.

**Requirements:** Twelve players, a cart of balls and a full court

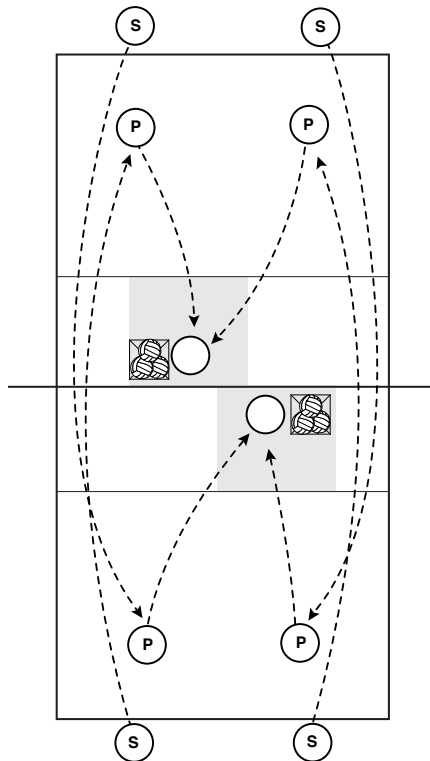


## Passing Four Corners

**Purpose:** To warm-up a team's passing and serving in a short amount of time. This is a great drill to do as a warm-up before a game as it targets the basics of the game but progresses every 10 reps or so.

**How it works:** Start with a passer (P) in each corner of the court. Have at least one or two players behind those passers whose job is to serve to the passer across the net (S). The progression is simple; each passer will pass a certain number of free balls, then down balls (hitters are still standing, warming up their arms), then real serves from behind the endline. This is a great drill to warm-up at away games when time is tight and players might need many reps within a short amount of time.

**Requirements:** Eight or more players, a cart of balls and a full court

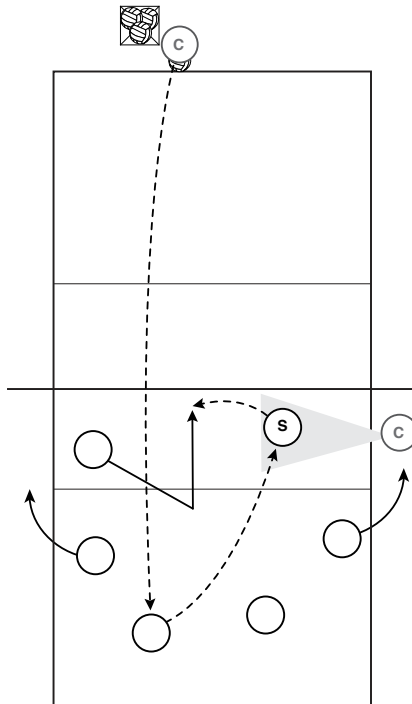




**Purpose:** To work on serve receive in a situation that is stressed for time.

**How it works:** Starting with 6 minutes and 30 seconds on the clock, the receiving team is allowed 1 minute per serve receive rotation with 5 seconds to rotate between each. One coach stands on the endline and serves toward the receiving team. The team's pass is given a score from the other coach, 0 to 3 points, with 3 being a perfect pass. The receiving team runs an offensive play off the pass, which is judged again by the additional coach from 1 to 3, on speed and difficulty. These scores are recorded on the scoreboard or just written down. The coach keeps serving until the minute is up and players rotate quickly into the next rotation. The coach begins serving again as the clock keeps ticking down. This continues until the team has rotated through all six rotations. The goal is to score 200 points before the 6 minutes and 30 seconds are up.

**Requirements:** Six players, two coaches, a cart of balls and a full court



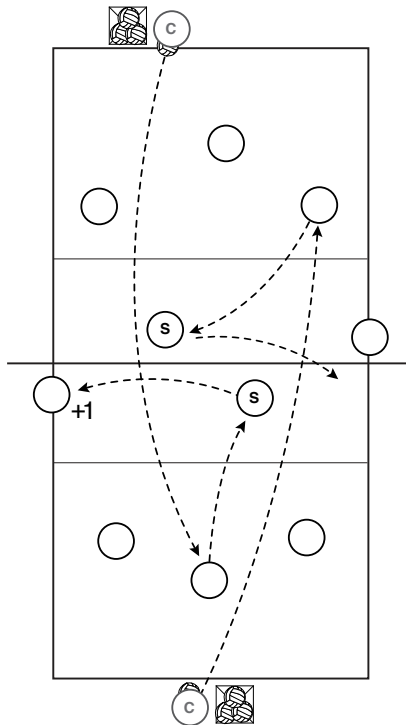
## Passing

### Plus 50

**Purpose:** To emphasize good form by the passers followed by a good set from the setters.

**How it works:** Players are split up on either side of the net with three people in serve receive on both sides. Coaches on opposite sides of the court alternate serves to the passers. If the passer makes a “3” pass to the setter (S) and the setter makes a good set, the team gets a point. A “2” pass earns you no points and either a “1” or a “0” deducts a point from your score. Both sides are, together, trying to score 50 points.

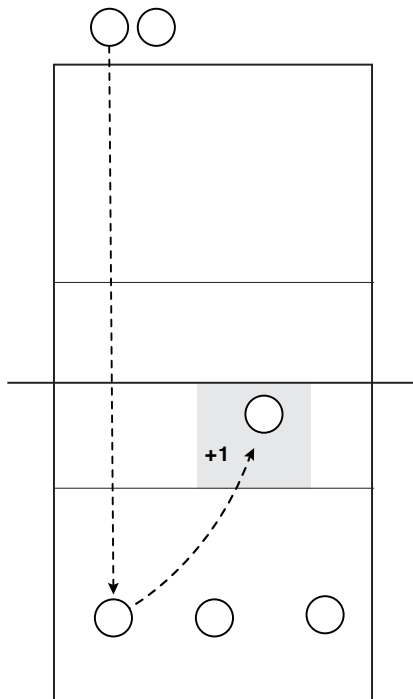
**Requirements:** Eight players, two coaches, two carts of balls and a full court



**Purpose:** To train players to pass directly to the setter.

**How it works:** This passers vs. servers drill is played on a full court. On one side, start with three passers in deep court and one catcher in the setter's position at the net. Two or more servers stand ready on the other side. A server sends the ball over, and the serve receive team must pass the first ball to the setter. If the ball is caught in an area where the setter is able to play all options, the team is awarded a point. If not, no point is given. The serve receive team can also earn points if the other side makes two consecutive service errors. Play continues until the serve receive team earns four points. If they win the fifth point, they win the game. If not, their score goes back to zero and the drill starts over.

**Requirements:** Six or more players, a coach, a cart of balls and a full court

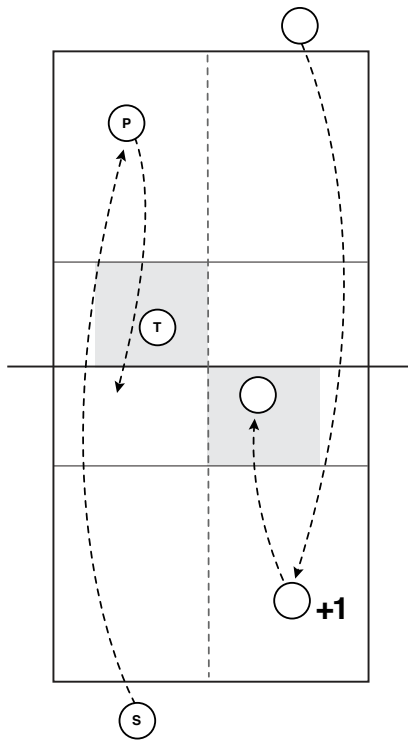


## Pressure Passing Ladder

**Purpose:** To encourage players to make the next pass perfect after a miss.

**How it works:** Players split into groups of three with one server (S), one passer (P) and a target (T). The target must keep one foot planted on the ground to catch the pass for it to count as a good pass. For every good pass, the passer earns a point and continues to serve receive. If the passer fails to complete two good passes in a row, the group rotates so that the target becomes the passer, the passer becomes the server, and the server becomes the target. There are multiple half courts running at the same time, and at the end of each round, high-scoring passers move up the ladder and the other two in the group move down.

**Requirements:** Three or more players, two balls per group and a full court

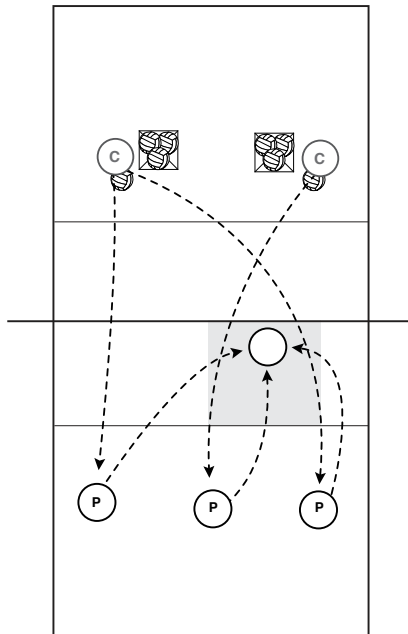


## Passing Rapid Passing Reps

**Purpose:** To get passers executing rapid yet focused touches on the ball while working to improve certain aspect of their passing games.

**How it works:** Isolate a part of the passing game that your players need to work on. Three passers line up in their receiving positions. Two servers stand inside the court (these can be players or coaches) and alternate feeding serves to first the left side player, then the middle passer and then the right side passer. The passers pass the balls to a target, then return to their starting positions and wait for the next served ball. After five or six passes each, the players rotate positions clockwise and pass again, this time focusing on a different aspect of their passing.

**Requirements:** Three or more players, a cart of balls and a full court



## Rate the Pass

**Purpose:** To focus on the serve receive pass by giving extra points for good passes.

**How it works:** Position teams on each side of the net and initiate play with a serve. Run and score the drill like a normal game with one exception: the serve receive team can score up to three points if they side-out a first ball. In this case, the number of points they can earn is determined by the rating of the pass. A coach rates the pass as a “1”, “2” or “3”. If a team fails to side-out the first ball, traditional scoring is used.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## Read the Server

**Purpose:** To train passers to read the server by improving vision and communication.

**How it works:** In this drill, passers learn to read the server and anticipate where the ball will travel before it ever crosses the net. To run this drill, a coach (or player) serves while three passers call short, mine, deep or the name of who should pass. Coaches shouldn’t worry about the outcome of the pass—only whether players made a call. After mastering the art of always communicating, players can progress to focusing on making the right call. Finally, they can focus on the outcome of the pass.

**Requirements:** Three or more players, a coach, a cart of balls and a full court

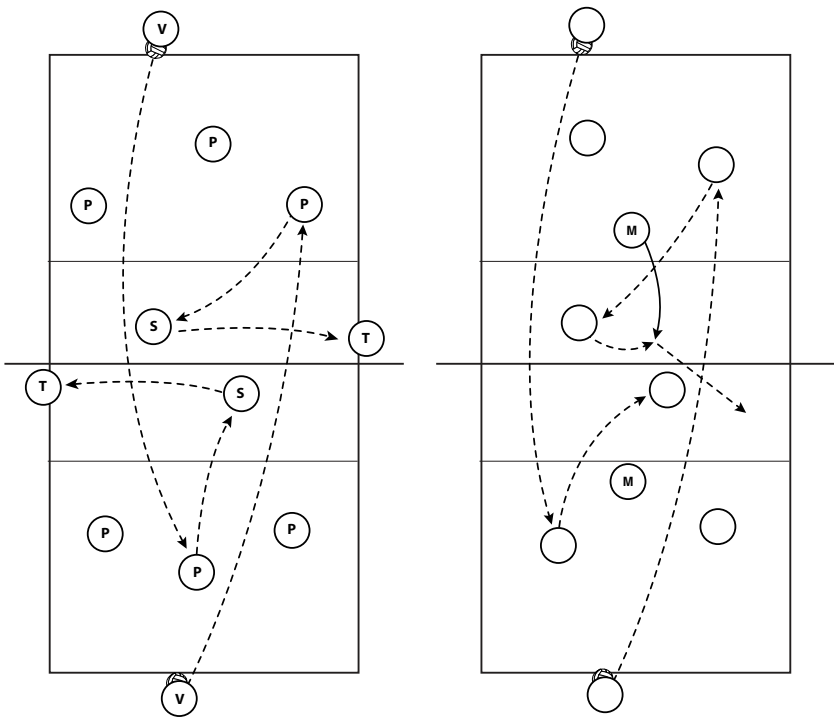
## Passing Rotation Passing

**Purpose:** To have all players get passing repetitions at all positions on the court.

**How it works:** Each side of the net has three passers (P), a setter (S), a target at the left pin (T), and the desired number of servers (V). Set the clock for a certain amount of time, for example 3 minutes, and servers begin to serve balls to the passers. If there are passers on both sides of the net be sure servers are alternating which side serves. Passers then pass the ball to the setter who will set to the target. Once time has elapsed, have passers and servers rotate to get reps from a different position.

**Variations:** Move the target to the right pin or any other location for the setters to practice a multitude of sets. Also, add in a middle hitter to live attack the pass and set. You may also adjust the number of passers to best fit your team and system.

**Requirements:** Twelve players, one to two carts of balls and a full court

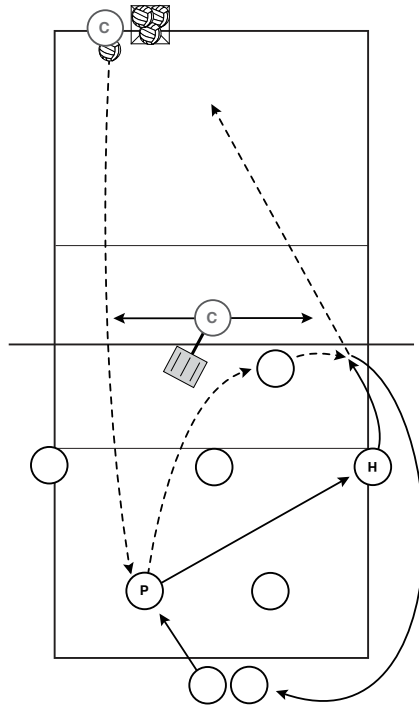


## Shovel Rotation

**Purpose:** To train players on four key skills: serve receive, attacking, coverage, and communication.

**How it works:** With six players on the court in serve receive, a coach serves to them and the team must handle the serve, run the attack, and supply coverage on the hit. To mimic a blocked shot, an additional coach across the net from the receiving team uses a snow shovel to send “hits” back into the court. If players fail to cover the hit, they must do five push-ups. After the ball is dead, the player who passed the ball (P) replaces the hitter (H) who was set and the next passer in line steps onto the court.

**Requirements:** Six or more players, a shovel, two coaches, a cart of balls and a full court

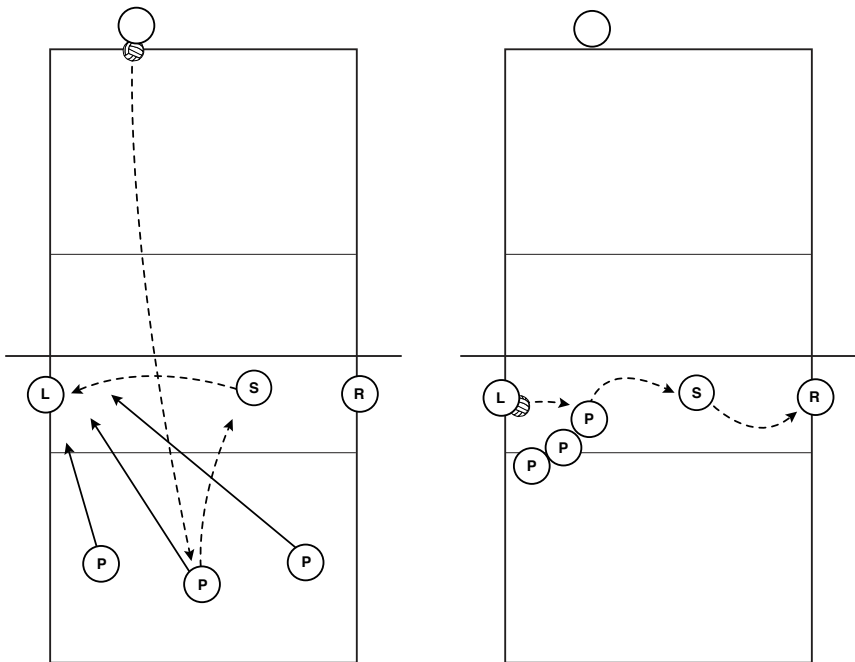


## Passing Step to Cover

**Purpose:** To train passing in a dynamic environment while working on coverage and engagement.

**How it works:** Three passers (P), a setter (S), a left front target (L) and a right front target (R) start on the court. A coach or extra players enter serves. In the first progression, the passers receive a serve and the setter sets to either target. The passers take one step toward the target to practice coverage and staying engaged. In the next progression, the target receiving the set tips back toward the passers, and play continues until the ball drops. In the final progression, the setter must set to the pin farthest away from where he or she contacts the ball—or the “long way.”

**Requirements:** Six or more players, a coach, a cart of balls and a full court



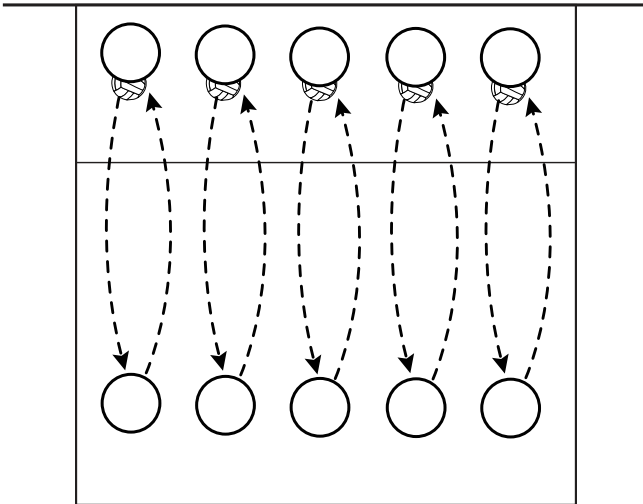
## Synchronized Passing

**Purpose:** To help players develop leadership and communication skills, and to build awareness of what is going on around them on the court.

**How it works:** This half court drill begins with players lined up along the endline and their partners lined up along the net. The goal: 10 contacts in a row using only hands passing the ball back-and-forth to your partner. The passes need to be counted out loud and synchronized between all groups. Repeat the drill until the goal is reached.

**Variations:** You can change goals by alternating to tempo one and two, increasing the distance to 30 feet between partners or having one partner at the 10-foot line and the other at the middle line. Any change to increase complexity forces the groups to work on control and awareness of what their teammates are doing on the court around them.

**Requirements:** Groups of two up to 12 players, one ball for each pair and a half court

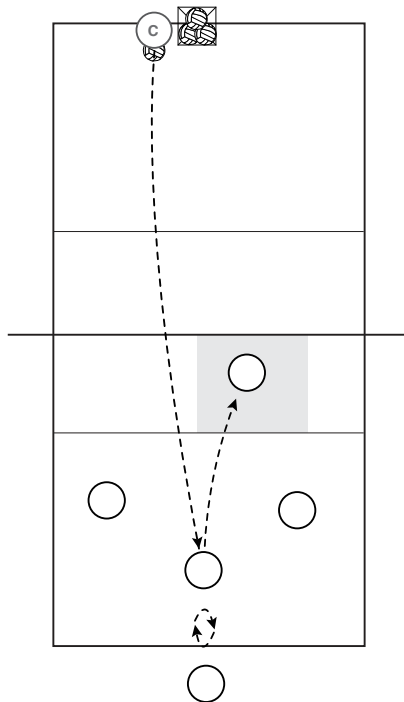


Passing  
**Technical Accuracy**

**Purpose:** To reward a player for performing in a technically sound way.

**How it works:** Three passers split the back court with a target at the net and an extra passer off the court waiting to enter. Prior to the start of the drill the coach identifies what the right technique would look like for each passer. For some, it may be that the player must stay low through the whole pass. For others, it could be to control the platform and not swing arms to finish a pass. Unless the passers use proper technique, they get replaced on the court by the waiting passer. All that matters is that the technical skill gets performed correctly, not the quality of the actual pass. A coach or extra player serves at the passers.

**Requirements:** Three or more players, a coach, a cart of balls and a full court





# **Serving & Passing Drills**

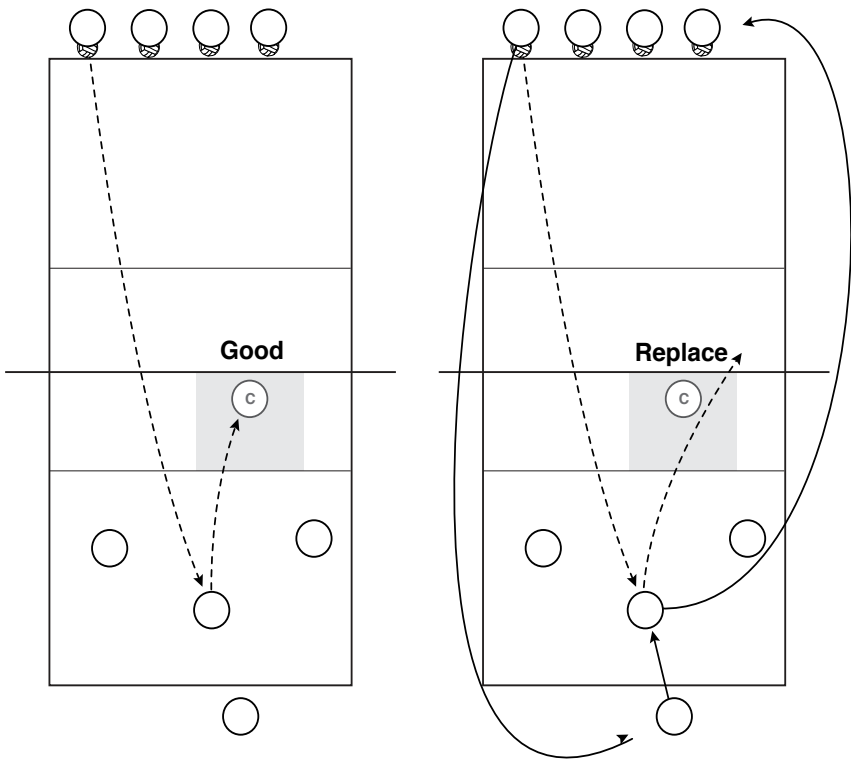
## Serving & Passing

### Ace to Replace

**Purpose:** To get players passing consistently and serving tough balls in bounds when playing in a competitive and fast-paced environment.

**How it works:** Have at least three servers on one side and three passers on the opposite side, with one more passer waiting off the court behind them. Servers serve the balls one at a time, and if the passer passes a good ball, they remain on the court. If the pass cannot be set, the passer gets kicked off the court and goes to the back of the serving line. The server who served that ball goes to the back of the passing line, and the drill continues in this manner. Don't get aced, or you'll get replaced! Every good pass counts as one point. Whoever has the most points at the end of the designated time slot wins the drill.

**Requirements:** Ten or more players, a cart of balls and a full court



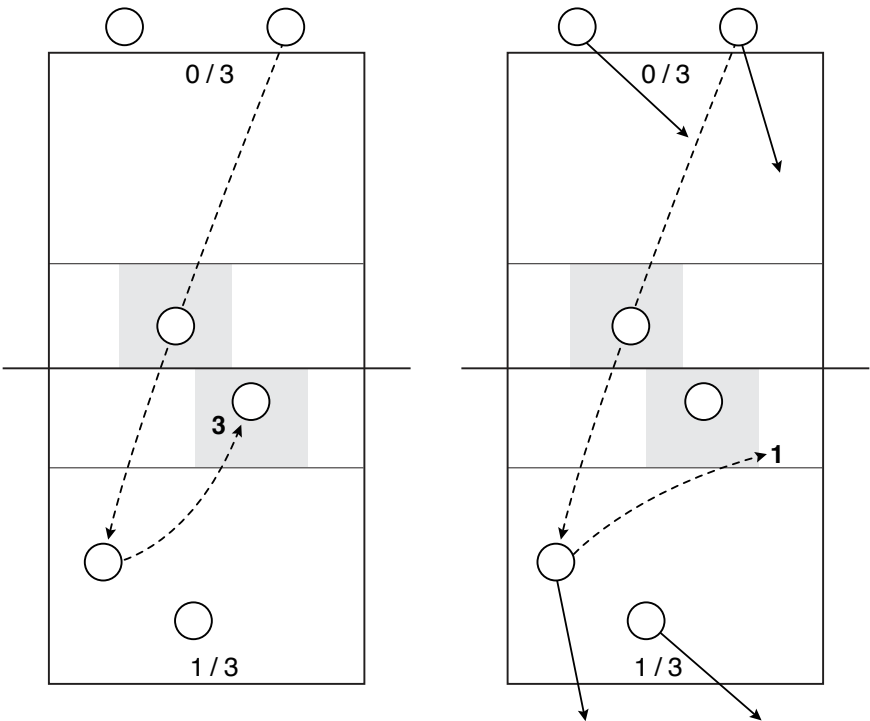
**Avoid the One**

**Purpose:** To train players to produce good passes under pressure.

**How it works:** With two players and a target on each side, the drill starts with one side serving. Cones can be set up to force the server to hit a specific zone: the five/six zone and the one/six zone. Each serve receive is scored. If a two or three-pass is awarded the passers receive one point. For any other pass, whether it is a one-pass, an overpass or a shank, the passers go to the endline to serve and the other team has a chance to score in serve receive. Any time one side misses a serve, the receiving side earns a half point. Play continues, and when a side earn three points, the two players on that side switch spots with each other. Once three points are scored again, the cones are changed to force a new zone and the same process of getting three points then switching spots occurs.

**Variations:** Incorporate other positions or skills to increase productivity (like a middle blocker reading and reacting to a set).

**Requirements:** Six players, a cart of balls and a full court



## Competition Ladder

**Purpose:** To encourage servers and passers to compete and consistently pass and serve well in order to end up on top of the ladder.

**How it works:** If possible, set this drill up on multiple courts at the same time. Start with two people serving on one side of the court, two people passing on the other side of the court, and one target on the passers' side. Each server/passers pair that is across from one another is competing. The server serves 10 balls at the passer, the number of good passes is counted, and then the server and passer switch spots and repeat. Whichever player passes the most good balls wins that round and gets to move up to the next highest court. The loser moves down to the lower court. Play for 15-20 minutes and then record where each player ends up. You'll find that competitive players will fight with both their serving and passing to consistently end up on the top court.

**Variations:** A coach can rate passes or you can allow the players to decide.

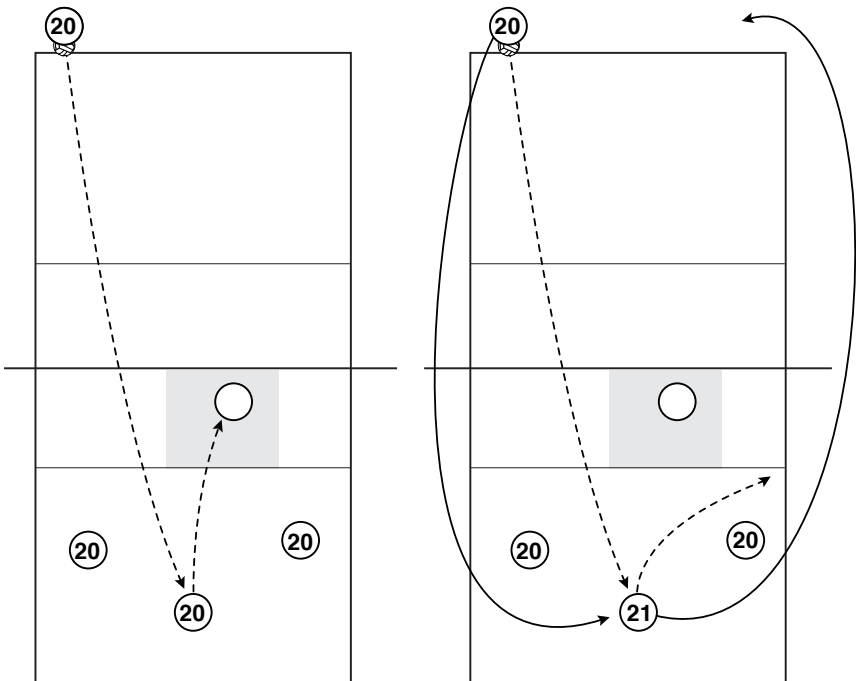
**Requirements:** Five or more players, a cart of balls and a full court

**Danger**

**Purpose:** To train passing under pressure and serving to a specific target.

**How it works:** Set up the court with three back row passers and a server on the other side. All players—passers and servers—start the game with 20 points each. Players earn points for good passes and lose points for poor ones. The coach determines the quality of the pass. If a player makes a bad pass, they are “in danger.” Their next pass must be perfect or they give up their spot to the server. Servers lose points if they serve out, and can only earn points when passing. Their objective is to target passers and force them to pass poorly, so they can take their place and earn a chance to score points.

**Requirements:** Six players, a coach, a cart of balls and a full court



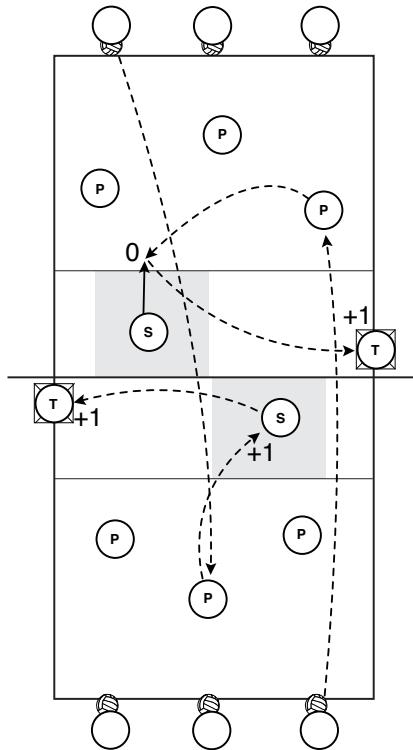
## First to 25

**Purpose:** To train passing and decision-making in a competitive environment.

**How it works:** Players split into two groups. Each group positions three passers (P), a setter (S) and a target (T) on the court with remaining players at the endline. Teams alternate serve until one team reaches 25 points. A perfect pass receives one point, and a perfect set receives one point. A missed serve earns two points for the receiving side.

**Variations:** Add a middle and outside attacker on each side of the net and award two points for a successful middle attack and one point for a successful outside attack.

**Requirements:** Ten or more players, a cart of balls, and a full court



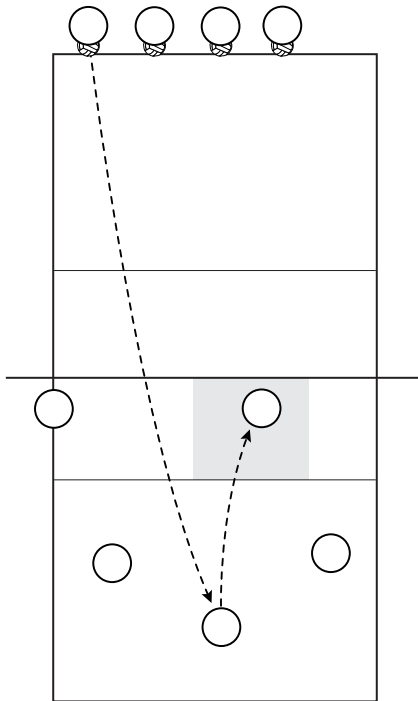
## Serving & Passing **Five Before Three**

**Purpose:** To make a string of good plays, not just one at a time.

**How it works:** Split players into two teams. One team begins as the passers and the others are the servers. Passers line up with three passers on the court and the servers each take a turn serving across the net. Passers score from a three option pass and a service error. Servers score from an ace or a one option pass. Any two option pass is a wash and no team scores. Passers have to get 5 points in a row before the servers get 3 points in a row.

**Variations:** The scoring can change to whatever your team needs to play at a good competition level.

**Requirements:** Six players, a cart of balls and a full court

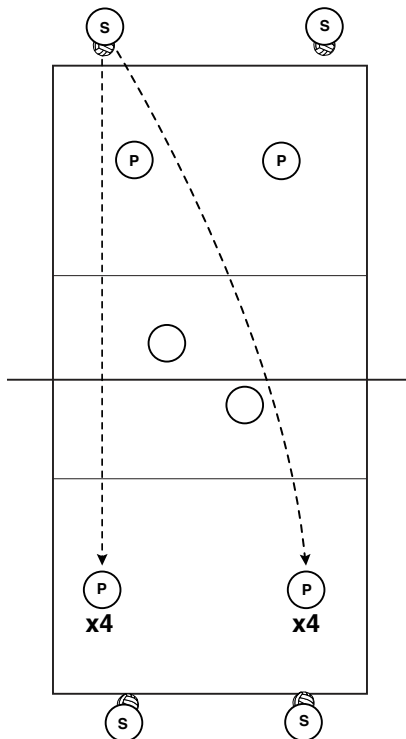


## Four Corners - Cross & Straight

**Purpose:** To improve serving and passing from different angles.

**How it works:** Start with one passer (P) in each of the four corners of the court and a server (S) at the endline behind each passer. Each server serves four balls straight at the passer across the net from them, then four more balls at the player diagonally across the court. After each series, players switch roles and sides.

**Requirements:** Six or more players, two carts of balls, and a full court

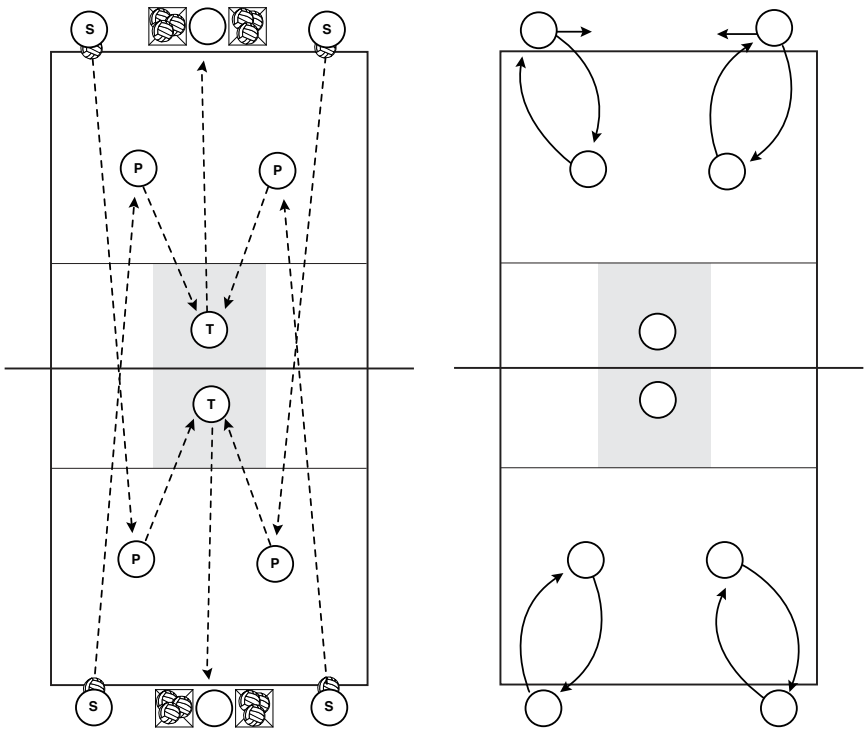


## Serving & Passing Repetition Drill

**Purpose:** To increase repetitions in serving and passing by performing with accuracy and responsibility.

**How it works:** Put a passer (P) in each of the four corners of the court. Position at least one tosser (S) behind each passer, who is responsible for throwing balls at the passer across the net. Identify one target (T) for each passer. The goal is for each passer to get 10 perfect passes, which are counted by their personal target, before the next passer can step in and get their repetitions. After everyone has had a chance to throw and pass, the drill progresses to topspin serving instead of tossing. Once again, have each passer complete 10 perfect passes before switching with the servers. Continue on with float serving.

**Requirements:** Twelve players, a cart of balls and a full court



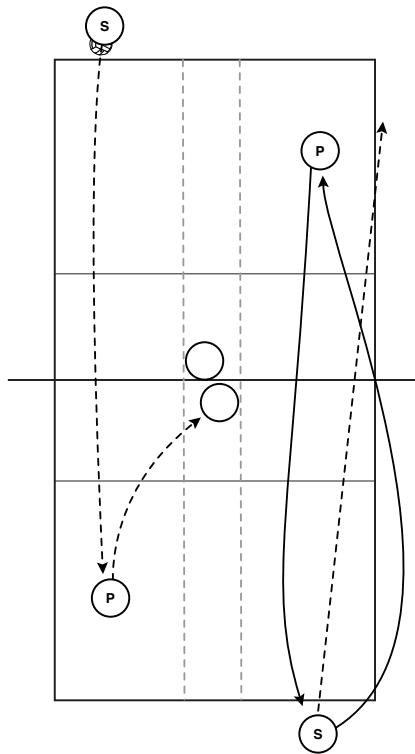
## Servers vs. Passers Ladder

**Purpose:** To force servers and passers to compete against one another in quick games.

**How it works:** In the gym, set up multiple courts by dividing full courts in half lengthwise. Decide which court is the top court and which court is the bottom court. Players then compete in 1 vs. 1 serving (S) and passing (P) games. Each game is played to three points, and the first player to win three games is the winner. Winners move up a court on the ladder and losers move down a court.

**Variations:** Keep track of where players finish on the ladder after each day. Have them begin in the same position they finished the practice before to see which players are being successful over multiple practices.

**Requirements:** Two or more players, a ball per half court of players, and as many half courts that are available for the ladder

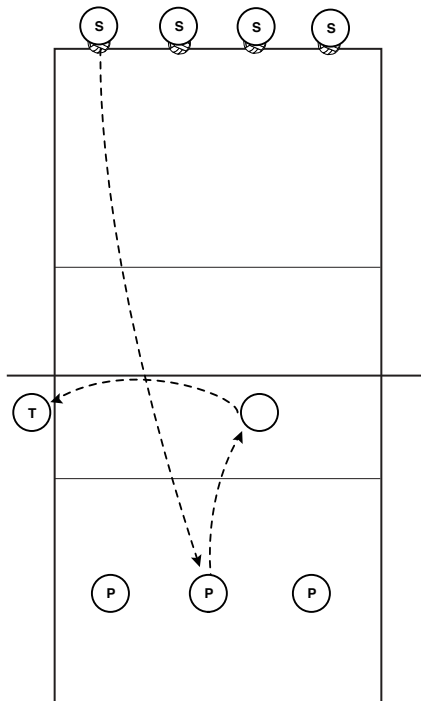


## Serving & Passing Side-Out Advantage

**Purpose:** To train servers to take advantage of service-line opportunities and passers to focus on getting side-outs.

**How it works:** Start with four players (P) on one side in serve receive formation. Four players (S) on the opposite serving line take turns serving. The receivers play out the first ball with the server getting a point and the chance to serve again if they get the receiving team out of system. If the receiving team passes a perfect ball, a side-out is assumed and the next player serves. Serving points accumulate as a group. Once each server goes through two rotations at the line, servers become receivers and receivers become servers. The new servers try to get more points than the previous group. Each person usually has only two or three chances to serve in a 25-point game and players need to understand the importance of producing with these finite opportunities.

**Requirements:** Eight players, a cart of balls and a full court



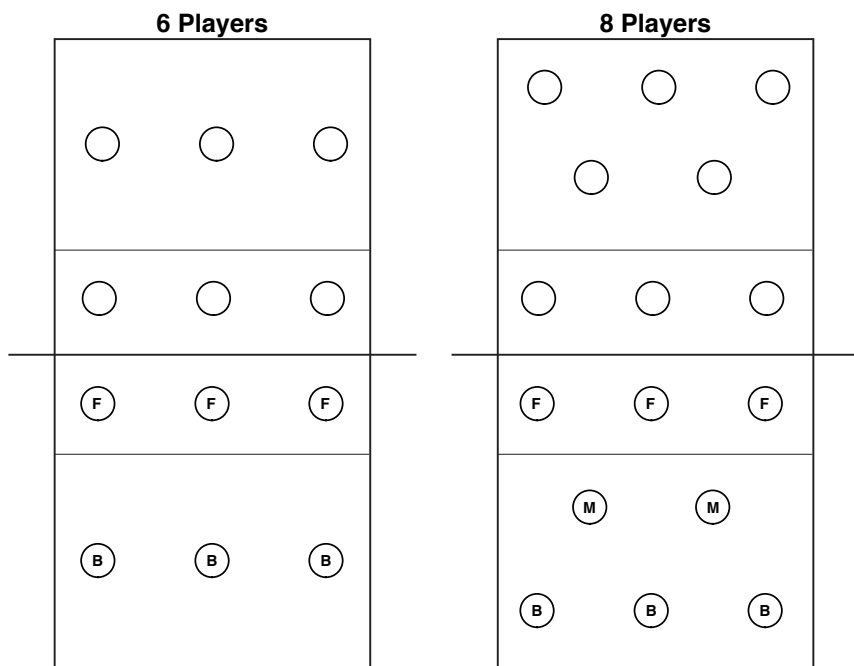
## Serving & Passing

### Sweden

**Purpose:** To teach multiple skills in a competitive setting.

**How it works:** Divide into two teams of six to eight players. If you're using eight-player teams, line up with three players in the front row (F), two players mid-court (M), and three players in the back row (B). Using two balls, both teams serve simultaneously and play out the point by only passing or setting (i.e. no blocking, hitting, jumping or one arm digs). If either team fails to pass or set for one of the contacts, their opponent gets a point. Both teams then resume serving and playing it out, sending balls back over the net in one, two or three contacts. If one team causes both balls to fall on the other team's side, that team scores a point unless their opponent can "erase" that point by getting a ball back into play before the second ball is scored against them. Teams missing serves can retrieve the ball and try to serve it into play before their opponent scores a point with the remaining ball.

**Requirements:** 12-16 players, a coach, a cart of balls and a full court

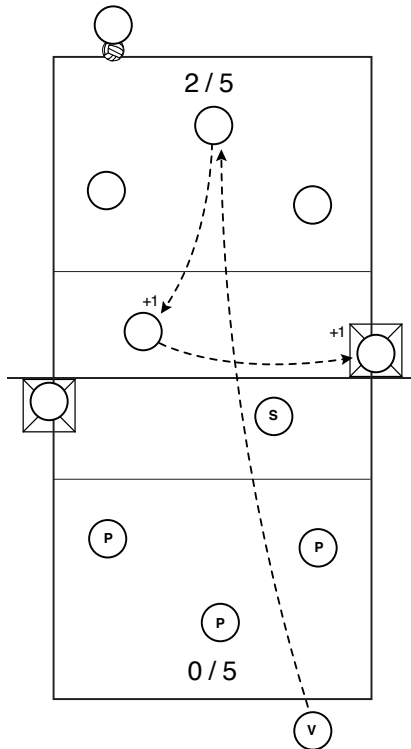


**Two-in-a-Row**

**Purpose:** To help players execute two consecutive plays successfully or improve on a poor first touch with a good second ball.

**How it works:** On each side of the net, line up one server (V), one setter (S), three passers (P) and another player on a box at the outside hitter position whose sole responsibility is to catch balls set to target. This competitive drill continues to 21 points and two points are possible on every play – one for each perfect pass and another for a perfect set. Teams alternate serves and play to five points. The receiving team automatically gets two points for a missed serve.

**Requirements:** Twelve players, two boxes, two carts of balls and a full court

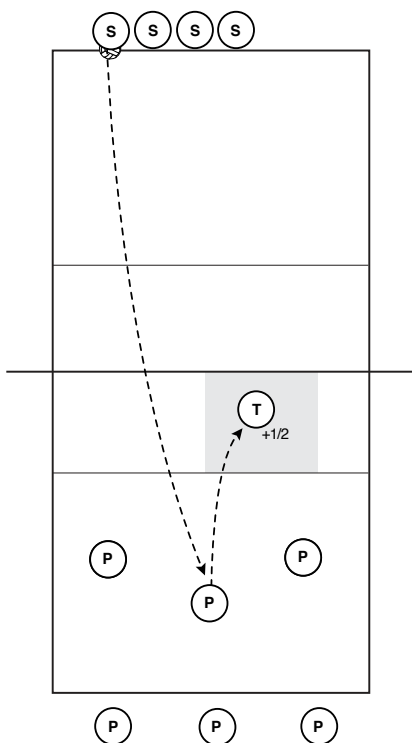


## World Series Passing

**Purpose:** To work on consistent passing in serve receive as well as aggressive serving, all while focusing on the next touch.

**How it works:** This competitive drill pits three or more servers (S) against three or more passers (P). Both sides work to score multiple points in a row. If the passers make two perfect passes in a row, they receive a point. Meanwhile, if the servers prevent this, they receive a point. A missed serve counts as a point for the passers. The first side to five wins the round. The servers and passers then switch roles and the first side to win four rounds is the winner.

**Requirements:** Six players, a ball and a full court



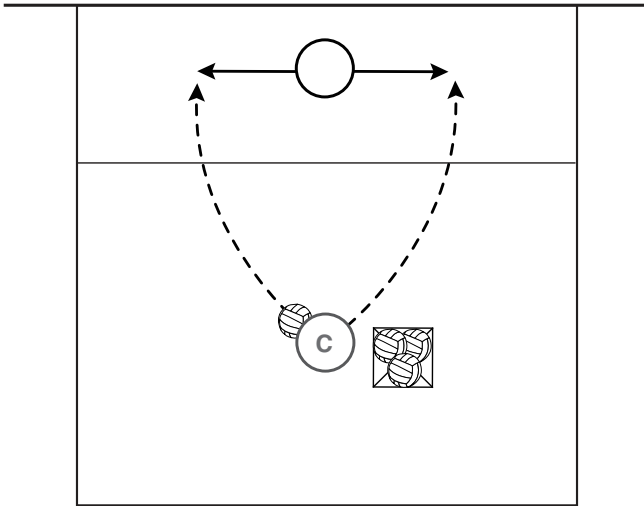
# Setting Drills

## Basketball Key

**Purpose:** To train setters to move quickly on the court.

**How it works:** This partner drill teaches setters to cover the court quickly using four different movement patterns: shuffle, run, outside plant and inside spin. Begin with a coach or tosser in zone 6 and a setter at the net in zone 3. The coach/tosser lobs balls in a semi-circle formation, alternating between on and off the net positions, for the setter to return. The setter moves back and forth between the two points using these four movement patterns: shuffle, run, outside plant, and inside spin. The setter performs each movement 10 times before moving on to the next one.

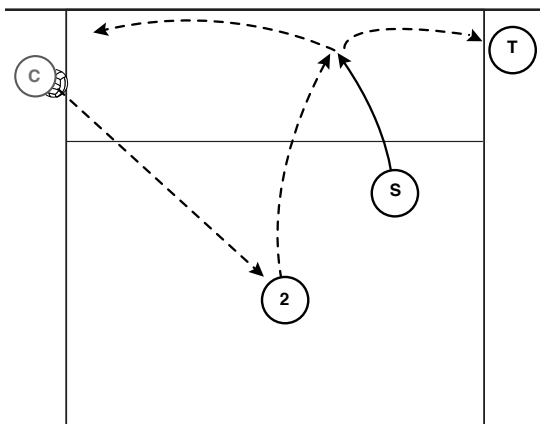
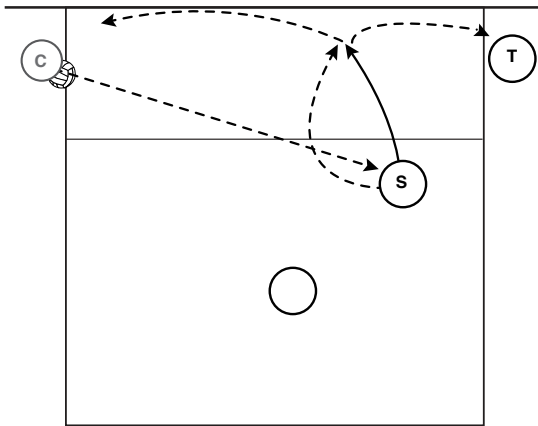
**Requirements:** One or more players, a ball, a coach and a half court



**Purpose:** To train setters on defense and staying “neutral” when setting.

**How it works:** This “setters only” drill uses half the court and two players—a passer in zone 6 and a setter between zones 1 and 2. From zone 4, the coach may hit at either player. The receiver (2) attempts to dig the ball so the setter can set it. No matter who handles the first ball, the setter must take the second ball—even if this requires consecutive touches. Prior to the set, the coach will call out the set they think the setter is going to play. If the coach is right, they win; if they are wrong, the setter wins. The idea is for the setter to maintain a neutral body position so the coach (or the other team in a game) doesn’t know which way the set will go.

**Requirements:** Three players, a coach, a cart of balls and a half court



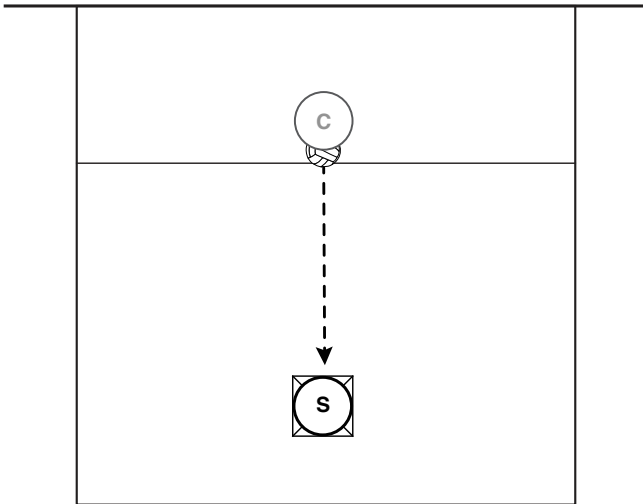
## Setting

### Chair Drill

**Purpose:** To help setters develop proper hand technique, a strong release and good upper body posture.

**How it works:** A player (S) sits in a chair with hands above his or her head in a setting position. A partner places a ball in the sitting player's hands and steps back about 5 feet. The sitting player fires the ball into the partner's chest, focusing on freezing the hands on the finish. After completing the desired number of reps, the partners switch positions and repeat the drill. For the next progression, the partner standing 5 feet away tosses the ball to the partner in the chair. The sitting player catches the ball in his or her window and fires it back into the partner's chest. Once again, the sitting player focuses on freezing the hands at the finish. Have players complete the desired number of reps and switch.

**Requirements:** Two or more players, a chair or coaches box, a ball and 5 feet of floor space



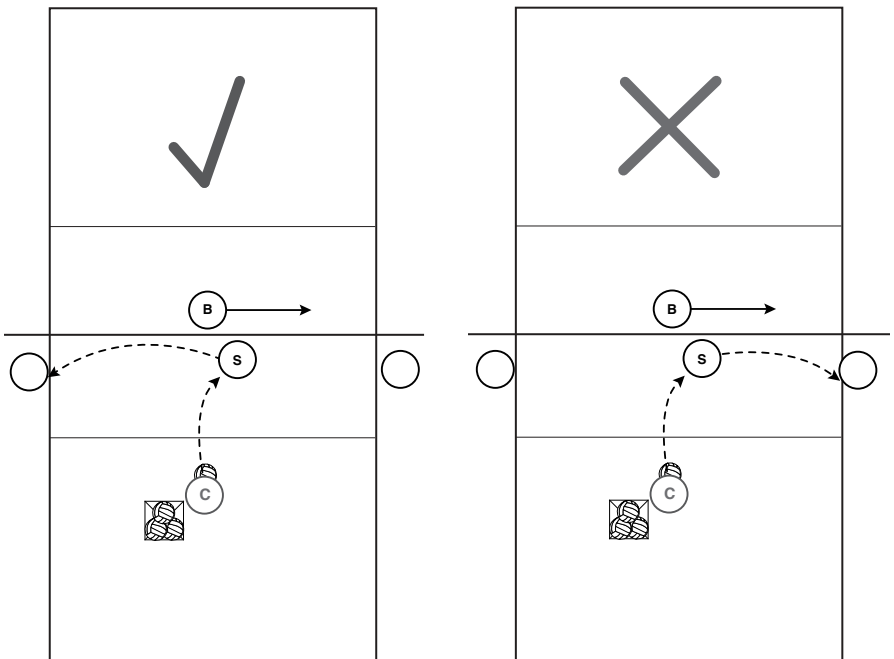
## Setting Eye Work Drill

**Purpose:** To identify blocker location.

**How it works:** Five players set up on a full court. On one side is a setter (S) at the net, a catcher on each sideline, and a coach or tosser at mid court. On the other side is a middle blocker (B). The tosser lobs a ball to the setter. When the ball is at its peak, the middle shifts either left or right. The setter must use their peripheral vision to note where the middle is and set away from her.

**Variations:** To up the challenge, have the tosser lob balls lower, instruct the middle to delay their shift, or have the setter look for the middle later.

**Requirements:** Five players, a coach, two balls and a full court



## Setting

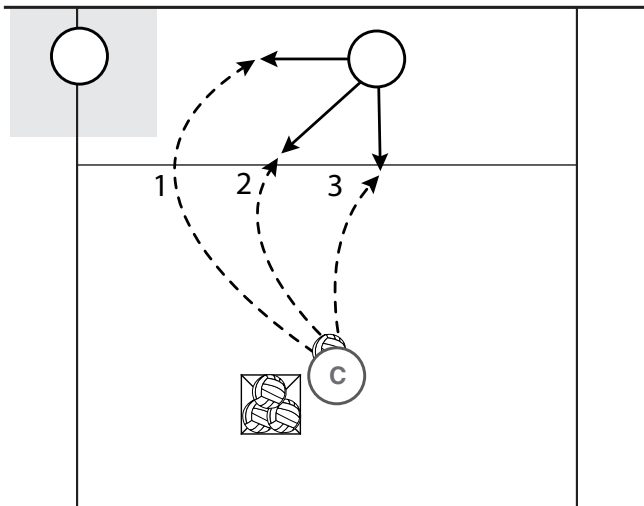
### Half Star

**Purpose:** To train players to set toward the antennas.

**How it works:** Set up on a half court with a setter in zone 3, a catcher in zone 4 and a coach in zone 6. The coach lobs three consecutive balls for the setter to play out toward the pin: the first at the net's middle, the second at 45 degrees off the net, and a third at 90 degrees off the net. The setter moves toward the ball, squares up, sets to the outside pin, then returns to her starting position. This series repeats twice for a total of six balls.

**Variations:** Repeat the drill with the setter making back sets only. Additionally, you may want to simplify the drill and focus on one thing at a time, such as weight transfer, squaring up to the outside consistently, or finishing to the target.

**Requirements:** Two players, a coach, two balls and a half court



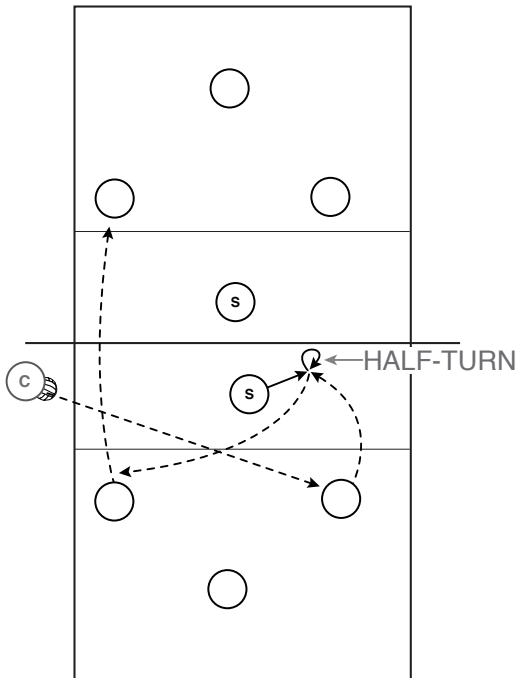
## Setting Half Turn

**Purpose:** To keep the ball in play as setters work on getting stopped and turned to set.

**How it works:** This is a cooperative 4 vs. 4 drill, with three back court players and a setter (S). The coach initiates the play with a down ball, and the teams work together to keep the rally going. The catch is, each time the setter goes to play the ball, he or she must complete a half turn before contacting the ball. For example, if the setter is facing left front to receive the ball, he or she must turn and face right front before contacting the ball.

**Variations:** Instead of having setters turn before they set, have the setter on the opposite side point to the hitter he or she needs to set. This forces the setter who is about to make contact to turn and locate what is happening on the other side of the court before making a decision.

**Requirements:** Eight or more players (two setters included), a coach, a cart of balls and a full court



## Setting

### Jump Setting Drill

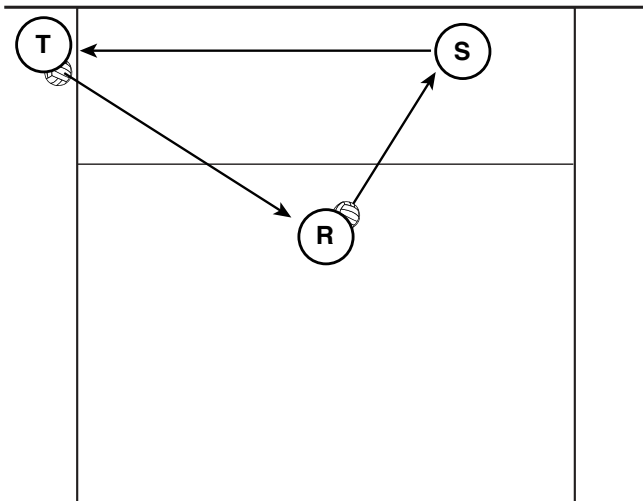
**Purpose:** To practice footwork and squaring up to the target while jump setting.

**How it works:** Three players set up in a triangle with a tosser (R) in the back court, a setter (S) at the net and a target (T) at the left pin. The tosser lobs the ball at the setter who sets to the target after performing one of the four footwork patterns:

1. Square up jump set: Setter uses a left-right-jump rhythm at the net.
2. Four-step square jump set: Setter uses a left-right-left-right-jump rhythm as he or she comes 10 feet straight off the net at 90 degrees.
3. Four-step spin jump set: Setter uses a left-right-left-jump off the right rhythm as he or she comes 10 feet straight off the net at 90 or 45 degrees.
4. One-step spin jump set: Setter uses a spin-and-jump off the right foot rhythm at the net.

Do five reps of each footwork pattern, then rotate positions so a new player can set. Or you may opt to rotate players after each footwork pattern.

**Requirements:** Three players, a coach, two balls and a half court



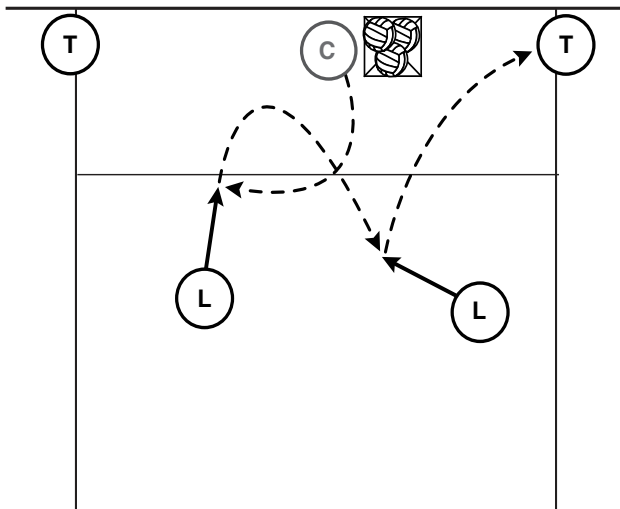
## Setting Libero Setting Drill

**Purpose:** To train liberos to set both pin hitters.

**How it works:** This simple drill starts with two liberos (L) in the back row and targets (T) in the pin positions. A coach tosses or hits the ball at one of the liberos. That player passes to their teammate, who becomes the setter. The setter's job is to set one of the outside hitting positions (T), but to practice being deceptive and not always set the obvious choice. Remember that liberos can only use their hands to set a front row hitter if both feet are behind the 10-foot line when they set the ball. Make sure the liberos practice both overhand setting and forearm passing to set from different areas around the court.

**Variations:** To increase the difficulty, you can hit harder, toss balls further away from players, or be deceptive with your tosses so the players don't know which of them will get the first ball.

**Requirements:** Four players, a coach, a cart of balls and a half court



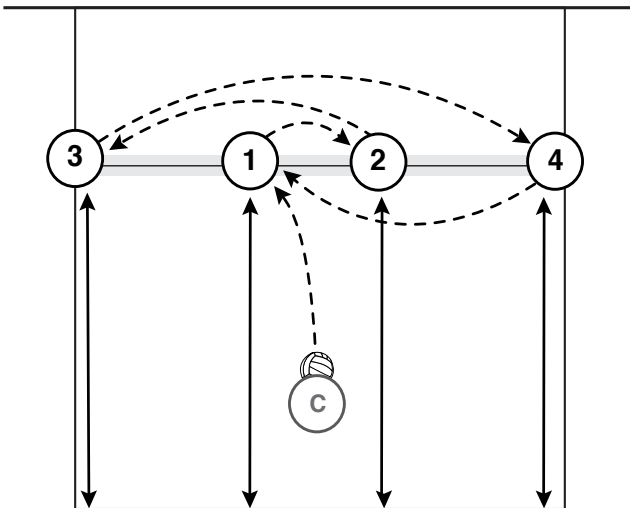
## Setting

### Line Drill

**Purpose:** To train non-setters how to set a hittable ball to the outside.

**How it works:** At some point, all players will have to set a ball in a game situation. Help your non-setters learn control and confidence. This constant motion setting drill uses a half-court with four players lined up equally along the 10-foot line. Players set to each other in the order below: 1 to 2, 2 to 3, 3 to 4, 4 back to 1, then the circuit begins again. After each player sets, they must run and touch the endline then return to the starting position and prepare to set again.

**Requirements:** Four players, a ball and a half court



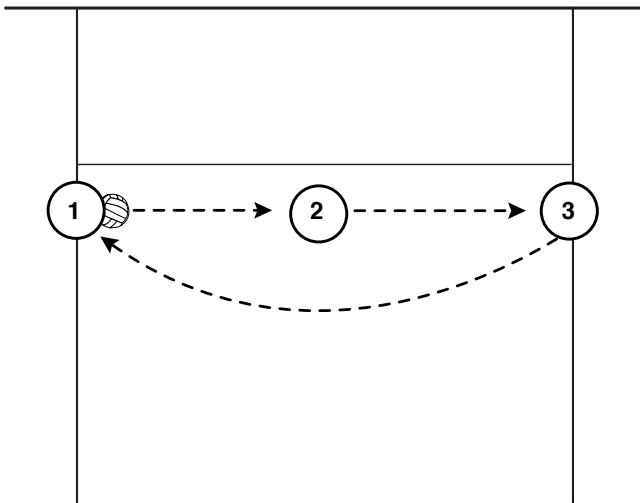
## Monkey in the Middle

**Purpose:** To work on various setting techniques.

**How it works:** Three players line up on a half court—one player on the left sideline, another on the right sideline and a third player in the middle between them. To begin, player 1 on the left sideline sets to player 2 in the middle. Player 2 back sets to player 3 on the right sideline. Player 3 sends a long set over the top to player 1. This series repeats several times.

**Variations:** To add more challenge, have all players jump set.

**Requirements:** Three players, a coach, a ball and a half court



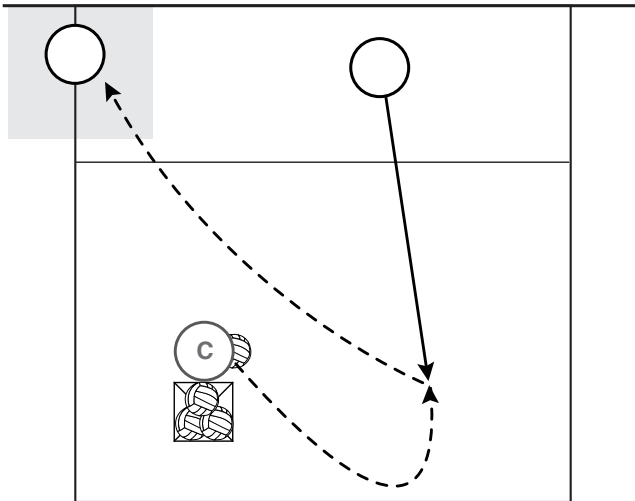
Setting

## Out-of-System Setting

**Purpose:** To make the offense work in out-of-system situations.

**How it works:** Set up on a half court with a setter at the net, a catcher on the left sideline and a tosser on the endline. The tosser lobs a high ball into the deep back court. The setter chases it down, squares up to the target and delivers a good, hittable ball to the outside hitter. The setter then returns to her starting position and the drill repeats.

**Requirements:** Three players, a coach, a cart of balls and a half court



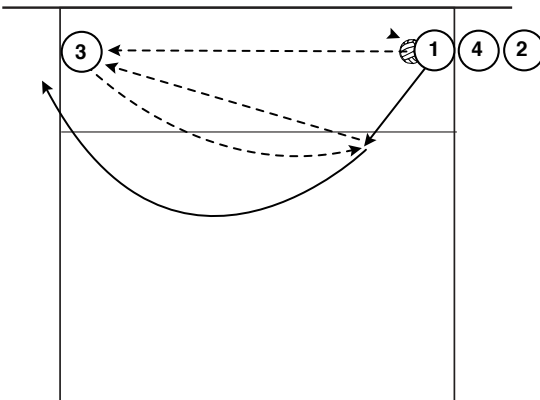
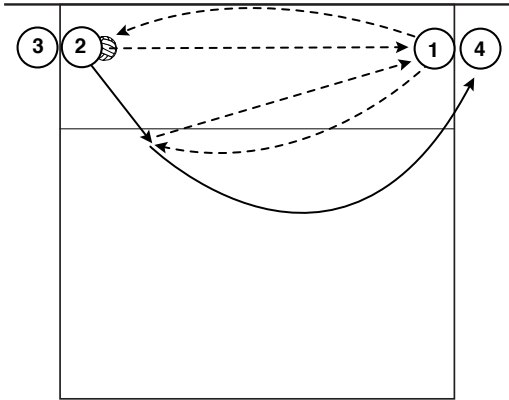
## Setting Parallel to Off

**Purpose:** To enhance the setting ability of non-setters through simple repetitions.

**How it works:** Set up two players in left front and two players in right front, simulating a target position. One player tosses the ball parallel to the net to the person in left front, whose job is to set the ball back. The person who tossed the ball (simulating a first set) then shifts to the 10-foot line, and sets another ball to that same person in left front. After that player has set three balls (two parallel to the net and one from the 10-foot line), he or she rotates to the other side of the court. The four players circle constantly.

**Variations:** To add more challenge, have all players jump set.

**Requirements:** Four or more players, several balls and a half court



## Setting

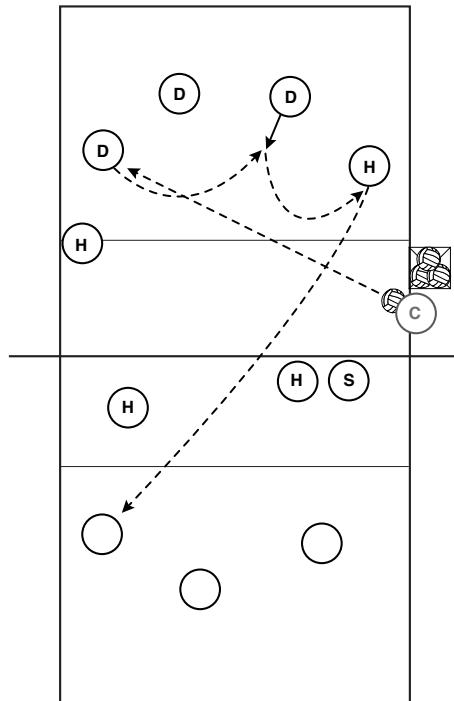
### Solo Setter

**Purpose:** To practice out-of-system setting, alternative middle plays and dynamic team communication.

**How it works:** On one side, start with three defenders (D) and two front row hitters in position (H). They dig a down ball from a coach on either side of the court. After the ball has been dug, either the left or right back player sets the ball to either the outside or right side hitter. There is no middle on this side of the court and no designated setter, putting the pressure on the defending players to step into the setting role. Whoever sets the ball then switches positions with the middle back player, so the back row is always shifting and communicating during play. Meanwhile on the other side, the opposing team plays with a setter (S) in right front and two hitters (H), but cannot set the middle normally; the middle must run a slide if he or she is to hit the ball.

**Variations:** If your team is not at the skill level where they can fully stay in control of the ball while shifting positions during play, have the players remain stagnant.

**Requirements:** Twelve players, a coach, a cart of balls and a full court



**Purpose:** To train setters on left-right footwork patterns.

**How it works:** This half court drill sets up with a setter at the net. The coach runs the setter through these six different footwork patterns:

1. The setter squares her body and shifts weight from the left to right foot as she performs a setting motion parallel to the net, targeting the outside pin.
2. The setter takes a hop-shuffle step parallel to the net toward the left pin, squares the body and shifts weight from the left to right foot as they perform a setting motion toward the outside pin.
3. The setter takes two steps away from the net at a 45-degree angle toward the left pin, squares the body and shifts weight from the left to right foot as they perform a setting motion toward the outside pin.
4. The setter takes two steps at a 90-degree angle off the net, squares the body and shifts weight from the left to right foot as they perform a setting motion toward the outside pin.
5. The setter takes two steps away from the net at a 45-degree angle toward the right pin, squares the body and shifts weight from the left to right foot as they perform a setting motion toward the outside pin.
6. The setter takes a hop-shuffle step parallel to the net toward the right pin, squares the body and shifts weight from the left to right foot as they perform a setting motion toward the outside pin.

After running each route, the setter returns to the net in ready position with knees loaded and face toward the court. Repeat each of the six patterns twice.

**Variations:** Once the setter has the footwork down, add a ball and use a triangle setting format.

**Requirements:** One player, a coach and a half court

## Triangle Drill

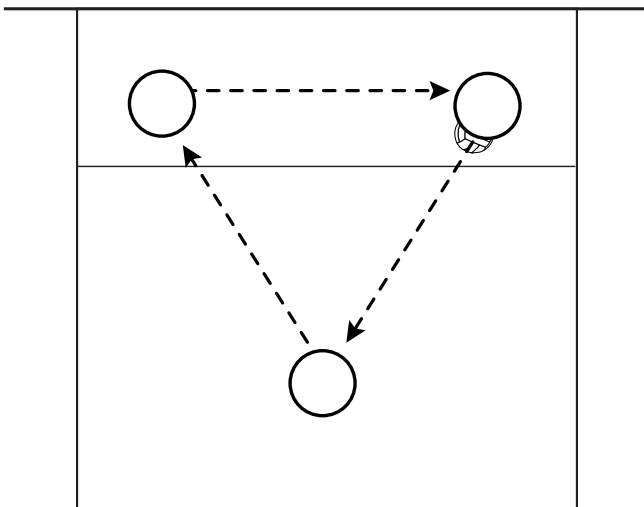
**Purpose:** To practice weight transfer and squaring up to a target.

**How it works:** Three players stand in a triangle, setting in turn to the player on her right. Setters focus on getting all the way around the ball and setting through to the target consistently. Once players master this, add a jump set.

**Variations:**

1. Have players set from the ground, but add a second ball. Setters need to set at a consistent height and distance every time so they don't break the rhythm and cause an error. Once players master this, add a jump set.
2. To practice back setting, have one player stand with his or her back to the target on the right. That player performs a back set every time while the other two players continue to front set. Once players master this, add a jump set.
3. Instead of using a triangle formation, you can use a square. To add a conditioning element, have each player follow their set, touch the target's knee pad and return to the starting position to await the ball.

**Requirements:** Three players, a coach, two balls and a full court



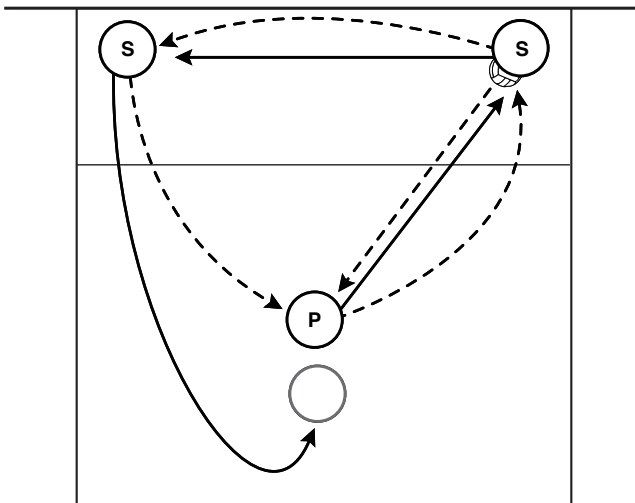
## Triangle Drill with a Pass

**Purpose:** To train non-setters how to set a hittable ball to the outside.

**How it works:** In this setting drill, three players form a triangle shape with a fourth player behind the player in center court. Players move the ball around the triangle counterclockwise with the point players (P) bump passing and the other two players overhand setting (S).

**Variations:** Have the top point players bump pass poorly to train setters to handle out-of-system balls.

**Requirements:** Four players, a ball and a half court





# **Attacking Drills**

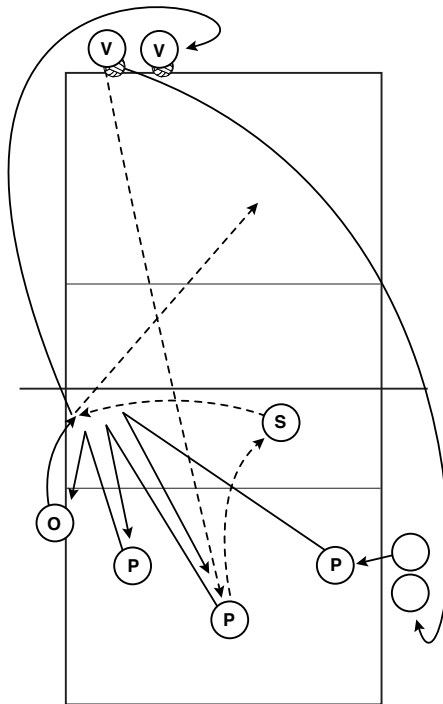
## 50 Kills Drill

**Purpose:** To master three forms of attack: a line shot, an off-speed hit, and an aggressive attack.

**How it works:** The drill starts with three player in serve receive (P), a setter at the net (S), an outside hitter ready to approach (O), and other players ready to serve (V) with the rest waiting to rotate into the drill. The servers on the endline serve to the receiving team who passes and sets the outside hitter. If the ball is hit inside the court, the whole team gets a point. After each hit, kill or not, the group rotates: the hitter shags their ball to go serve, the left-most passer becomes the hitter, the server joins the line to become a passer. The goal is to get 50 kills in 10 minutes.

**Variations:** Adjust the time allowed or where the ball needs to go (line, cross, etc.)

**Requirements:** Six or more players, a coach, a cart of balls and a full court



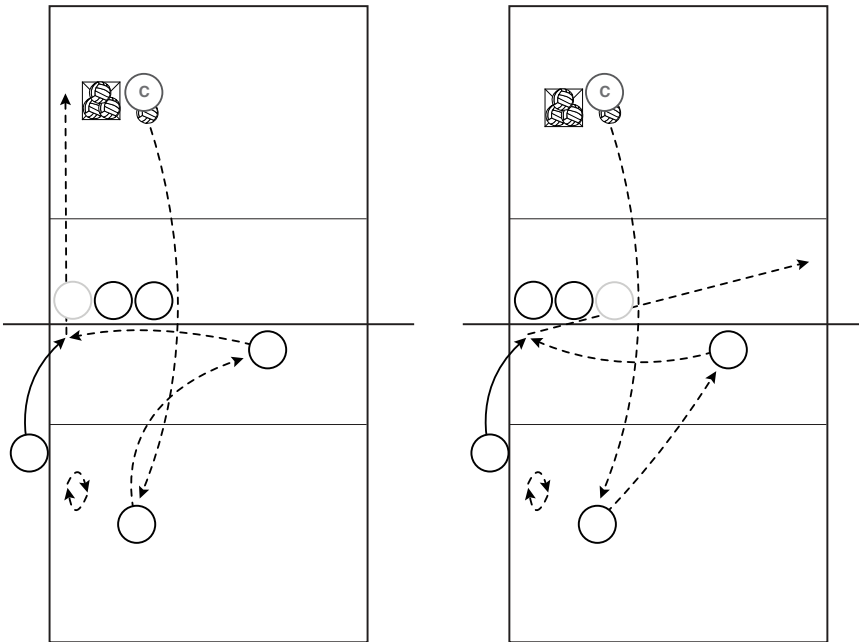
## Attacking **Avoid the Block**

**Purpose:** To train hitters to read and hit around the block.

**How it works:** Two teams of three set up on opposite sides—an offensive team with passer, setter and left side hitter versus a defensive team of three blockers. The coach tosses a ball over the net for the offensive team to pass, set and hit. The defensive side attempts to block the hit using two of its three blockers. Before each play, the blockers decide among themselves which two will block. This gives the hitter a different look each time, forcing him or her to read the block and decide where the opening is:

- If the two blockers closest to the sideline go up, the hitter should hit angle.
- If the two end blockers go up, the hitter should hit seam.
- If the two inside blockers go up, the hitter should hit line.

**Requirements:** Six players, a coach, a cart of balls and a full court



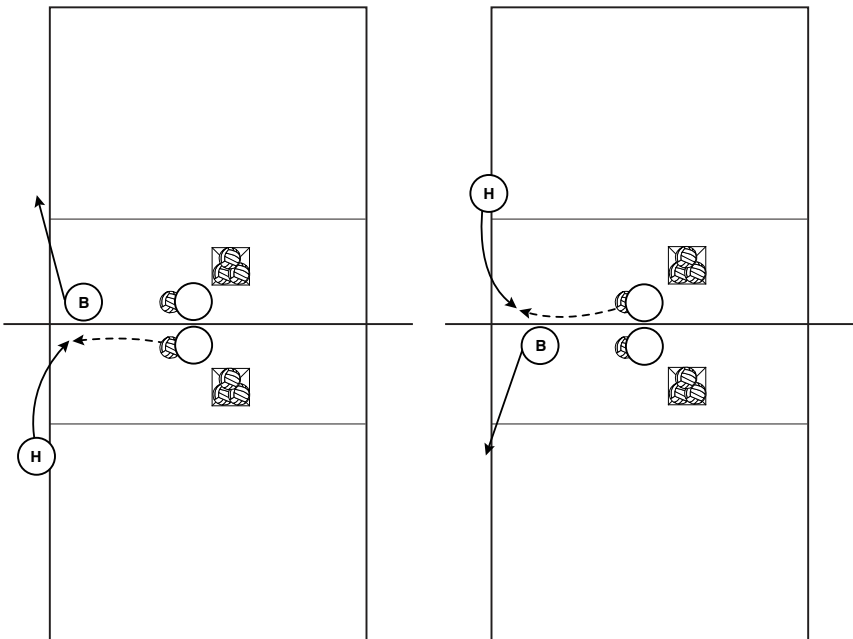
## Block to Transition

**Purpose:** To pit two hitters against one another in order to improve swinging accuracy, transitioning off of the net and blocking.

**How it works:** Begin with two left side hitters on opposite sides of the net. One hitter starts at the 10-foot line, ready to attack a ball tossed by a coach. The other hitter starts as the blocker. The ball is tossed and hit by the hitter and the opposing player attempts to block it. Immediately after the block, that player peels off the net as if in transition and swings at a ball that is tossed by another coach on his or her side. The player on the opposite side blocks and peels off, just as the first blocking player did on the previous ball. This cycle continues until each player has hit four balls.

**Variations:** Depending on your players and what they need to work on, change the position of the two hitters and blockers to incorporate swing blocking, hitting balls that are set inside of the antenna, etc.

**Requirements:** Two or more players, two coaches, a cart of balls and a full court

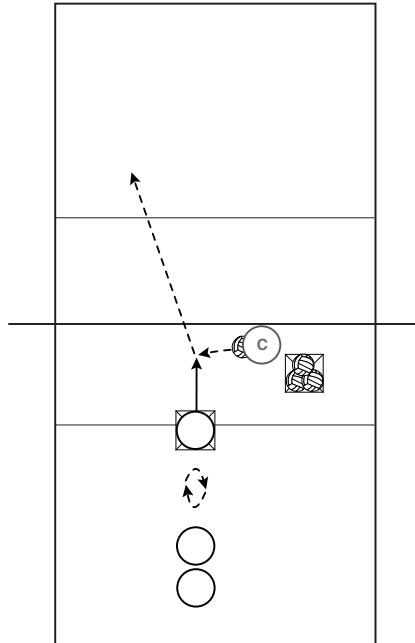


## Attacking **Box Hitting**

**Purpose:** To train players to have a quick approach and a fast swing.

**How it works:** One player steps onto a box that is placed about 4 or 5 feet off the net. He or she imagines taking the first step of a hitting approach, placing weight heavily in the left foot. Next the player jumps onto the floor in a right-left sequence to simulate the last two steps of the approach. A coach tosses a ball the player can hit when he or she jumps at the end of the approach. After players have cycled through several rounds of approaches from that particular distance, adjust the box forward or backward to make players familiar with different distances and how their approaches must adjust to varied sets.

**Requirements:** One or more players, a box, a coach, a cart of balls and a full court



## Carry the Burden

**Purpose:** To force hitters to find ways of scoring on a first ball kill, even against a defense that is set up to stop them.

**How it works:** Each six-person side has a designated player who is the only one able to score points for his or her team. The rally begins with a coach-initiated down ball. If the designated player on either side is able to score on a first ball kill (coach-designated down ball or first defensive transition, depending on the side), his or her team receives the point. If not, the rally is played out and the winner receives the next down ball. First team to five points is the winner.

**Variations:** Try different match-ups, such as left vs. left, right vs. right, or left vs. right, to put pressure on different players at different times. To include a more team-focused aspect, have sides compete to be the first to win five sets to five points. This puts pressure on different individuals at different times while making sure teammates are competing, no matter which player is able to score points that round.

**Requirements:** Twelve players, a coach, a ball and a full court

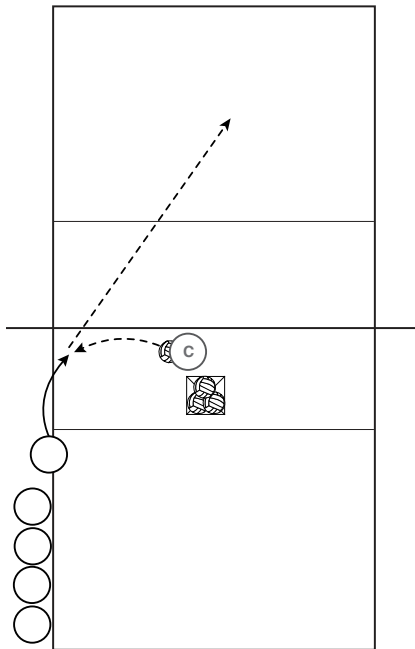
## Attacking First Step

**Purpose:** To help hitters move their feet when adjusting for different variations of the same set (i.e., inside, outside, off the net).

**How it works:** Players line up ready to hit an outside attack. Begin by tossing balls that simulate an inside set, forcing hitters to adjust their approach. Once hitters have completed the desired number of reps, progress by tossing balls that go past the antenna, balls that are higher than normal, and balls that are lower than usual. Each progression forces hitters to adjust their approach in a different manner, depending on the change in the set.

**Variations:** Use this same drill for different types of sets and positions (i.e., middle hitters and right side hitters).

**Requirements:** Three or more players, a cart of balls, a coach and a full court



## Attacking

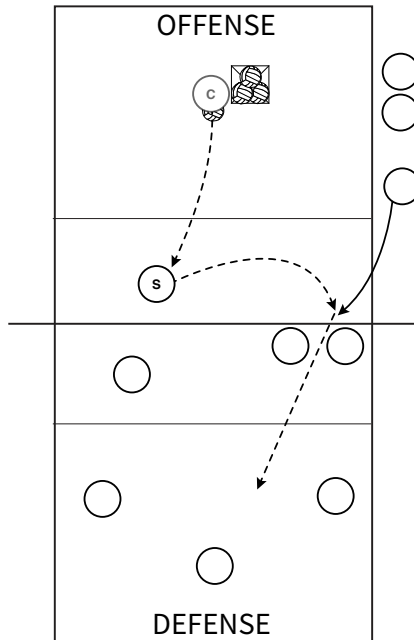
### Five Before Two

**Purpose:** To pit hitters and defenders against one another in a quick, engaging drill.

**How it works:** Three outside hitters line up in left front. A coach tosses a free ball to a setter, who sets to the outside. The hitters get a point if their swing is a kill. The six defenders on the opposite side get a point every time they dig a ball that is playable. The outside hitters must get five points before the digging team gets two points. The outside hitters must get five points before the digging team gets two points. The players aren't the only ones who get to have fun in this drill. For the losing team, the coach can opt to make a consequence (ex: five push-ups or sit-ups, sprints, etc.).

**Variations:** Instead of having your outside hitters be the offenders, ask your right side and middle hitters to have a go at the drill.

**Requirements:** Nine or more players, a coach, a cart of balls and a full court



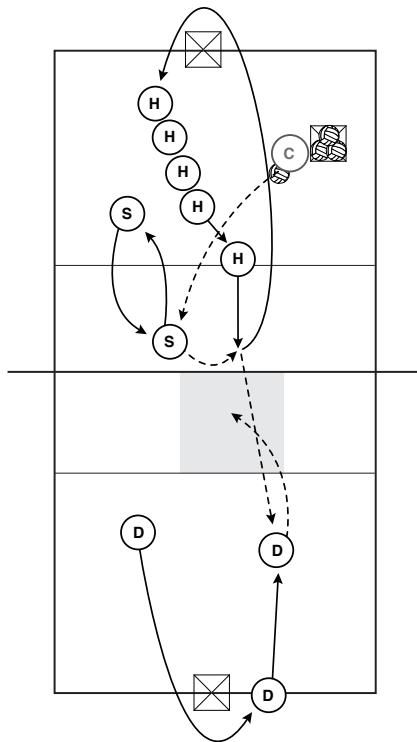
## Attacking **Five-in-a-Row**

**Purpose:** To condition players and provide them with multiple reps.

**How it works:** To set up the drill, place two large boxes on each endline. Setters (S) then deliver “2” sets to attackers (H) whose hits are dug by defenders (D) on the opposite side. After each swing, the hitter runs around the box on their side of the court before getting back into line to hit. Defenders rotate from right back to middle, then middle to left, and left back runs around the box on their side of the court before becoming the right back.

**Variations:** Net height can be raised to force hitters to reach to contact the ball.

**Requirements:** Three or more hitters, three or more defenders, a setter, a coach, a cart of balls and a full court



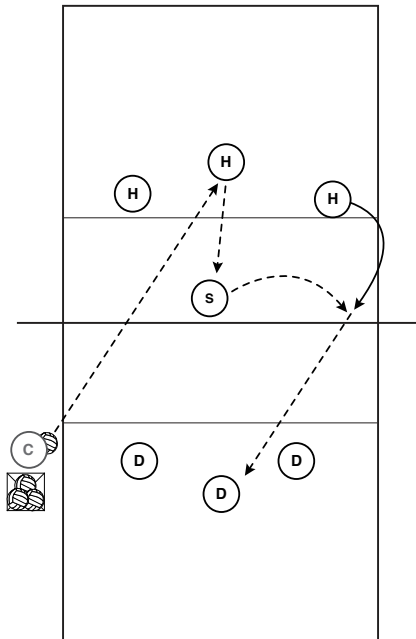
## Four Hitters vs. Three Defenders

**Purpose:** To help defenders learn how to dig against an open net, and make hitters find creative ways to terminate the ball.

**How it works:** This drill is set up in 4 vs. 3 format starting with a score of 17-17. The side of four receives a free ball to initiate play. Each side scores a point for every rally they win. The side of three scores a point for every dig they make. Every time the side of four gets a kill by tipping or hitting an off-speed shot, they score a point, but the side of three loses a point. Play to 25.

**Variations:** Adjust the scoring to fit the needs of your team. For example, a hitting error may be minus one point, or a back row attack may be plus two points.

**Requirements:** Seven players, a ball and a full court

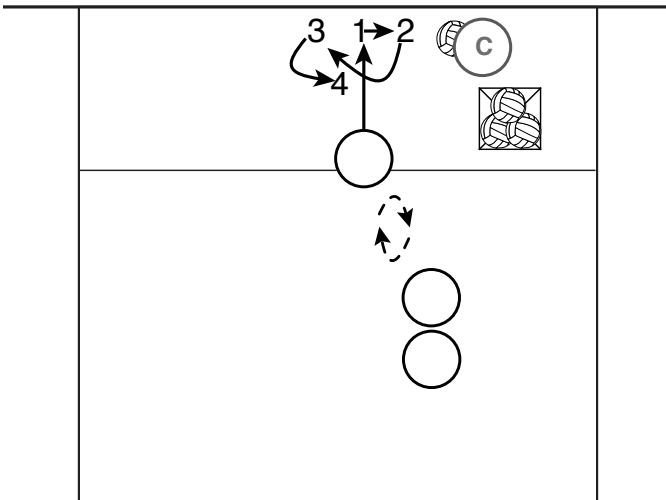


## Attacking Gun Steps

**Purpose:** To help middle hitters focus on the last two steps of their approach and quickly adjust to different types of sets.

**How it works:** A middle hitter begins slightly in front of the 10-foot line with his or her weight on the left foot, mimicking the first step of the approach. A coach tosses a quick-attack ball. The hitter must use the last two steps of the approach to land perpendicular to the net, then jump and attack the ball. Make sure the player lands balanced on two feet. The drill continues with the coach tossing three more quick-attack balls, each one forcing the player to use the last two steps to quickly get to the ball and attack. The pattern of tosses should make an L shape: forward, to the right, back to the middle, and back off the net.

**Requirements:** A player, a coach, four balls and a full court



## Attacking

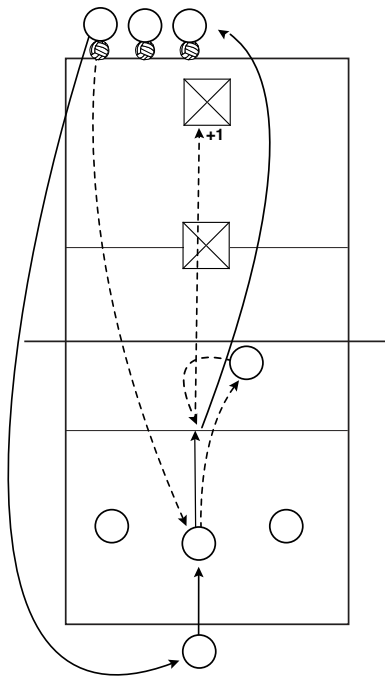
# Hit Your Zone

**Purpose:** To make hitters work on hitting different shots in a fun and competitive environment.

**How it works:** Start with three passers and a setter on one side of the court, a few servers on the opposite side, and two boxes set up as targets on the serving side—one deep in zone 6, and one in zone 3. A server serves to the receiving line, and whichever player passes the serve also gets the back row set. That players can either swing at the box in zone 6 or tip at the box in zone 3. If they hit a box, they get a point. Try running this on two courts at once and have the receiving teams battle to five points.

**Variations:** Change up where the boxes are located in order to force hitters to work on different shots.

**Requirements:** Five or more players, a cart of balls, two boxes and a full court

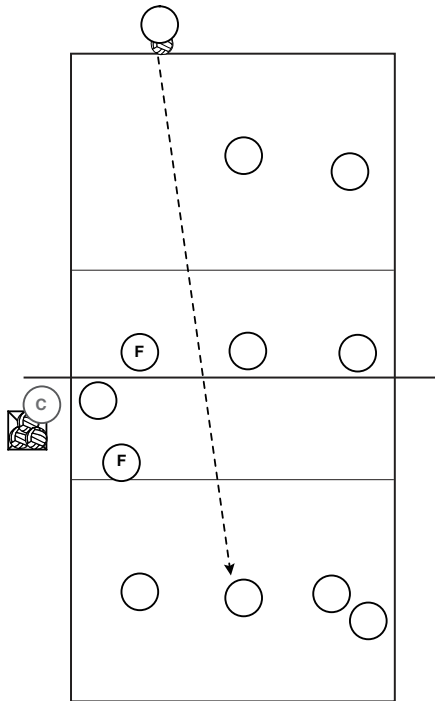


## Attacking Hitter Finish

**Purpose:** To help teams focus on scoring consecutive points while forcing “finishers” to deliver in pressure situations.

**How it works:** Set up in a live 6 vs. 6 format with a “finisher” (F) on each team. Play is initiated with a serve, and each team fights to win the rally. The winning side then receives a free ball. In order for that team to score a point, the “finisher” must terminate the play with a kill. If the other team wins the rally, then they receive a free ball to try and have their “finisher” score the second consecutive point. However, if any other player besides the “finisher” terminates the second ball, the play is a wash, no point is scored, and a serve reinitiates the drill.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

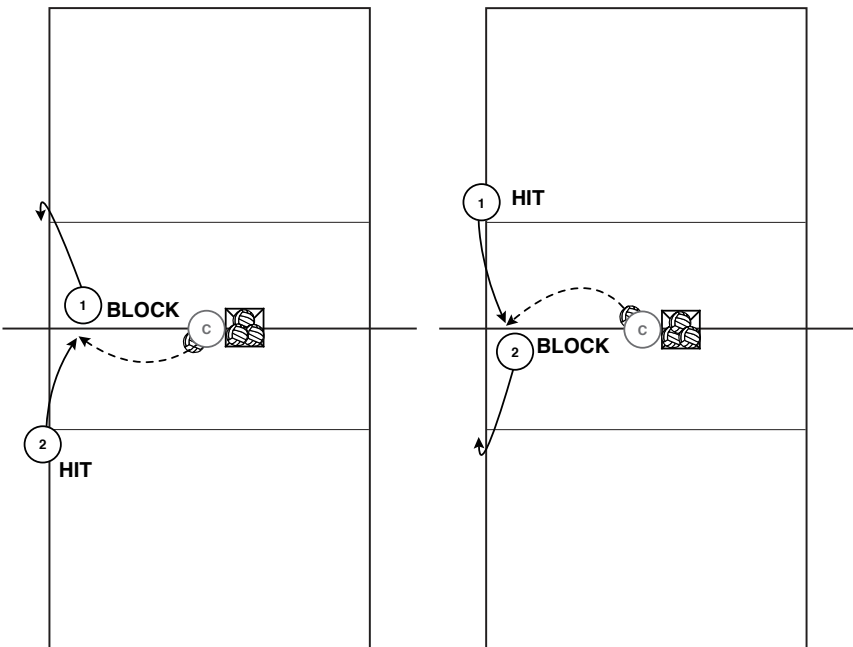


## Hitter vs. Hitter

**Purpose:** To force constant hitting repetitions that allow for coaching feedback and focused reps.

**How it works:** Position two left side hitters on opposite sides of the court. Toss a ball to one of the hitters (2), who hits the ball while the opposing hitter (1) attempts to block it. Immediately duck under the net and become the tosser for the other hitter (1), who has transitioned off the net and is ready to hit a ball. The player who hit the first ball becomes the new blocker (2). Continue this sequence for however long necessary. If you want, incorporate a point system or certain requirements for the hitters, such as only hitting line or tipping over one another's blocks.

**Requirements:** At least two players, a coach, a cart of balls and a full court



## Attacking **Injured Player Drill**

**Purpose:** To keep injured players engaged in practice by having them work on the mechanics of their arm swing and ball contact.

**How it works:** Position your injured player on a box in any hitting position on the court. Have the player hit balls at a defending team from either a self-toss or from a coaches toss. Adjust as necessary to fit the hitter's needs and protect the injury. Instruct the player to focus on getting a full arm swing and making sure the mechanics are precise.

**Requirements:** An injured player, a box, a coach, a cart of balls and a full court

## **Last Attack**

**Purpose:** To challenge players to adjust their strategy when forced to run the same offensive play twice in a row.

**How it works:** For this 6 vs. 6 competitive drill, teams try to score two points in a row. Play begins with a serve and the rally is played out. If the rally ends in a kill, the winning side earns a free ball, but they must set the player who got the previous kill on the initial set. If that side then wins the rally, they receive a BIG point for scoring two points in row. If the first rally ends in a hitting error, then the losing side receives a free ball and the hitter who made the error must attack the initial ball. If after two balls neither side has won two rallies in a row, then play is once again initiated with a serve.

**Variations:** Add the rule that if the first rally ends with an ace or a service error, the winning side receives a free ball and may set whomever they want.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

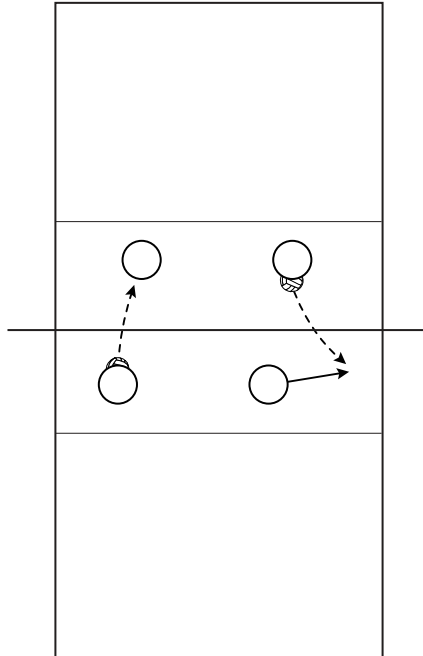
Attacking

## Lift Tip Drill

**Purpose:** To have players practice and master tipping both straight ahead and left or right.

**How it works:** Have two players tip to each other across the net, tossing the ball for themselves every time. Once they can do so comfortably, have them tip either left or right and make their partner move to catch the ball. Remember to have them disguise their tips for as long as possible by maintaining a full, convincing arm swing every time.

**Requirements:** Two or more players with 1 ball per pair and a full court



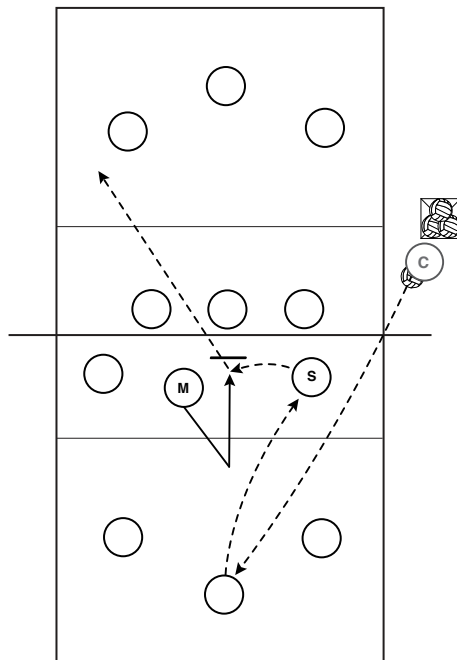
## Off-the-Net Connections

**Purpose:** To train middles to connect with setters when hitting off the net.

**How it works:** A coach initiates play with a toss, the receiving side's goal is to pass so that the setter (S) is able to set their middle (M). When setting the middle, the setter should always try to keep the ball approximately two feet off the net. The coaches side digs the hit from the receiving team, then catches the ball and rolls it to the side. To get quality reps, send several balls to the first side before working with the other side.

**Variations:** The middle starts in the blocking position at the pin to make it more difficult to transition off the net.

**Requirements:** Twelve players, a coach, a cart of balls and a full court



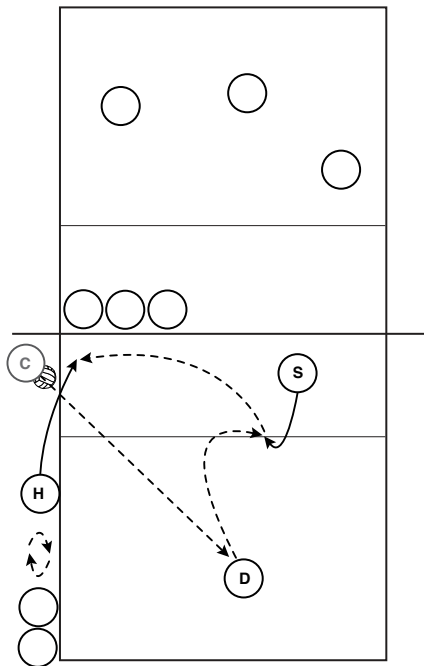
## Out-of-System: Outside Hitting

**Purpose:** To help setters and outside hitters work on out-of-system plays.

**How it works:** Set players up in 3 vs. 6 format. The side of six starts in base position and the side of three lines up with a middle back defender (D), a front row setter (S) and a left side hitter (H). Play is initiated with a hard-driven ball to the middle back defender, and the setter moves to set the outside hitter who attempts to score against a full side of six. The offensive scoring works as follows: plus two points for an out-of-system kill (if the coach determines that the pass is in system and the hitter gets a kill, the play is a wash) and minus one point for an attack error or block. The defense can receive plus one point if they are able to dig a settable ball. First team to reach the desired number of points wins.

**Variations:** Adjust the scoring to best fit the needs of your team.

**Requirements:** Nine or more players, a coach, a cart of balls and a full court

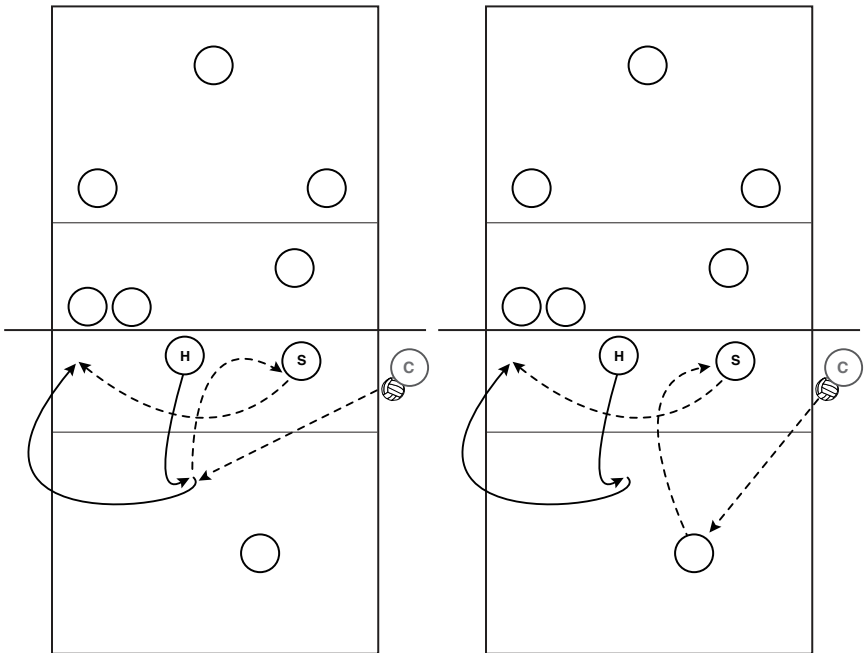


Attacking  
**Plus 10 or Minus Five**

**Purpose:** To emphasize the consequences of hitting errors while also putting one hitter in a demanding, tiring drill that forces him or her to focus on form.

**How it works:** One hitter (H) is set continuously in this drill and has the ability to get out of the drill with either +10 points or minus five. The goal is to exit the drill with +10 rather than negative points. A kill counts as a plus, an error counts as a minus and a ball kept alive by the defenders is a neutral point. The opposing team of six has the job of defending the player's swings but cannot respond with a kill; they simply must feed an easy ball back to the lone passer in middle back who feeds the ball to the hitter's setter. The opposing team is practicing the art of tiring out an opposing hitter by relentlessly defending their kills.

**Requirements:** Nine players, a coach, a cart of balls and a full court



## Plus Seven Hitter vs. Hitter

**Purpose:** To put pressure on hitters to find ways to score while forcing their teammates to remain active and prevent errors.

**How it works:** Set up in a 6 vs. 6 format. Teams receive alternating free balls from the coach and play out the rallies. Each side has a designated hitter, so match-ups may be left vs. left, right vs. right, etc. If the designated hitter gets the kill, his or her team receives plus one point. If any other member of the team gets a kill, the point is a wash. However, if any member of the team makes an error, the team receives minus one point. The first side to earn plus seven points wins the game.

**Variations:** Instead of having single player match-ups, have the entire front row play against one another.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

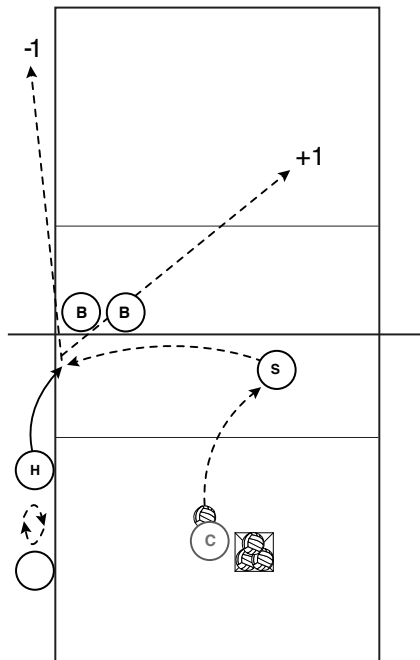
## Attacking Point-Based Hitting

**Purpose:** To put pressure on attackers to hit around or through the block.

**How it works:** Two hitters line up in a hitting line in left front, facing off against a single blocker on the opposite side. One setter feeds balls to the hitters continuously. But unlike most hitting lines, a competitive touch is incorporated: every time the hitter gets a kill against the single blocker on the opposite side, the point is neutralized and nothing is added or subtracted. If the blocker gets a decent touch on the ball, the point is neutralized and nothing is added or subtracted. If the hitter makes an error or is blocked, a point is subtracted from his or her score. The two hitters are playing against one another to reach five points first. If both hitters get a point, the points are neutralized and the score remains 0-0. If one player gets a point and the other makes an error, the score is now 2-0. View each two swings (one by each player) as a separate round. After every “round,” the hitter who swung last becomes the first hitter.

**Variations:** Adjust the number of blockers to fit your team’s needs. Once a player has reached the designated point total to win the game, add in more blockers.

**Requirements:** Six or more players, a cart of balls and a full court

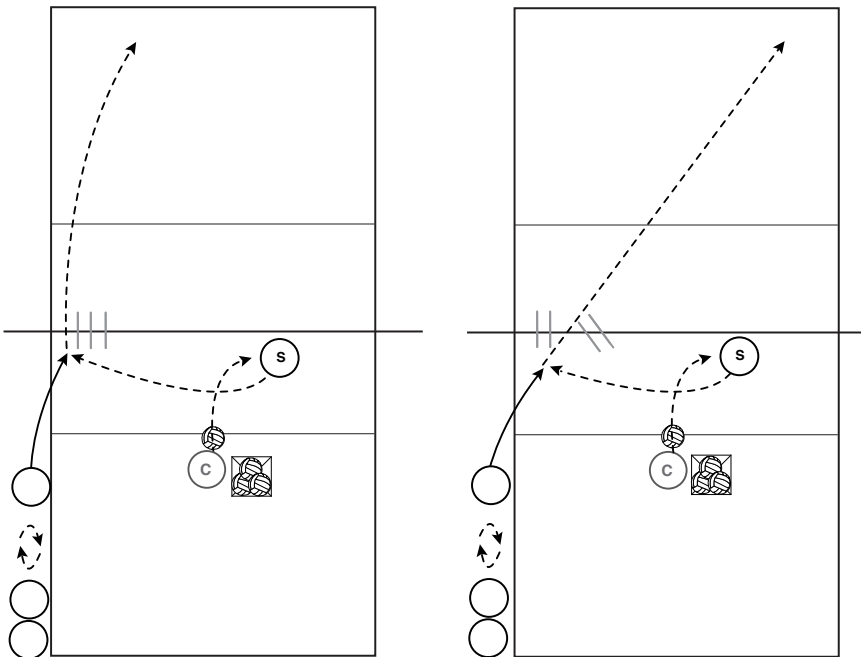


## Pool Noodle Drill

**Purpose:** To hone hitter vision using homemade equipment.

**How it works:** Players line up in hitting lines with a front row setter who is setting from a coach's toss. Thread three to four swim noodles through the net to act as a full block that players must hit over or around or to create a block with a hole, place two swim noodles straight up and down and another set a foot or two over. The second set of noodles can either be thread through the net straight up and down or at an angle to simulate a late middle blocker.

**Requirements:** Two or more players, five swimming noodles, a coach, a cart of balls and a full court



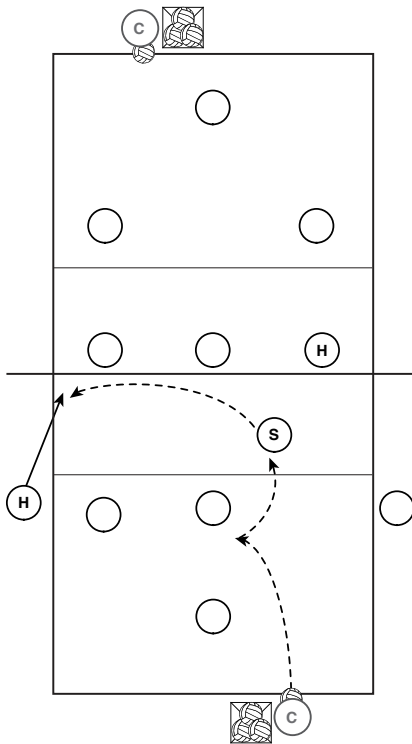
## Attacking Positional Match-Up

**Purpose:** To force hitters to compete against one another in pressure situations.

**How it works:** Set up teams in a 6 vs. 6 format with coaches standing behind middle back on both sides of the court. A coach then picks two front row players to compete against one another, for example the two left front hitters (H). To begin, coaches initiate alternating balls by bouncing a ball to the middle of the court. This acts as the first contact. The setter then must set the competing hitter and then rally is played out. After the first swing, the setter may set whomever they want. The first side to five points is the winner.

**Variations:** Mix up the various match-ups including middle vs. middle, right vs. right, left vs. right, etc.

**Requirements:** Twelve players, two coaches, a ball and a full court



## Attacking

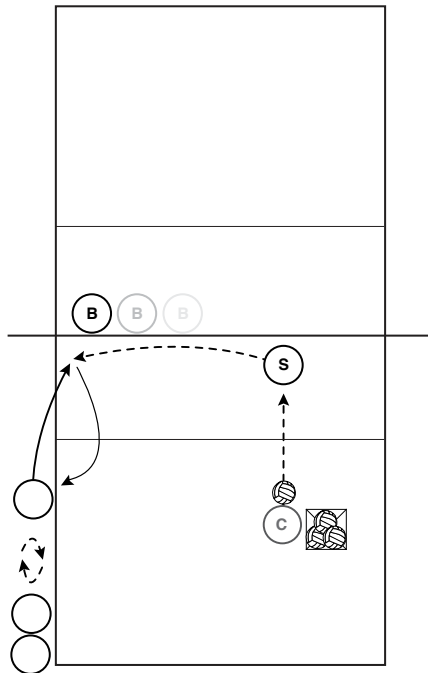
# Single, Double, Triple

**Purpose:** To challenge hitters to get multiple kills in a row against a varied number of blockers.

**How it works:** Start with hitters in left side position. The first hitter must get three kills in a row, increasing the number of blockers (B) from one to two to three with each swing. Have the hitters switch after every three swings until one player puts three balls away in a row.

**Variations:** To make it more demanding on one player, have them hit until they get three in a row. You can also use this drill for any hitting position.

**Requirements:** Six or more players, a cart of balls and a full court



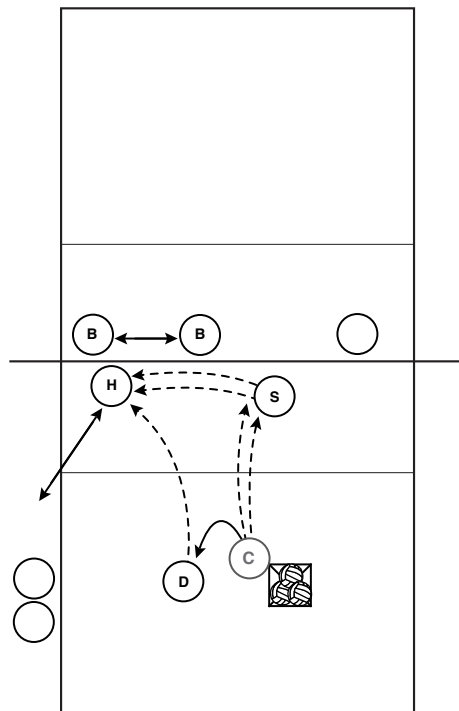
## Three-in-a-Row Transition

**Purpose:** To challenge hitters to be quick in transition in order to have a controlled and effective attack, multiple times in a row.

**How it works:** Set up with a left side hitter (H), setter (S), and player in middle back (D) on one side and a middle and right side blocker (B) on the opposing side. The hitter begins in left front base, and the coach slaps the ball to start play. The hitter transitions off to hit. Once he or she has made contact with the ball, the coach immediately tosses another ball, forcing the player to quickly transition and attack. After contact, the coach tosses a third ball, this time to the player in middle back who sets the hitter to simulate an out-of-system ball.

**Variations:** Have hitters work off different types of sets, such as a quicker tempo set or a high set. Also, work in different hitters including the middle and right side hitter.

**Requirements:** Five players, three balls and a full court

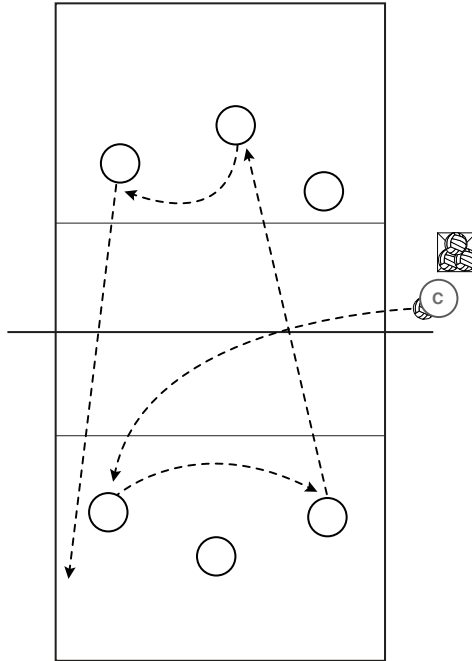


## Two-Touch Pepper

**Purpose:** To train players to align properly before hitting.

**How it works:** This “oldie but goodie” drill uses six players—three each side—and a full court. A coach tosses the ball into play, and the receiving team must pass and attack. No third contact is allowed and the second ball cannot be a pass or set. Play continues until a dead ball occurs.

**Requirements:** Six players, a coach, a cart of balls and a full court



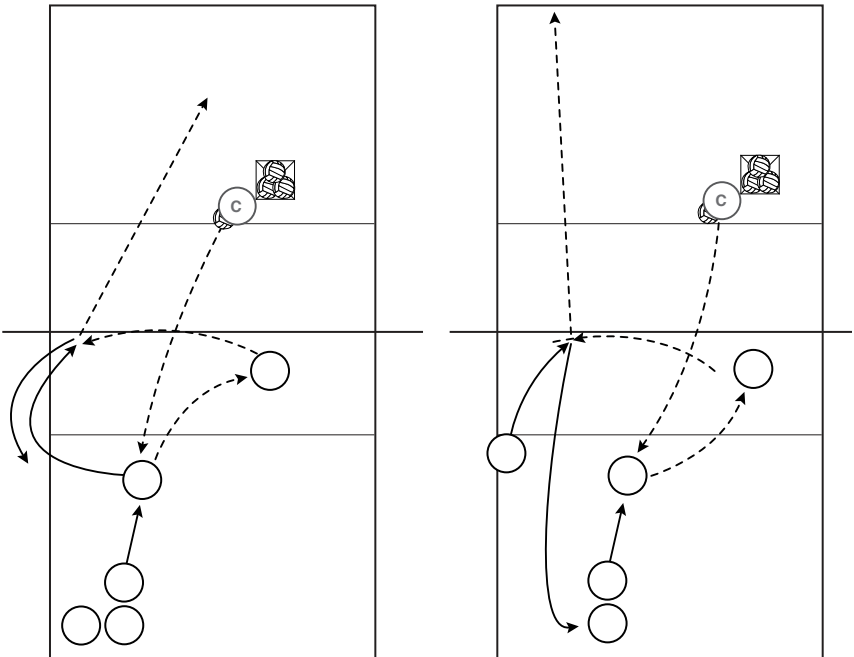
## Attacking Wrap Around

**Purpose:** To help pin hitters avoid the block while attacking.

**How it works:** Players begin in left back and receive a down ball from a coach on the opposing side of the net. Each player must dig to the setter, then transition out and hit an attack from the left side. At the net is some sort of blocking device. (If you don't have a specific device, use two antennae and wrap them with plastic wrap to create a block.) After a hitter lands from the first attack, he or she must transition off and hit another ball. Have the next hitter in line step into left back and pass a free ball from the coach. Once a player has hit two balls, he or she shags and goes to the end of the line.

**Variations:** Adjust the block to any area on the net, like the middle or right side. Also use it to help players focus on hitting a specific shot. For example, if players are struggling to hit a cross-court angle, put the block up to defend the line.

**Requirements:** Three or more players, two antennae wrapped in plastic wrap (or other blocking device), a coach, a cart of balls and a full court





# **Blocking Drills**

## Box Blocking Sequence

**Purpose:** To improve blocking movement and touches through repetitive, controlled reps.

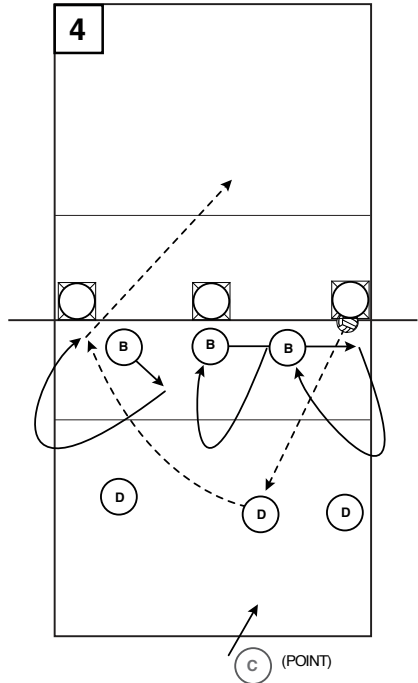
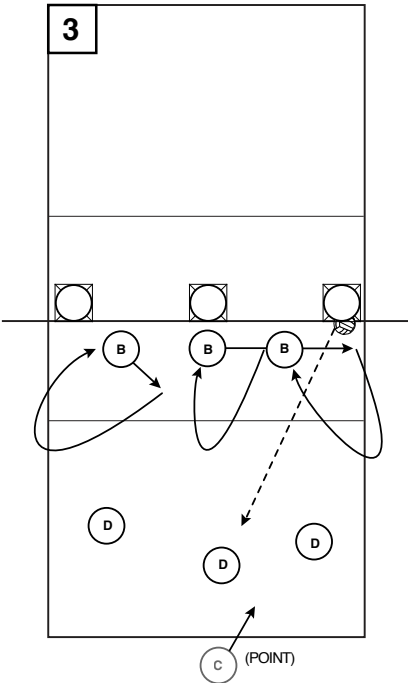
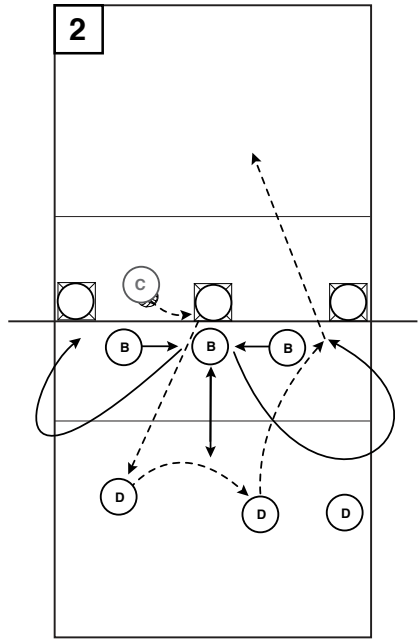
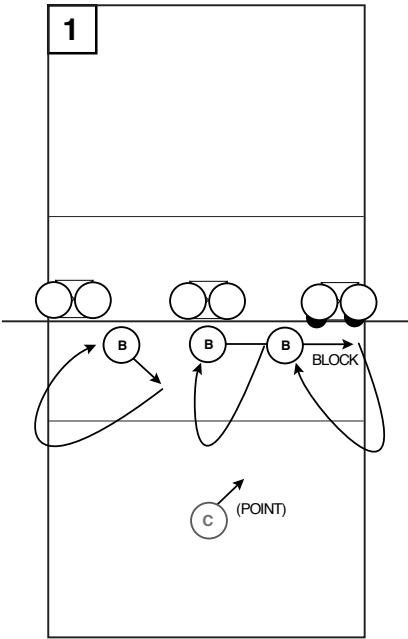
**How it works:** On one side, set up three boxes in left front, middle front, and right front. On the opposite side of the net line up three blockers (B), one in left front, middle front, and right front.

### **Sequences**

1. Place two players on each box holding a ball. The coach stands behind the three blockers and points to a group of players who then raise their ball above the net. Players then make their blocking moves to that “hitter” working on pressing their hands into the ball that is being held above the net. Blockers execute a full jump then, after landing, transition off the net as quickly as possible before returning to base.
2. Place one player on each box with a coach and a ball cart on the same side. The coach will choose a player to “set” and will toss the ball in their direction. The blockers react to the toss and block the player that was “set” the ball.
3. Place one player on each box holding a ball. The coach stands on the opposite sideline behind a team of six: three blockers (B) and three defenders (D). The coach points to a hitter who then self-tosses their ball and hits. The blockers react and block the hitter. The defenders dig the ball and then the play is dead.
4. Once the players feel comfortable with the blocking sequence and transition movements, initiate live play. Point at one of the boxes to activate a hitter. That player will toss his or her ball and swing. The defending and blocking team plays out the rally.

**Variations:** Instead of having the players on the boxes self-toss and hit their own ball, you or a player can feed tossed balls to the hitter to make it more realistic.

**Requirements:** Twelve players, three boxes, a coach, a cart of balls and a full court



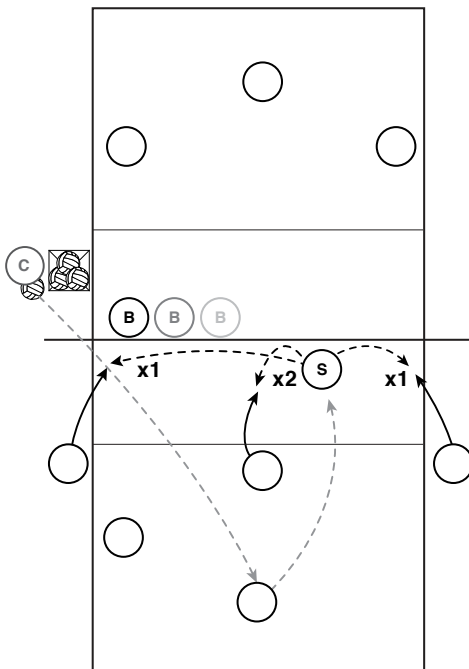
## Blocking

### Four Factorial - 4!

**Purpose:** To practice different variations of blocking including a solo block, a double block and a triple block.

**How it works:** In this drill, there are three phases consisting of eight balls per phase. For the first phase, the players are allowed a single blocker. For phase two, the players are allowed two blockers. For the third phase, a triple block is allowed. The coach alternates feeding the ball to either side, having the outside hitter receive the first ball after a pass and a set. The next two balls, one given to each side, allow the right side hitter to swing. The next set of balls, two fed to each side, are played by the middle hitter. After those eight balls, the second phase of the drill starts; a double block is allowed, with the same sequence of balls being fed to either side for the outside, right side and middle hitters. The third and final phase allows for a triple block on either side, with another eight balls being fed (four to each side).

**Requirements:** Twelve players, a coach, a cart of balls and a full court

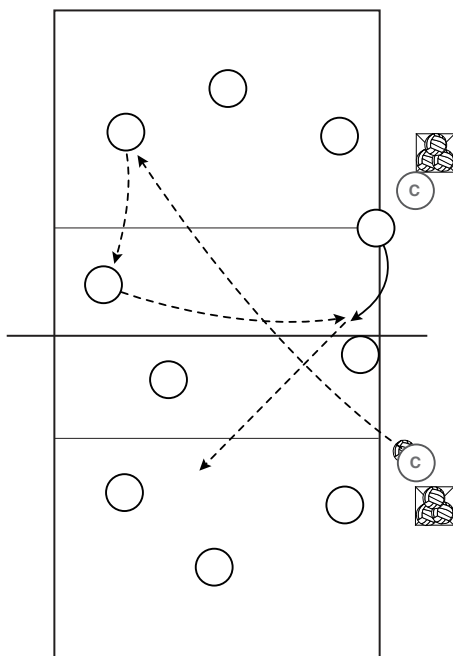


## Blocking **No Middle Drill**

**Purpose:** To make your outside blockers better at being aggressive when a one-on-one hitter-blocker match-up occurs.

**How it works:** This five-on-five drill includes several short games to seven points. Set up one team with a setter transitioning to the net as a coach initiates play with a down ball. The setter has only two hitting options: left side or opposite. Since there's no middle blocker across the net, it creates a one-on-one match-up. Hitters score one point by getting a kill. Blockers get a point if their blocking affects the hitter, either by getting a good touch or by blocking it back to the other side (even if it gets dug up). A rally-ending stuff block earns three points. Points accumulate throughout so if a rally continues for some time, blockers could earn multiple points. After each short game to seven, change court personnel as needed. First team to win three seven-point games wins the drill.

**Requirements:** Ten players, a coach, a cart of balls and a full court



## Blocking

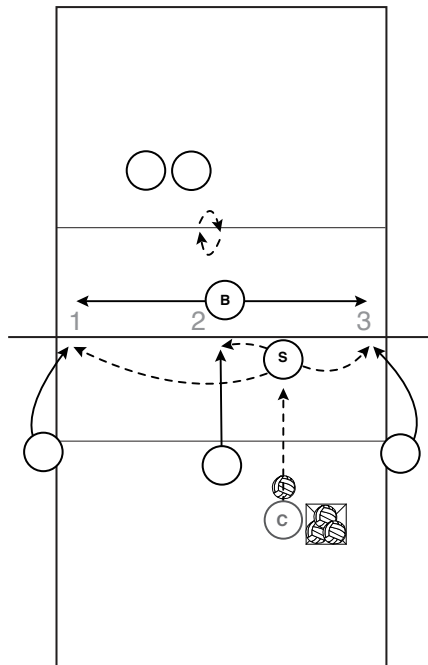
### Solo Blocker

**Purpose:** To help players work on solo blocking along all areas of the net.

**How it works:** One blocker begins in middle front at the net. On the other side of the net is a setter and three hitting lines: outside, middle and right. A coach tosses a ball to the setter who sets an outside ball, and the blocker must move out and try to block the attack. Once the blocker lands, he or she immediately moves back to middle front base, and the next ball is tossed. This time the set goes to the middle hitter and the blocker attempts to solo block the attack. For the third ball, the setter backsets to the right side hitter, and the blocker must move to solo block the attack. This series is repeated two more times, for a total of nine blocks per player. Keep track of how many blocks each player makes so they can compete against one another.

**Variations:** Use this drill to help blockers work on a certain scouting report by having the setter set balls that the opponent uses in their offensive system.

**Requirements:** Five or more players, a coach, a cart of balls and a full court



# **Individual Defense Drills**

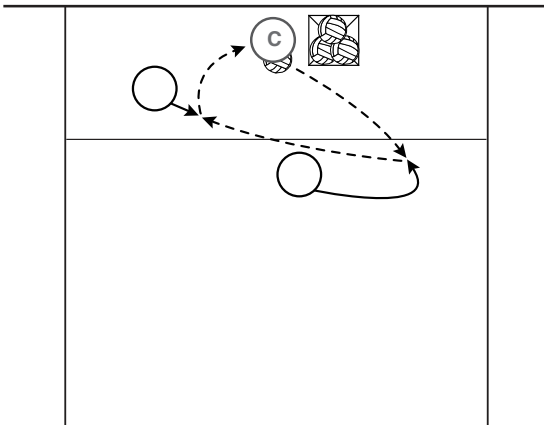
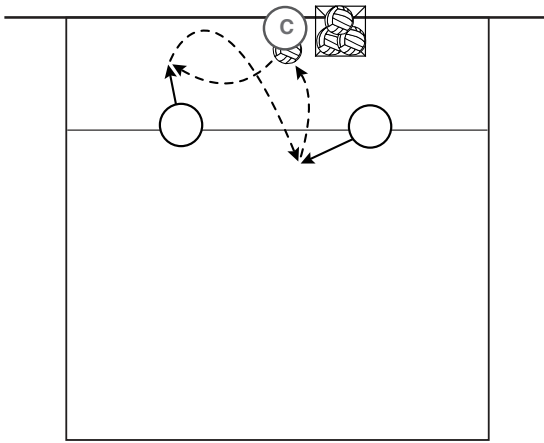
## China Drill

**Purpose:** To develop good defensive posture.

**How it works:** Two players set up in the short court, facing the net. A coach tosses a ball that must be played by both players consecutively before it's returned. The drill runs for 30 seconds, during which the players must stay in defensive position. If the ball hits the floor or flies above the antenna 10 seconds are added for each infraction.

**Variations:** To increase the difficulty, toss the ball lower or further away from players.

**Requirements:** Three players, a coach, a cart of balls and a half court



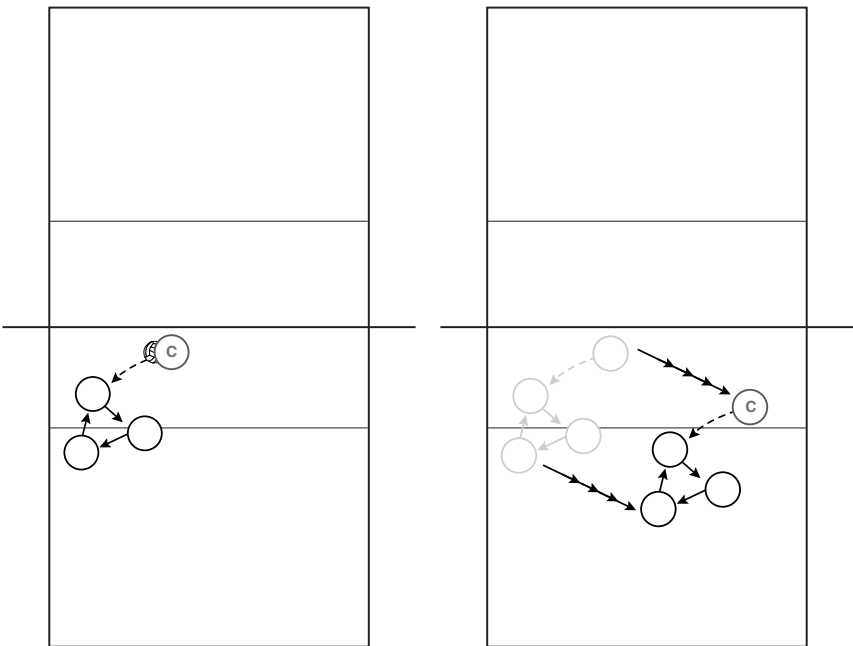
**Fast Feet**

**Purpose:** To get players moving their feet and practicing passing tempo balls.

**How it works:** Three players rotate in a small circle in left front, each passing a ball tossed by the coach who is standing near the net in the middle of the court. The pace is rapid, and after every pass the passer moves several steps to the right and moves once again into the circle.

**Variations:** As the coach, you can change your position on the court to challenge passers to get the ball to you no matter where you move to. You can even change what kind of ball you are tossing them, mixing in swings, tips and trickier shots. The many variations that the coach creates can make this a dynamic, exhausting drill.

**Requirements:** Three or more players, several balls, a coach and a half court



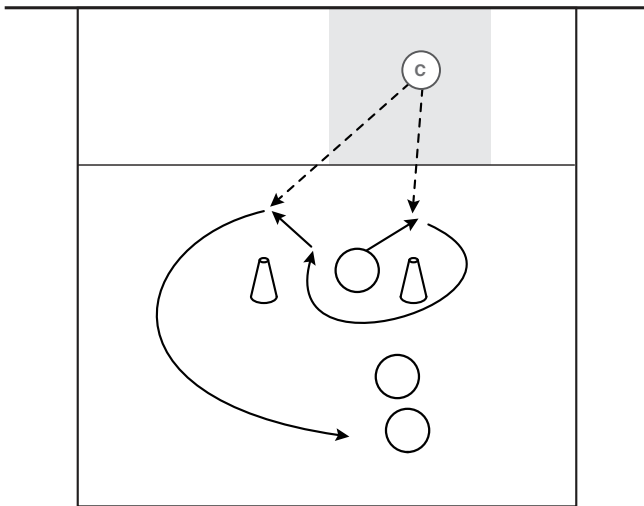
## Figure 8

**Purpose:** To help players get into the correct defensive position.

**How it works:** Set up two cones placed anywhere in the back of the court, with players lining up between them. As the player takes a diagonal move toward the front of one cone, the coach throws a ball towards the player, they must dig the ball and then shuffle to the other cone using correct footwork and form. The player digs another ball, then transitions to the back of the line. The drill then resets and a new player steps between the cones.

**Variations:** To increase the difficulty, hit the ball at the player.

**Requirements:** Two or more players, a coach, a cart of balls and a half court



Individual Defense  
**Find the Libero**

**Purpose:** To train and discuss in-game strategies for the libero position.

**How it works:** In this five-on-five drill, play begins with the coach alternating down-ball hits from one side to the other. The front row players give the liberos as many opportunities to dig as possible. For example, if the opposite is hitting, the blocker would leave the line shot open.

**Variations:** Incorporate pipes and middle attacks by making this a six-on-six drill with all attacks still going to the libero.

**Requirements:** Ten players, a coach, a cart of balls and a full court

## Individual Defense

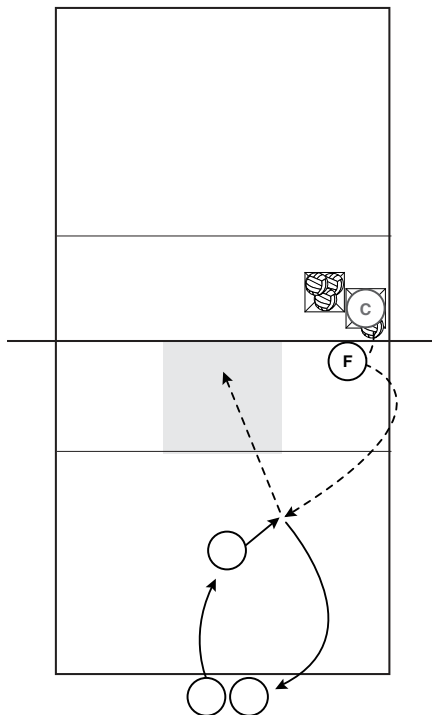
### Fit Ball Drill

**Purpose:** To help defenders develop reading skills and teach them to always be stationary when the hitter makes contact.

**How it works:** Players begin in a middle back base position with a hitter on a box in left front on the opposing side of the net, and a person holding a fit ball (F) above the height of the net directly in front of the coach. The coach initiates the drill by tossing to themselves, while the defensive player moves into their ready position. The coach hits the ball off the fit ball, and the defensive player must react and make a play on the ball. To do so effectively, the defender must be stopped when the coach makes contact with the ball.

**Variations:** To teach players to read different types of attacks from various positions, have them move to other back row base positions. You can also attack from different locations. To work on team defense, multiple back row defenders on the court at the same time.

**Requirements:** At least three players, a fit ball, a box, a coach, a cart of balls and a full court



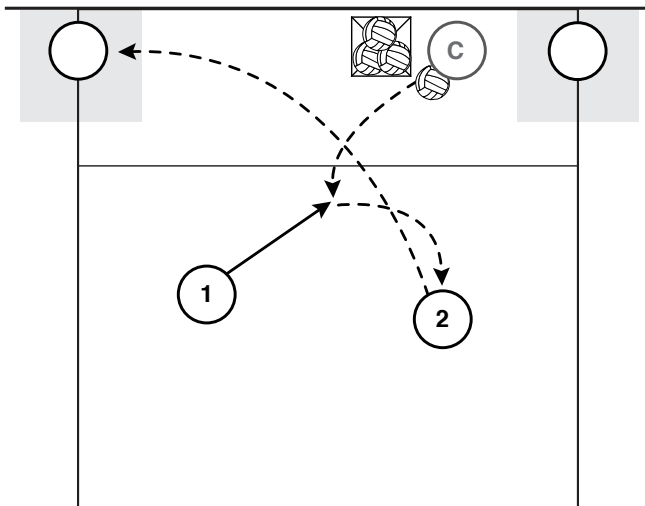
## Individual Defense Hittable Ball Drill

**Purpose:** To simultaneously work on defense and condition players.

**How it works:** Two passers set up just beyond the 10-foot line with two catchers at the pin locations. A coach hits or tosses a ball anywhere on the court. Player 1 digs the ball to player 2 who must set a hittable ball to one of the pin players. To end the drill, the team must dig and set five hittable balls.

**Variations:** To make the drill tougher, toss the ball further from players or hit harder.

**Requirements:** Four players, a coach, a cart of balls and a half court



## Individual Defense

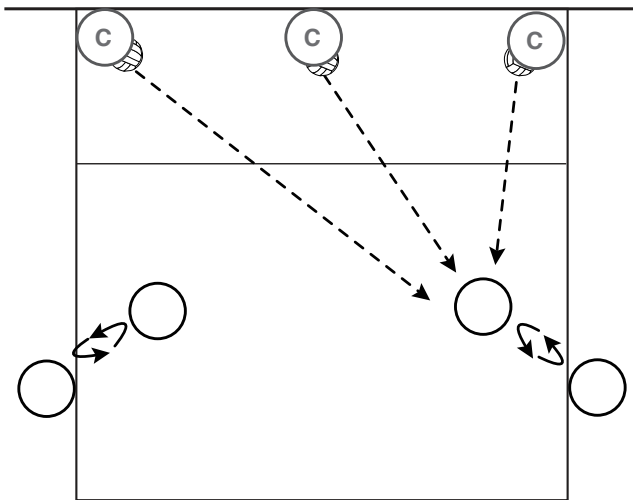
### Middle, Angle, Line Defense

**Purpose:** To work on defending balls from various angles while maintaining good defensive posture.

**How it works:** Set up with a line of defenders ready to step into the right back and left back positions with other players available to shag and hand balls to attackers. On the same side of the net, position coaches in left front, middle front, and right front, each within easy reach of balls. One at a time, the coaches will hit middle, angle, and line shots at the defender. The focus should be on staying low and moving in a defensive posture when adjusting to each attacker's angle. Players stay for the series of three contacts then rotate to the back of the line.

**Variations:** Make it more difficult by having players rotate off the court as soon as they miss a dig. You can also swap out the coaches at the net with players so that the athletes are working on their hitting control.

**Requirements:** Eight or more players, three coaches, two carts of balls and a half court



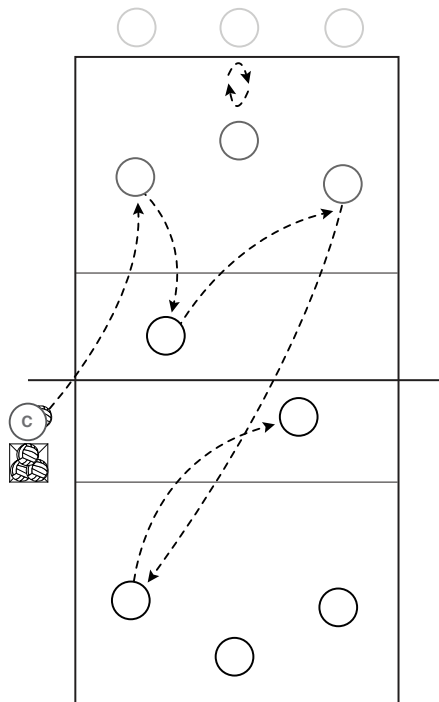
## Individual Defense Neville Pepper

**Purpose:** To help players improve their back row attacking skills as well as their defense against the back row attack in a time sensitive situation.

**How it works:** Set up in a 4 vs. 4 format with a setter and three back row players. One side of four stays on the court for 3 minutes. All other remaining players rotate in after every rally. The 3-minute time period begins when a coach sends a down ball to the rotating side. Once the clock starts, only the non-rotating side may score points. They receive plus one point for every rally they win and every dig they make. Teams try to score as many points as possible in their 3-minute period. After the 3 minutes, a new group of four comes in and the clock starts again. Whoever receives the most points after all players have gone is the winner.

**Variations:** Instead of 4 vs. 4, add another front row player on each side to make it a 5 vs. 5 game.

**Requirements:** Eight players, a coach, a ball, and a full court



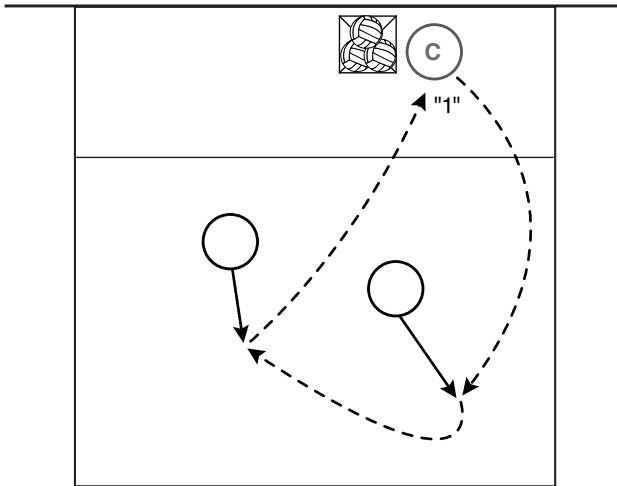
## Pit Drill

**Purpose:** To test the defensive effort level of players, and have players work together to touch as many balls as possible.

**How it works:** Two players begin in defensive position and the coach enters in a series of difficult defensive style balls that the players must try to get a touch on. The two players must remain in the drill until the desired number of balls are touched. The players involved and the difficulty of the pit is at the coach's discretion.

**Variations:** The pit can be used for one or multiple players. In a multi-player situation, try having both players touch the ball in order to get a point.

**Requirements:** Two players, a coach, a cart of balls and a half court



## Individual Defense

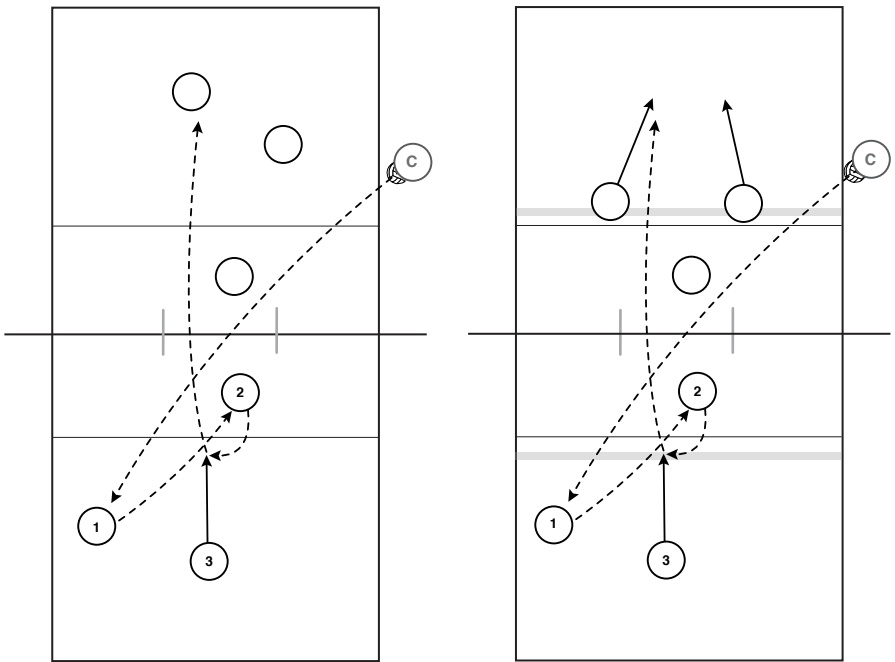
# Read the Offense

**Purpose:** To teach players to read the offense and get into position to defend.

**How it works:** Attach two antennas to the net, dividing it into thirds. Set up with one player at the net and two in the back court on each side. A coach tosses the ball into play, and the receiving team must pass-set-hit the ball between the antennas. Play continues with each side using three contacts to return the ball over the middle portion of the net.

**Variations:** Increase the difficulty for the defense with a base-release option: have players start in base position about 12 feet off the net, then transition to deeper positions when the opposing team sets the ball. You may also allow the setter to dump the ball on the second contact.

**Requirements:** Six players, two antennae, a coach, a cart of balls and a full court

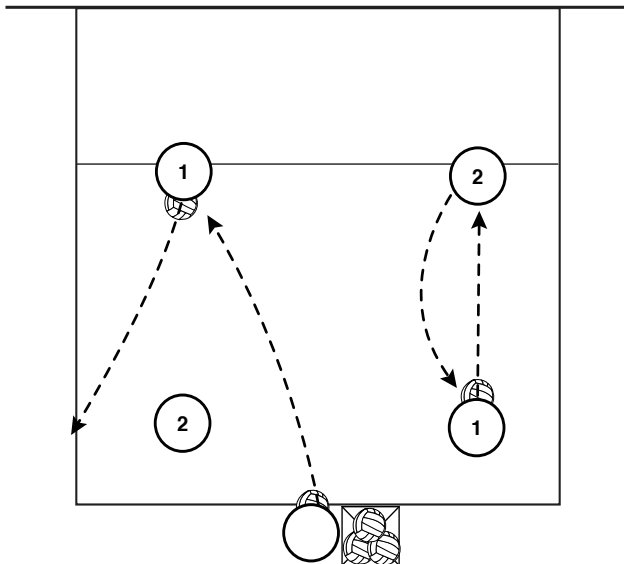


## Reckless Pepper

**Purpose:** To go for every single ball, no matter how impossible it may seem.

**How it works:** Have your players pair up and position two pairs on each side of the net - one partner on the 10-foot line and the other on the endline. A player standing off the court tosses a ball into the partnership and the players pepper for one minute, no matter how many times the ball dies. Instead of an easy and controlled pepper, have players challenge one another by swinging hard. Every player must go for the ball, even if they think they can't get there. Players will surprise themselves with the crazy balls they can dig if they go for it. After one round, have players switch up partners and continue. Remember, the point here is to exert maximum effort.

**Requirements:** Two or more players, several balls and a half court



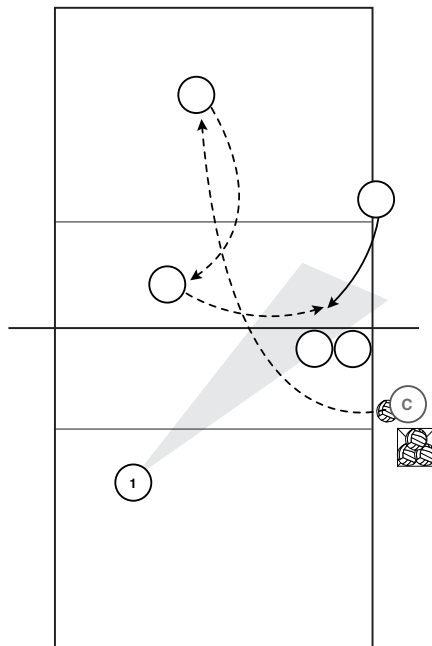
## Individual Defense

### See the Attacker

**Purpose:** To work on correct court position when digging based on where the hit is coming from.

**How it works:** Assemble two teams of six on opposite sides of the court. Throw a free ball into the offensive team's court and have the setter set the outside hitter. The hitter must hit the ball to the left back defender, who should have a complete view of the outside hitter. Many left back defenders only have a partial view of the opposing team's outside hitter, and positioning is integral to having a successful dig. After several balls, incorporate a right side attacker so the setter chooses which player to set. Now both the left back player and the right back player must fight to be in the correct position to dig a cross-court ball.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

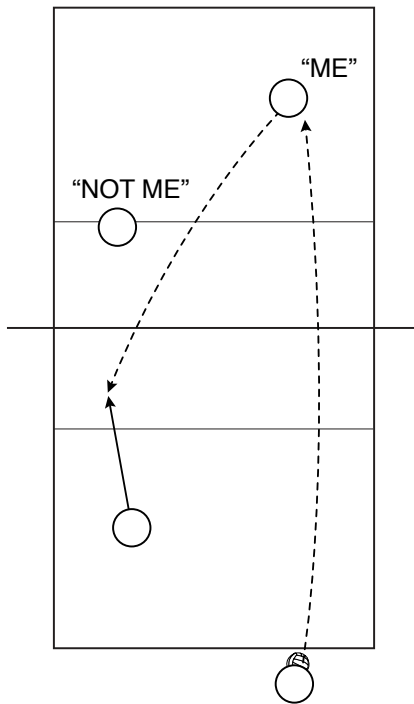


## Speed Ball Through the Net

**Purpose:** To progress through different levels of communication and ball control. Having players name their touches helps break down the hesitancy to communicate.

**How it works:** Ask players to pair up and set up in “queen of the court” style with one “champion” team and everyone else on the other side of the court competing to get to the champion side. Start by playing a game of toss and catch. One player throws the ball to the other side of the court, attempting to prevent the other team from catching it. Here’s the catch: the player who catches the ball must yell “Mine!” and his or her partner must yell “Not mine!” This drill is all about effective communication. The rally ends when one team cannot catch the thrown ball, or when one of the players doesn’t call for the ball. To progress, incorporate real passing, setting and hitting. Now the players must verbally name which touches they are making on the ball before they do so. Calling out “Set!” and “Bump!” helps players be verbal and bold about their on-court communication.

**Requirements:** Six or more players, a cart of balls and a full court



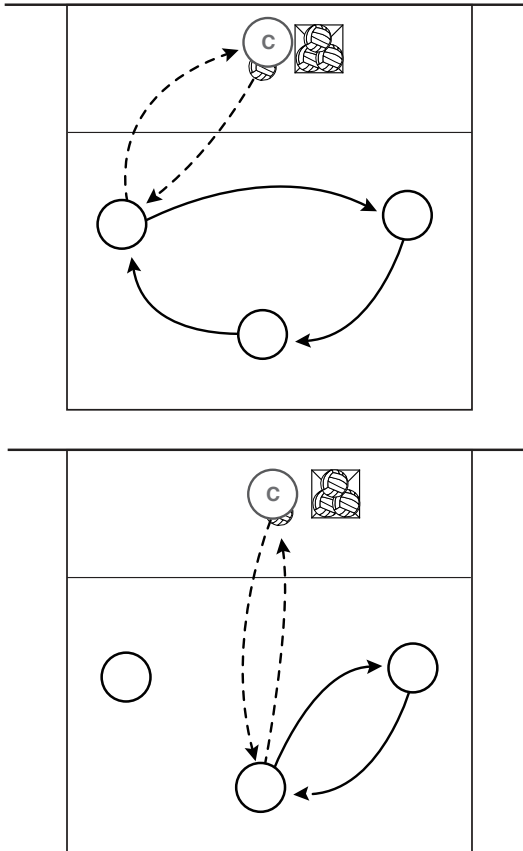
## Individual Defense **Three-Man Drill**

**Purpose:** To develop good defensive posture.

**How it works:** Three players begin in defensive position, facing the net. In this perimeter-based drill, three players in defensive position form a triangle. The coach tosses a ball, and the closest player passes it back. If the front right player handles the ball, all three players rotate one position clockwise. If the left front player handles the ball, the players rotate in a counterclockwise direction. If the back player handles the ball, he or she must switch positions with one of the front players. This encourages movement and makes for a great warm-up drill.

**Variations:** Progress from tossing to hitting the ball.

**Requirements:** Four players, a coach, a cart of balls and a half court



## Individual Defense

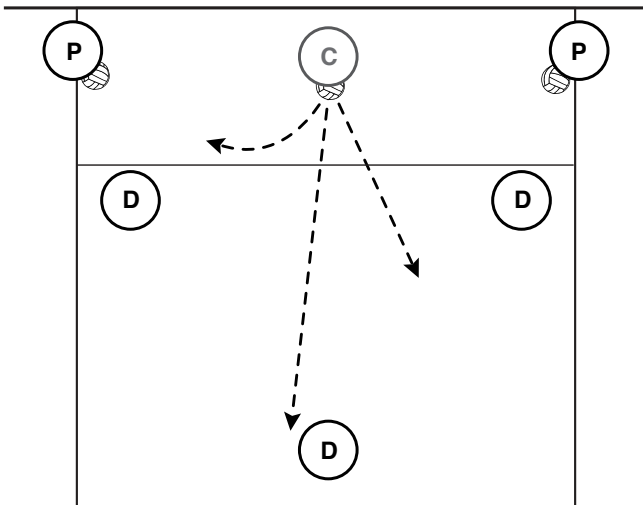
### Tip Drill

**Purpose:** To work on picking up tip shots and encourage players to stay in a low, defensive posture.

**How it works:** The drill starts with three defensive players (D): two players at the 10-foot line and one player in middle back, there is also a player (P) at each pin location with a ball. A coach tosses or tips balls at the defensive players who must return the ball to the coach in one contact. If the ball hits the floor, the coach restarts with a new ball. If the ball is heading towards either player near the pins (P), they bounce the ball in their hands to the coach before shagging the other ball.

**Variations:** A coach may increase the challenge by hitting harder, tossing balls further from players, or bouncing balls off the floor or net.

**Requirements:** Five players, a coach, three balls and a half court



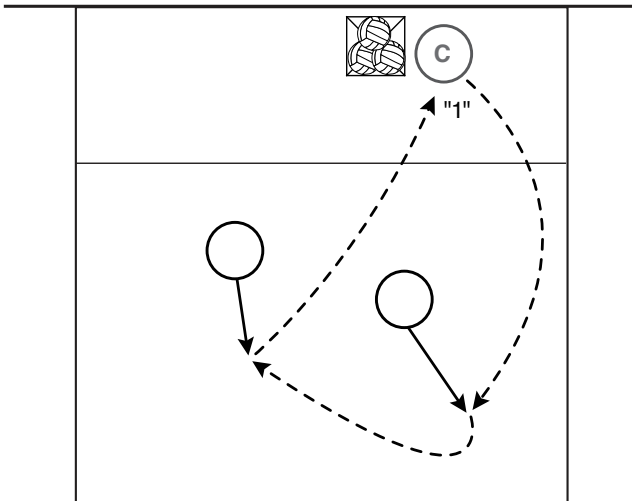
## Individual Defense Two-Ball Pursuit

**Purpose:** To improve players' court coverage on defense.

**How it works:** A coach begins at the net with two defenders splitting the back court. There is no out-of-bounds in this drill. To begin, a coach enters the first ball. It can be a down ball, a roll shot, a ball the players must run down, or whatever the coach chooses. The players must use two contacts to return the ball back to the coach. If they do so, they receive a point and play continues with the coach hitting the ball the second player contacted. If they do not return the ball, the coach grabs a new one and restarts play. If the ball is thrown far off of the court, players are allowed three contacts to return the ball back to the coach. If the dig forces the player making the second contact to the other half of the court, players should switch which half they are defending. The drill ends when the players receive the desired number of points.

**Variations:** The coach can allow for a third contact if the ball is entered far out of bounds.

**Requirements:** Two players, a coach, a cart of balls and a half court





# **Ball Control & Warm-up Drills**

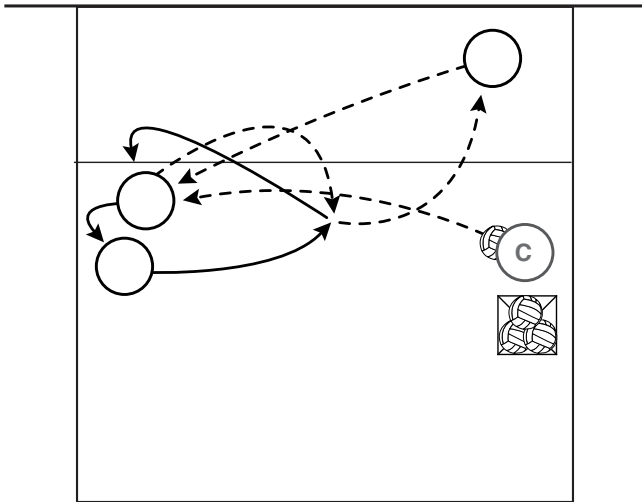
## All-Around Pepper

**Purpose:** To improve overall ball control through a demanding and concentrated drill.

**How it works:** One player stands at right front and hits a cross court ball at a digger in left back. A second player to the right of the digger sets the dug ball to the hitter at right front. The setter then becomes the digger, shifting to left back. The player who dug the first ball shifts to the right to become the second digger's setter, and so on. The drill goes for as long as the two players can keep the ball alive.

**Variations:** The digger can remain as the only digger the entire time, and the setter remains the setter. However, after each set the setter must run around the digger, making it much harder for the setter.

**Requirements:** Three or more players, a ball, a coach and a full court



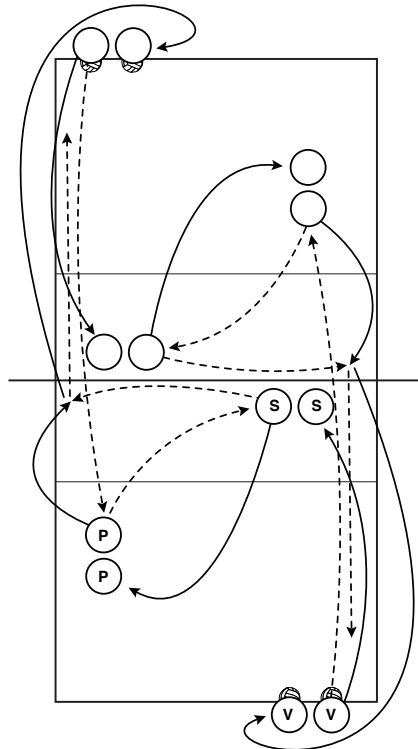
## Ball Control & Warm-up **Around the World**

**Purpose:** To get all players to do every skill in a fun and effective warm-up drill.

**How it works:** Progressing in a circular motion with players moving to a new spot after each ball contact, this drill keeps two balls in play simultaneously. This requires focus and discipline for each separate skill. To start, both servers serve down the line to waiting passers. After receiving their passes, the setters set to the outside hitting positions. Attackers must hit their balls down the line to avoid hitting others.

**Variations:** After several minutes, a middle attack can be incorporated.

**Requirements:** Twelve players, a cart of balls and a full court

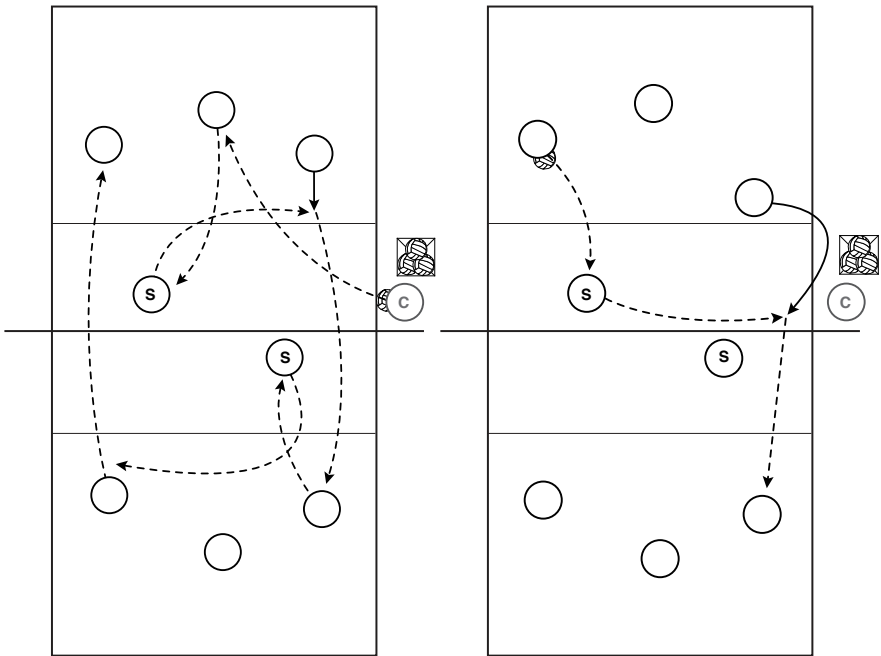


## Back Row Attack

**Purpose:** To help players improve their back row attacking skills and defending against a back row attack.

**How it works:** For this 4 vs. 4 drill, put three players in the back row and a setter on each side of the net. Play begins with a coach-initiated free ball, and each side must successfully dig and hit a back row attack. Once each side has done so, teams then have the ability to attack from the front row.

**Requirements:** Eight players, a coach, a ball and a full court



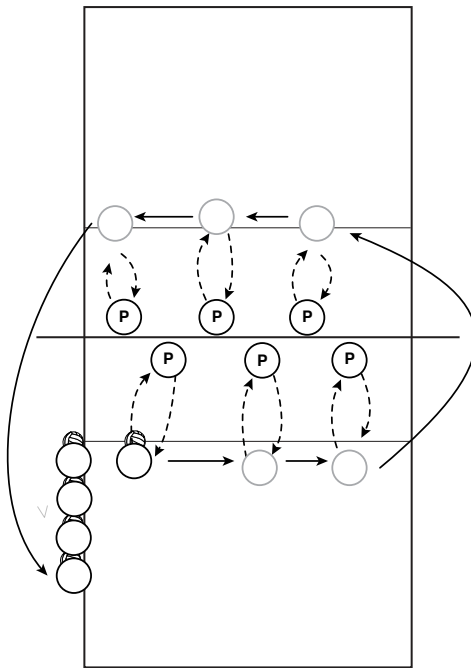
## Ball Control & Warm-up **Ball Control Ladder**

**Purpose:** To increase a player's "body readiness" and movement. This drill is especially helpful for middle hitters who sometimes must use their hands but do not often practice their ball control skills.

**How it works:** Six players line up with three on each side of the court along the net, facing the back of the court (P). The remaining players line up on one side of the court at the 10-foot line, each with a ball. The first player starts the drill by setting a ball to the first player on the net, who sets it back. The first player then continuously shuffles down the line of net players, setting a ball to each of them and having them set back. After the third player on the net sets back to the moving player, that player must set to themselves around the court pole and over to the other side of the court. That player then repeats the same sequence of going "down the ladder" with the other three net players. Continue until the player drops the ball.

**Variations:** Progress this drill by switching to passing rather than setting or increase the depth and length of the setting.

**Requirements:** Twelve players, a cart of balls and a full court



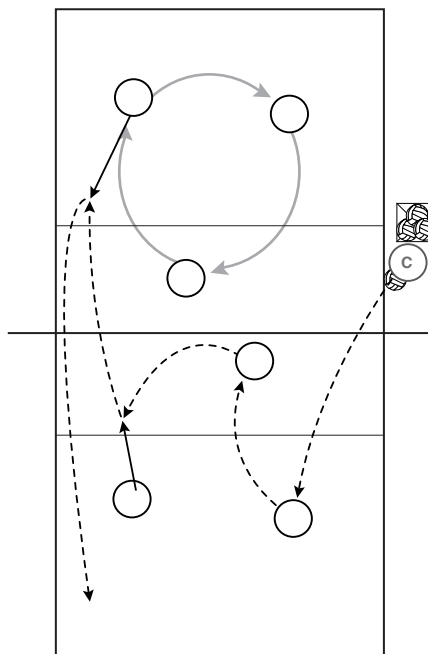
## Burn Drill

**Purpose:** To train players on alertness and communication.

**How it works:** This scored, 3 vs. 3 drill begins with a free ball tossed into play by a coach. Players may send the ball over the net on the first, second or third contact in an attempt to win the point and “burn” the other team. They are not allowed to hit down balls, though they may knuckle it if they are planted on the ground. Players then rotate after the ball goes over the net, forcing them to deal with the chaos of switching. The winner is the first team to reach the point value assigned by the coach.

**Variations:** If players are telegraphing, get them to be more deceptive using plays like setter dumps, tips to the back court, and passes sent to corners while the other team is switching.

**Requirements:** Six players, a coach, a cart of balls and a full court



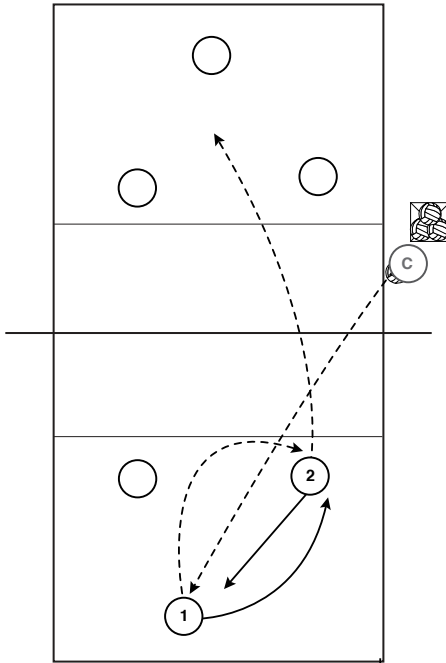
**Chaos**

**Purpose:** To create a sense of order from chaos.

**How it works:** This two-phase, chaos-creating drill uses six players on a full court. In phase one, each three-person side gets two contacts—passes and sets only. The player who sends the second ball over becomes middle back on the next play. In phase two, a third contact is allowed but it must be a no-jump down ball. To handle this new aspect, players shift from base positions to a deep perimeter defense. The player who makes the second contact becomes the middle back.

**Variations:** To challenge the defense, give the offense the option to play the ball over on the second or third contact.

**Requirements:** Six players, a coach, a cart of balls and a full court



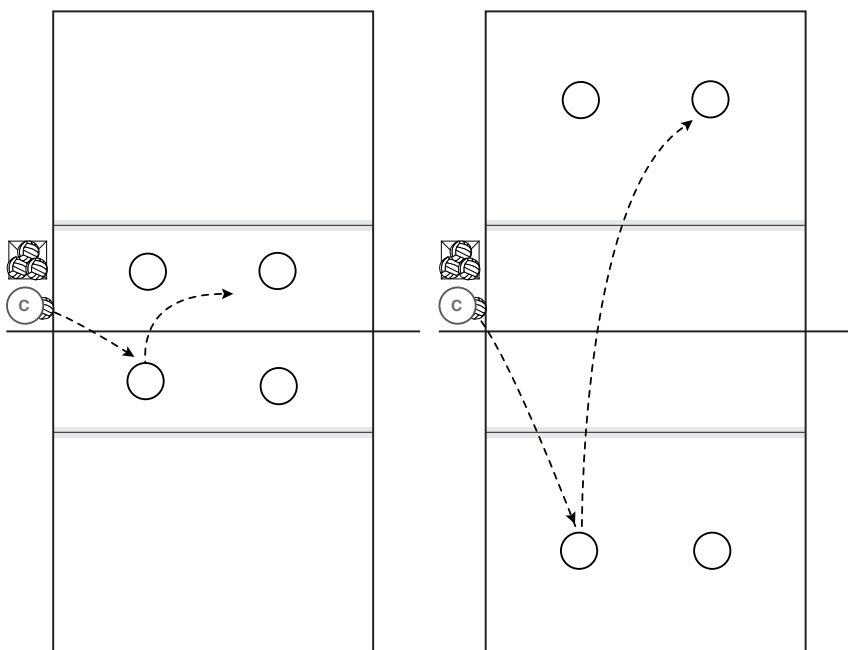
## Contact Progression

**Purpose:** To challenge players to adapt to and succeed in different situations.

**How it works:** This drill is a progression of short, quick-moving rallies that incorporate all skills. Start with two players on each side of the net in front of the 10-foot line. For the first several balls, players are allowed two contacts per side. For the second progression, players are allowed three contacts. In the third progression, players get three contacts and initiate with a mini-serve. After players are warmed up with the short court, switch the imaginary court to the back half. Now anything in front of the 10-foot line is considered out. The same progression is followed. Remember, this drill is competitive and explosive!

**Variations:** You can maintain the different levels of this drill for however long is appropriate for your team. Available touches can range from one to three. Serving can be incorporated, and the size of the court can be changed to make it more or less challenging. If you are looking for an exhausting drill, have two players play 1 vs. 1 on a full court.

**Requirements:** Two or more players, a cart of balls and a full court



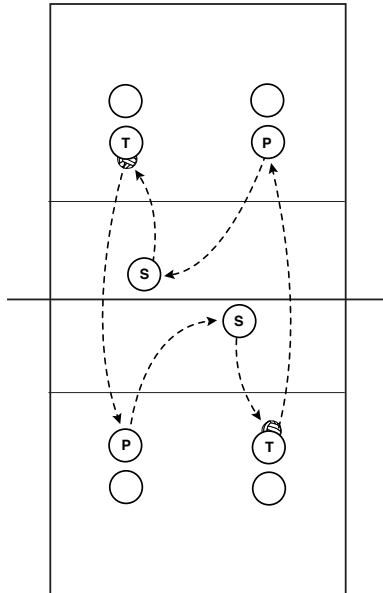
## Ball Control & Warm-up **Continuous Butterfly**

**Purpose:** To train players for long rallies by forcing them to focus amid chaos and communicate about what's happening on the court.

**How it works:** Line up three players on each side of the net with three players waiting to enter the court on each endline. Each side has a setter (S) as well as a right (T) and left back (P). Two balls are on the court at the same time throughout the drill. Play is initiated when each right back tosses a ball to themselves to hit straight across the net to the waiting left back defender. Both sides of the net run the drill simultaneously. The left back passes the ball to the target who is waiting near the 10-foot line. The target sets it to the waiting right back and the pattern continues. Repeat for a certain number of contacts in a row or a set time between 30 seconds and 2 minutes. Encourage players to communicate during the drill to keep both balls alive. To rotate, the right back player who just hit the ball over the net runs under and waits behind the left back passer spot. The passer passes the ball, then moves and waits to be the next target/setter. Once the set leaves the setter's hands, he or she runs to the line that is waiting behind the right back player.

**Variations:** The clock can be stopped when one ball is dead, or you can choose to stop the clock only if the second ball dies before the players can get the first ball going again.

**Requirements:** Twelve players, a cart of balls and a full court





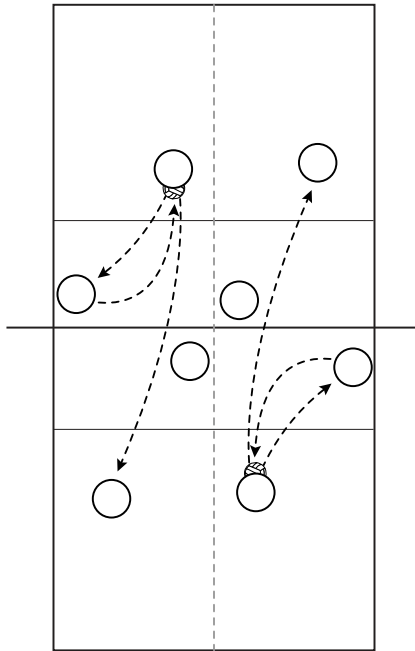
## Ball Control & Warm-up Cooperation Drill

**Purpose:** To help players improve ball control skills with other players in an over-the-net scenario.

**How it works:** Divide the court into two smaller courts lengthwise. On each side of the net two players (four total) work together to keep the ball alive while contacting the ball three times on each side. In the first progression, players on each side of the net execute a pass-pass-pass sequence. The second progression is pass-set-pass. The third progression is pass-set-set. For the final progression, players pass-set-hit over the net to one another. This is a cooperative drill, so both sides of the net are trying to send the third contact in a controlled manner directly to a player on the other side of the net.

**Variations:** Adjust what type of contacts players should use based on their skill level. To set a goal for players, have players keep track of each time they successfully get all three contacts. When groups reach the desired number of rallies, they are then able to move on to the next progression.

**Requirements:** Four players, a ball and a full court



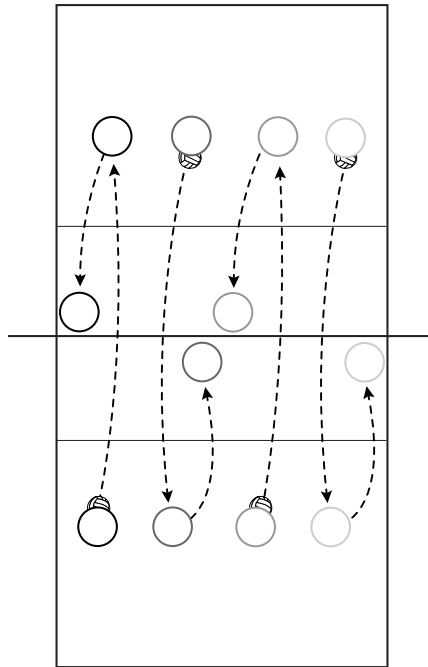


**Core Drill**

**Purpose:** To give all 12 players multiple serving, passing and setting reps concurrently.

**How it works:** For this simple serve-pass-and-catch drill, divide into four groups of three players. Each group includes a passer and setter on one side of the net with a server across the net just behind the 10-foot line. Two balls stay in constant motion among each group of three. As soon as the server serves, the setter bounces the second ball to the server so he or she can be ready to serve immediately. After five good passes, the three players in each group switch places. As servers start to warm-up, they can serve from closer and closer to the endline. Once good ball control has been achieved, the setter can start setting to herself before catching and tossing to the server.

**Requirements:** Twelve players, six balls and a full court

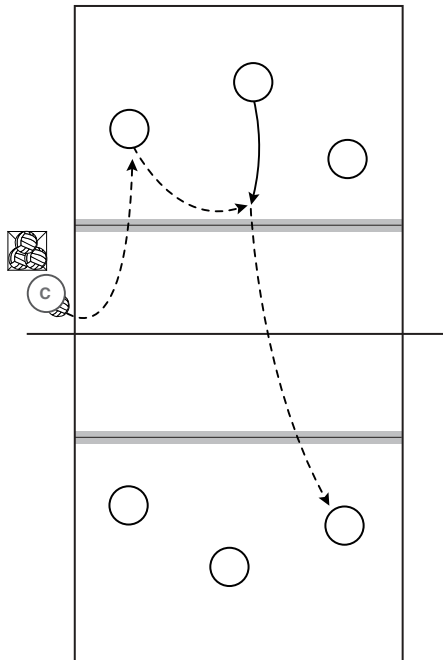


## Correct the Error

**Purpose:** To give players practice with aggressive back row attacking and allow them to fix errors immediately after they make them.

**How it works:** Players set up in 3 vs. 3 back row format with additional players waiting off the court near the right back position. Play is initiated by a ball from the coach. Each time a side sends the ball across the net, the players rotate around with the left back coming off the court and a new player stepping in to right back. Once the rally ends, the next ball is initiated based off of the error-correction concept. For example, if there is a hitting error, that hitter must successfully hit the ball over and in; or if a player misses a dig, they must make the dig to start the next rally. There is no tipping or open hand attacks. Play until the desired number of points is reached.

**Requirements:** Six or more players, a coach, a ball and a full court

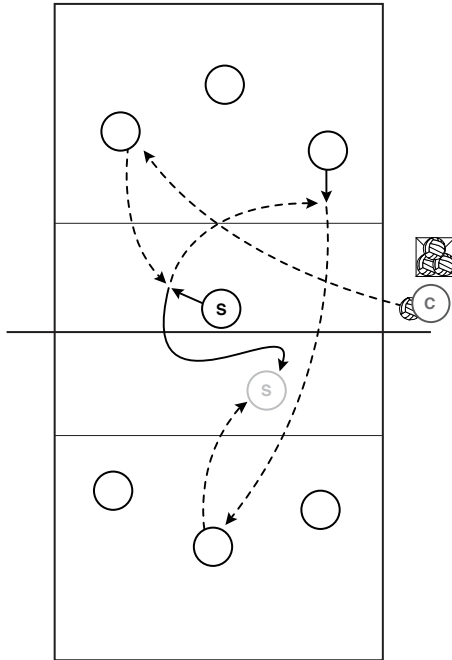


**Effort Drill**

**Purpose:** To increase ball control and communication, and challenge players to focus on consistency in order to benefit the setters.

**How it works:** Position three players on each side of the court and one setter (S) who is responsible for setting for both teams. After the setter sets on one side, they must duck under the net to set for the other team. The more controlled the digging and swinging, the easier the drill is for the setter.

**Requirements:** Seven or more players, a cart of balls and a full court

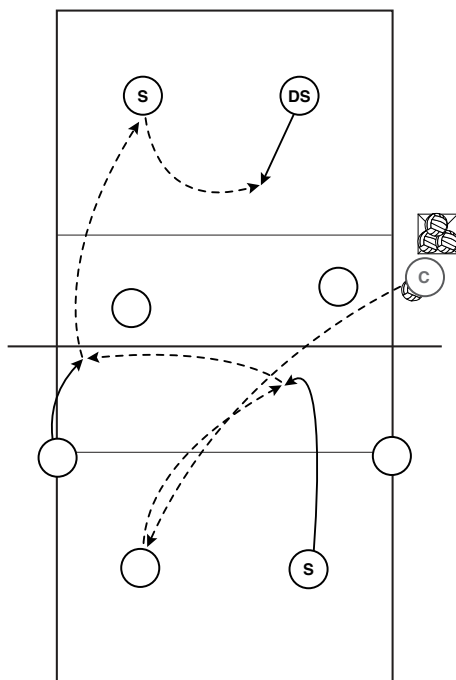


## Every Skill Drill

**Purpose:** To train players on every skill.

**How it works:** This warm-up drill begins with four players on each side. Right back is the designated setter (S). If the right back takes the first ball, the other back row player takes the second touch (DS). A coach tosses the ball to Team A who attempts to pass-set-hit the ball over the net. If they succeed, they rotate one position while the ball is still in play. Next, Team B attempts to return the ball. If they succeed, they rotate. This repeats until a dead ball. The coach tosses the ball back in and play continues.

**Requirements:** Eight players, a coach, a cart of balls and a full court

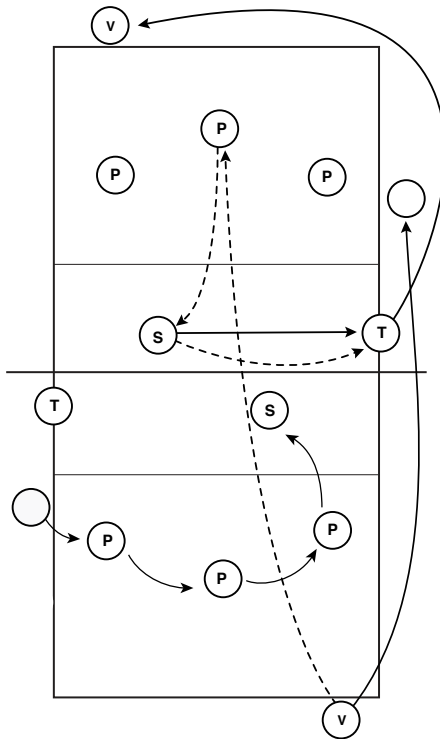


## Ball Control & Warm-up Full Court Butterfly

**Purpose:** To warm-up an entire team for serving, passing and setting.

**How it works:** Three players line up in receiving positions on each side of the court, along with a target player in left front and a setter in the setter's position. The remaining players start as servers behind the endline and rotate in after every pass. One side serves the ball and the other side passes to the setter. He or she then sets to the respective target. The person who served the ball replaces the passer who passed the ball from the opposite server. The server becomes the passer, the passer becomes the setter, the setter becomes the target, and the target takes the caught ball to the opposite side's serving line. This drill is continuous and servers from both sides serve simultaneously. You can include as many players as are on your team, making it great for larger and smaller teams alike.

**Requirements:** Ten or more players, a cart of balls and a full court



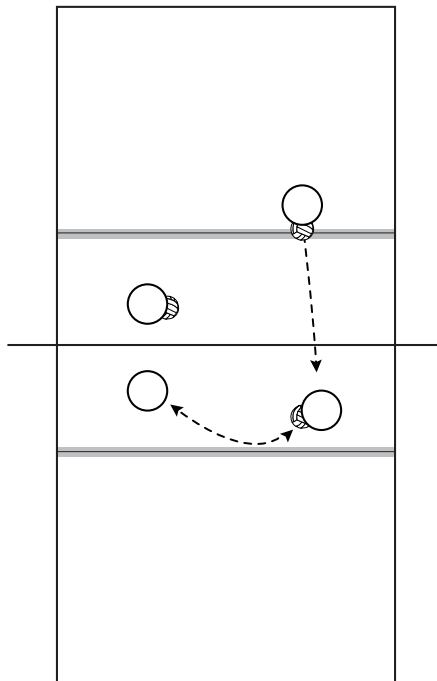
## Golden Egg Drill

**Purpose:** To work on ball control, communication between players, and managing complexity.

**How it works:** Four players set up for short court with two players on each side of the net. Each pair is given a “golden egg” ball which they cannot let touch the ground. What makes this so hard? The “golden eggs” aren’t the only balls in the drill. The third ball introduced is the ball which is used for rallying. One team initiates the rally by “serving” the playing ball over the net with a set. Whoever passes the ball on the other side cannot be holding their team’s golden egg, and must toss it to their partner so they can pass the rally volleyball. The rally continues until someone wins the point with the rally volleyball, or until one team drops their “golden egg.” One point is rewarded for a point made with the rally volleyball, and two points are rewarded for a “golden egg” dropped ball.

**Variations:** Change the game to be played on the full court to up the challenge.

**Requirements:** Four players, three balls and a full court

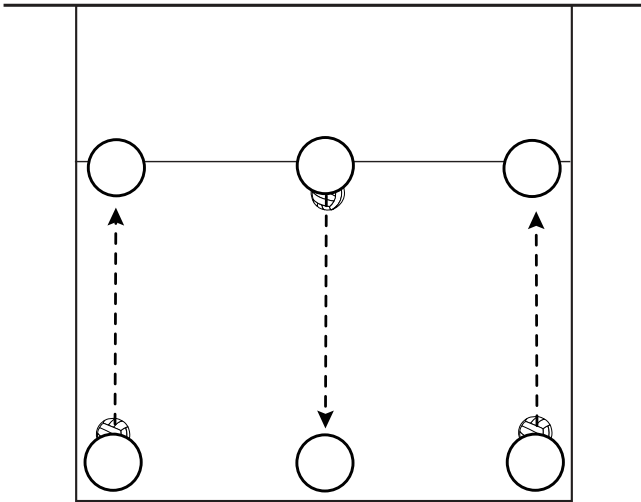


## Hit and Dig

**Purpose:** To help players warm up their shoulders and focus on contact, topspin and form.

**How it works:** For this progressive partner drill, players begin tossing to themselves and hitting to their partners at a slow pace. Partners then dig to themselves and hit back and forth to each other. For the second progression, players increase the speed of their swings, and diggers overhand dig back to the hitters. For the third progression, hitters once again increase the speed of their swings and their partners forearm dig back. For the final progression, repeat the third progression, only once again increase the speed of the swing. In each progression, players swing 10 times each.

**Requirements:** Two players, a ball and 10 feet of floor space

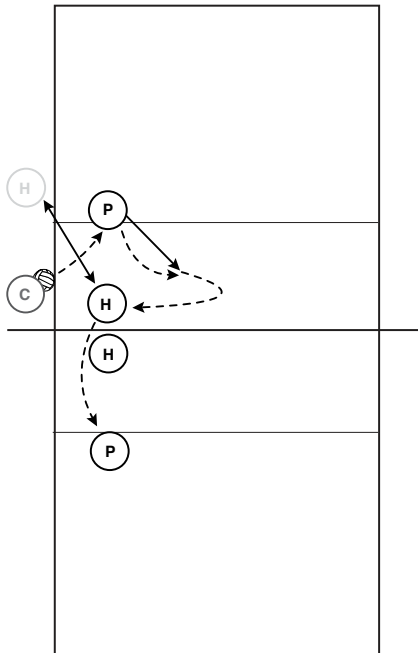


## Hitter Transition

**Purpose:** To help players work on hitter transition in a ball-control format.

**How it works:** Players set up in a 2 vs. 2 format, with one player at the net and the other around 10-15 feet back. Play begins with a toss over the net. The player at the net jumps to block and transitions out to hit the ball, while the defender passes to herself then sets the attacker. The attacker tips the ball to the defender on the other side of the net, who performs the same actions (pass to self, set, tip). This is a cooperative drill, so sides are working together to keep the rally going as long as possible.

**Requirements:** Four players, a ball, and a third of the court lengthwise



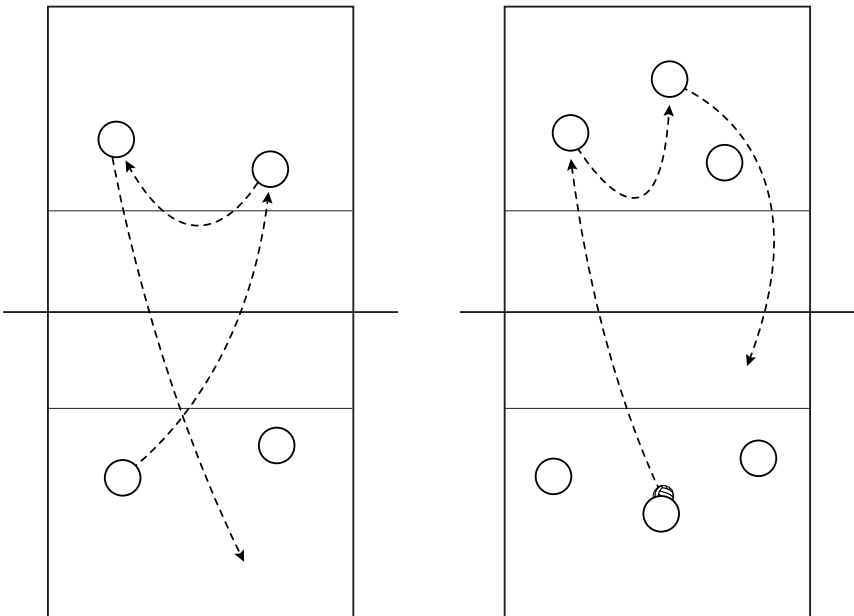
**Move Your Feet**

**Purpose:** To get the feet moving in a fun warm-up.

**How it works:** In this move-your-feet drill for four to six players, position two players on each side of the net and start the action by tossing one ball into play. The goal is to catch the ball, hold it for one second, then toss it to a partner who holds it for one second before tossing it over the net. When an error occurs, the two run off the court and are replaced by two new players. In the next variation, the first player passes the ball to the second player, who catches and throws the ball over the net. The third variation has three players per side, each of whom must catch and throw the ball. Next, while still using three contacts per side, the first player passes or sets before the next two catch and throw. For more skilled players, try setting the first, catching the second and hitting the third. With each variation, the players on the losing side run off and are replaced by new players.

**Variations:** Make the court as big or small as needed for the level of play.

**Requirements:** Four to six players, a cart of balls and a full court



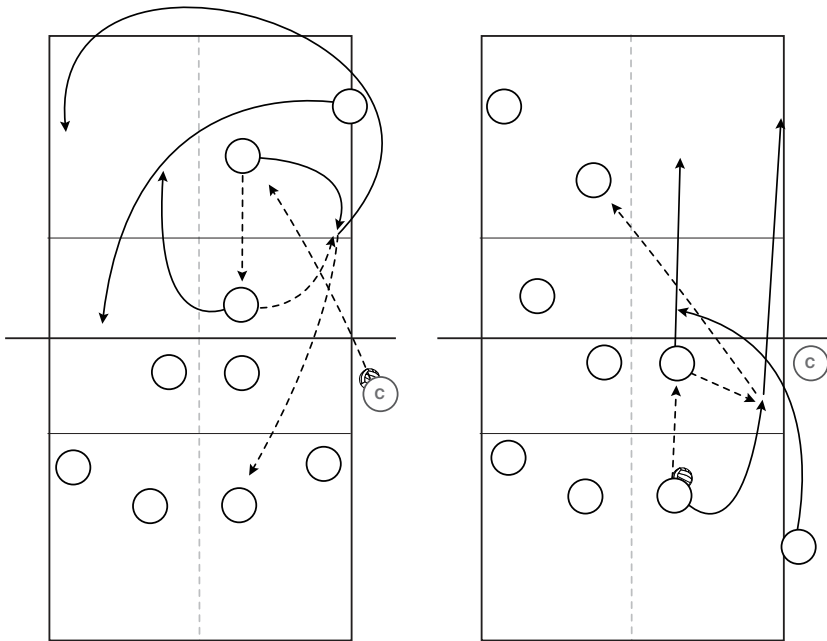
## Nine Person Pepper

**Purpose:** To actively practice ball control and communication as a warm-up.

**How it works:** Assemble players into three groups of three. Position two of the groups on one side of the net near the 10-foot line. Place the other group on the opposite side of the net. The sequence for each group is pass-set-set, and the final set is pushed over the net to the opposite side. The first rally goes straight across the net, and the second rally goes diagonally. However, it's not quite as simple as pepper. Every time your team finishes their final set, they rotate to the next quadrant of the small court that the drill occupies. The first team moves into the position where they just set their ball, crossing under the net. Every time a team sets their third and final ball, they move into the next position and play out their rally, feeding their final set to the team that did not previously feed them the ball. These three clusters of players rotate around the court until the ball dies.

**Variations:** Once players have mastered the pass-set-set sequence, advance the drill by incorporating a controlled hit as the third touch.

**Requirements:** Nine players, a cart of balls and a full court



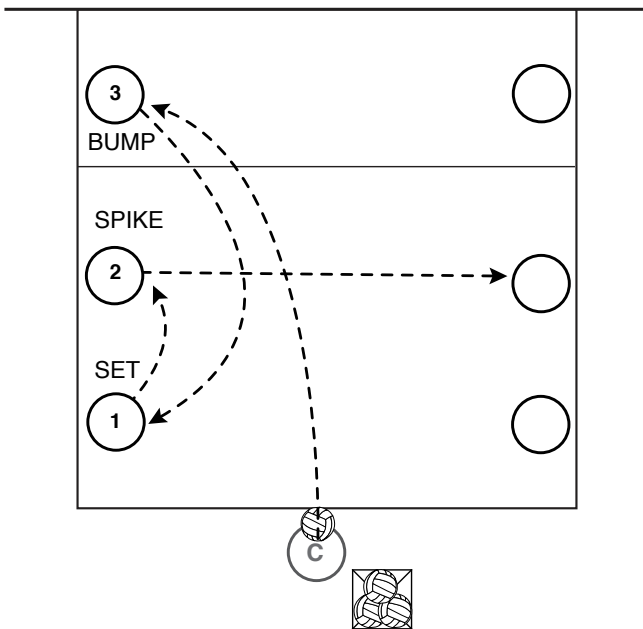
**No Net: Half Court**

**Purpose:** To promote ball control and skill development in a more compact environment.

**How it works:** This active, cooperative ball control drill uses just half the court with three players lined up on one sideline facing another three on the opposite sideline. A coach tosses the ball to the first group. They attempt to dig, set and hit the ball at the three players along the opposite sideline. Every player's starting position is the sideline with hits directed either at the opposite group or the edges of the court.

**Variations:** Blockers can also be incorporated as an extra element.

**Requirements:** 6-12 players, a coach, a cart of balls and a half court



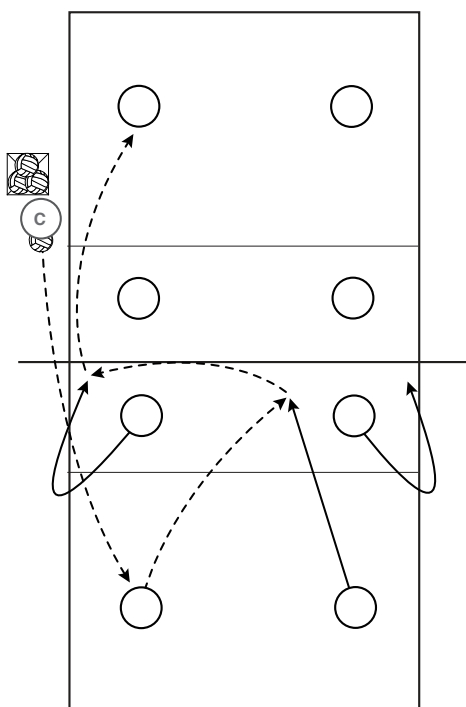
## Out-of-System Attack

**Purpose:** To expose your team to as many attacks as possible.

**How it works:** This four-on-four drill starts with a player at right front, left front, right back and left back on both sides. Additional players wait to enter the court on each side. It starts as a cooperative drill with the goal of keeping the ball alive for either a timed goal or certain number of quality reps. The coach enters a ball, and the back row player who does not pass sets to one of the attackers. Across the net, one player pretends to block while the other three drop back to defend. Each time the ball crosses the net, players rotate positions.

**Variations:** The drill progresses to a competitive, game-like contest to five points (with blocking) after the cooperative goal is reached.

**Requirements:** Eight or more players, a coach, a cart of balls and a full court



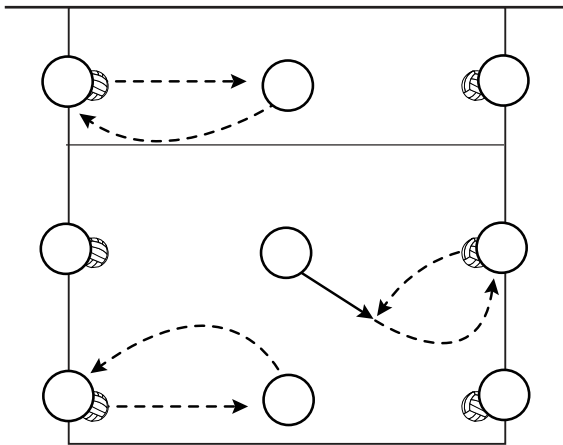
## Ball Control & Warm-up Pepper Series

**Purpose:** To get players moving with high reps and intense physical movement.

**How it works:** Place groups of three players along the court. The player in the middle pancakes a ball thrown by a partner, then turns around as quickly as possible and passes a “run through” ball that is tossed by another partner. Each player executes this sequence three times, then switches the middle player. In the second variation, the middle player digs a ball hit at their head, then turns and passes a ball tossed by the second player. Instead of passing the ball forward, the player must pass it backward. In the third variation, the middle player acts as a setter. The two players on either side hit at each other, dig the other’s ball to the setter, and continue until the ball is dead.

**Variations:** This drill can be catered to any level of play by changing the type, intensity and number of touches.

**Requirements:** Three or more players, a cart of balls and a half court

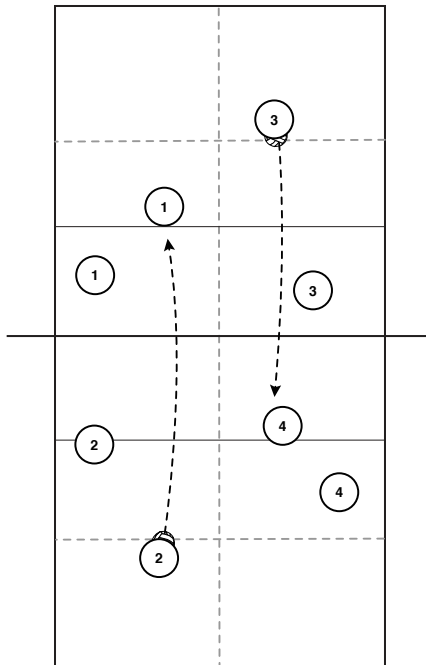


## Pre-Practice Short Court

**Purpose:** To give players the liberty to play an abbreviated game of volleyball with the option for different modifications.

**How it works:** Have players pair up and split the court in half. The game is 2 vs. 2 with three touches. Either allow the players the full length of the court or make it into a game of short court. Give players the freedom to conduct this drill however they want: switch partners, change the court size, change the scoring system. This drill is all about players taking initiative with little guidance from the coach.

**Requirements:** Four or more players, a cart of balls and a full court



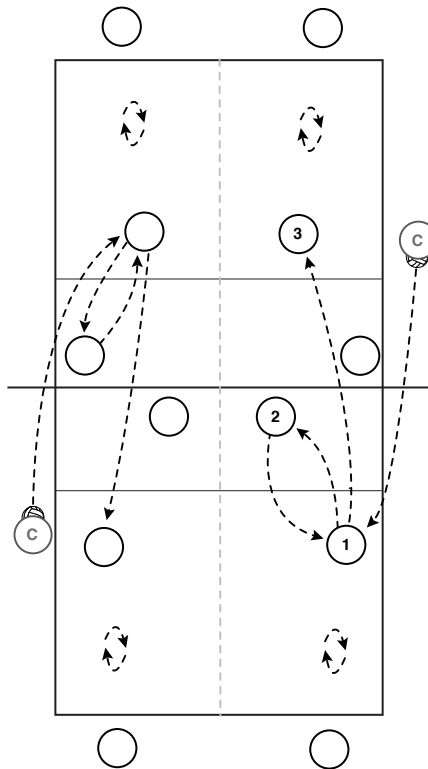
## Ball Control & Warm-up Quality Control

**Purpose:** To warm-up using an across-the-net ball control drill.

**How it works:** Split the court in half lengthwise. Three players line up on each side of the net: two start on the court, one waits to enter. Teams use three specified contacts, then send the ball across the net and rotate with the player waiting to enter. The first set of contacts is pass-pass-pass. The final contact is flat and deep across the net. The second series is pass-set-set. The third series is pass-set-tip in front of the 10-foot line. Players should focus on arm swing, good step-close and accountability on passing hittable balls. When done properly, these skills can help score points in a game situation.

**Variations:** Two groups of six can simultaneously perform this drill on the same court.

**Requirements:** 6-12 players, a cart of balls and a full court



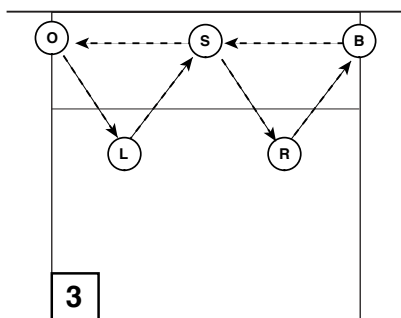
## Rhythm Ball Control

**Purpose:** To get players warmed up with three different variations of partner ball-control drills, focusing on volleyball as a game of rhythm. The focus is on tempo setting.

### How it works:

1. Players split up into pairs with one player at the net and the other player in the back half of the court. One player tosses an antenna-height ball to the other player and the two alternate overhand passing the ball back and forth. The intent of this particular drill is to practice overhand passing the occasional free ball, rather than passing with a platform.
2. The partner at the net starts with the ball, and one out of the three players at the net is the designated “caller.” That player signals the three players at the net to toss their balls to their partners, at antenna-height, by saying “Ready? Toss!” The partners in the back half of the court set back to their partners, also at antenna-height. Once the designated caller receives the ball, he or she sets it back to a partner but calls “Set!” right as contact is made. The intent is that all three pairs of players will set in sync if the height of the sets are accurate.
3. One setter (S) starts in middle front on each side. This setter forward sets to the outside (O), then back sets to the right front player (B). Essentially, two triangles will be setting at the same time, but sharing the setter in middle front. The left front player sets to a player in left back (L), and that player sets back to the setter. The right front player, after receiving a back set from the setter, sets back to the right back player (R), and that player sets to the middle front setter. This is a continuous drill and is dependent on the right tempo of setting in order for it to go on.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

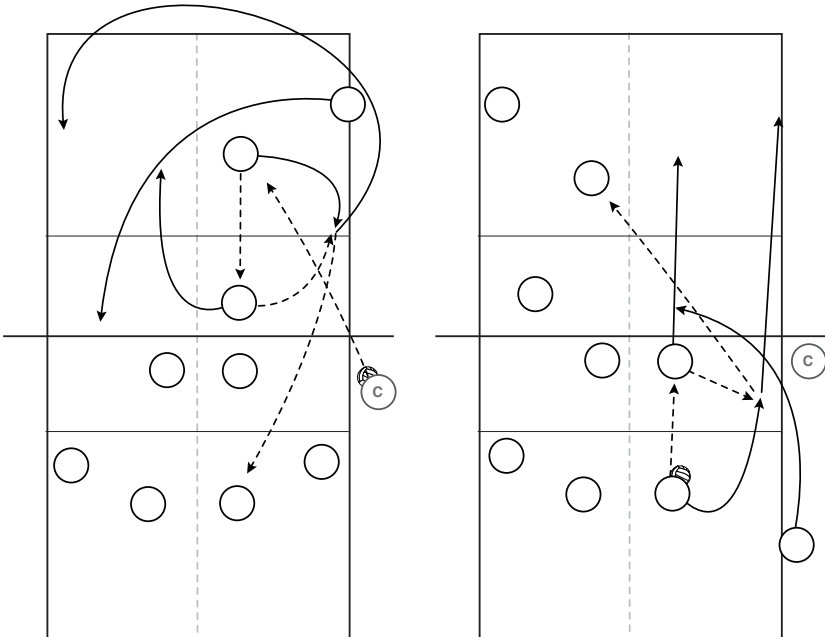


## Rotating Pepper

**Purpose:** To help players improve ball control and work together to keep the rally alive while rotating around the court.

**How it works:** For this pepper drill, the court is separated into four quadrants: two quadrants on each side split by the center of the court. Each group of three occupies a quadrant while one quadrant is always empty. Two players in each group are on at a time. The off player rotates on when the group moves to a new quadrant. Groups move counterclockwise to the next quadrant after completing a dig-set-hit or dig-set-set over the net, depending on skill level. If run correctly, the ball should alternate being hit angle and line over the net. The pattern of the ball's movement will look like a bow tie and there should always be a group on the other side of the net waiting to play the ball.

**Requirements:** Nine players, a ball and a full court



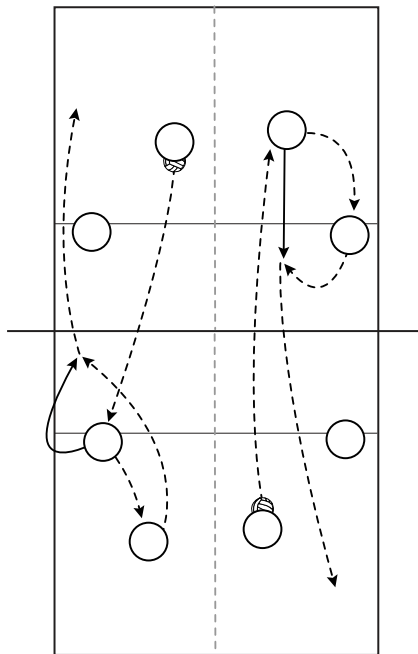
## Short Court, Long Court

**Purpose:** To warm-up in a competitive, game-like situation when the number of players is limited.

**How it works:** Positioning a third antenna midway along the net, create two narrow courts. At the start, limit the narrow court even more by making the 10-foot line the endline. Each court plays its own two-on-two game. Start by tossing or serving from behind the 10-foot line then play out with normal scoring. Play to five points or for 2 minutes. Next, lengthen the court to the normal endline and play a normal point.

**Variations:** If enough players have mini-games going, make the drill competitive by having teams shift after each game. Winning teams move to top courts.

**Requirements:** Four players, an extra antenna, a cart of balls and a full court



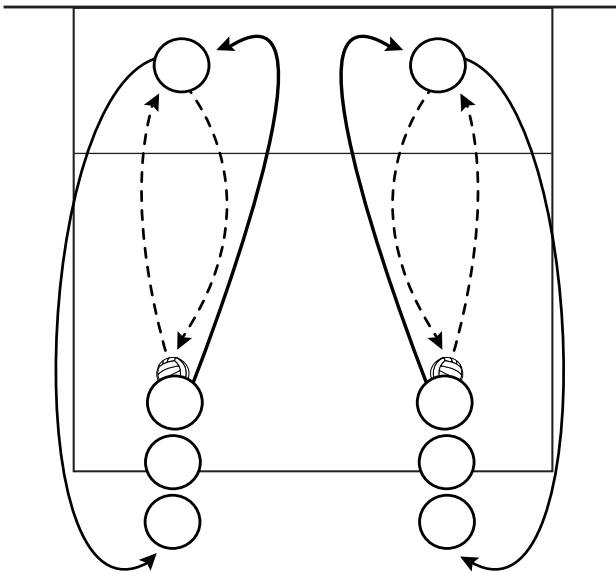
## Shuttle Drill

**Purpose:** To help players review skills while warming up.

**How it works:** Have players break into groups of four, with two players on each side 10 feet apart. Players begin the drill by setting back and forth. After each contact, players move to the right and the opposite line. Have groups go through each skill for 90 seconds. Skills can include: setting, forearm passing, jump setting, and combination skills. Combination skills can be skills such as: passing to oneself and setting or setting to oneself, turning 90 degrees and forearm passing. After completing the desired skills, groups compete by trying to get as many touches in a row in the 90-second time period. Whichever group has the most consecutive touches when the time is up wins.

**Variations:** The different combinations of skills that can be used in a shuttle drill are endless. Be creative to help improve your team's ball control skills.

**Requirements:** Four players, a ball and 20 feet of court space

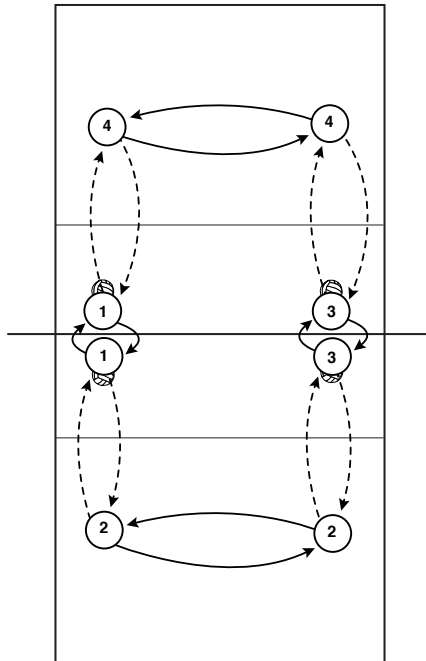


## Switch

**Purpose:** To increase ball control and communication, and challenge players to focus on consistent passes.

**How it works:** Put players into pairs of two, and have one partner on the net with a ball and the other in the back of the court. All four tossers are cued by one player to toss the ball to their partners, who pass it back to the net at antenna-height. Here's the catch: After the partner on the net tosses the ball, they duck under the net and switch positions with the player who is on the other side of the net. These two continue to switch for as long as the balls are alive. After the partner in the back half of the court passes their ball, they switch horizontally with the player to their side. These two players continue to switch for as long as the passing rally continues.

**Requirements:** Eight players, a cart of balls and a full court



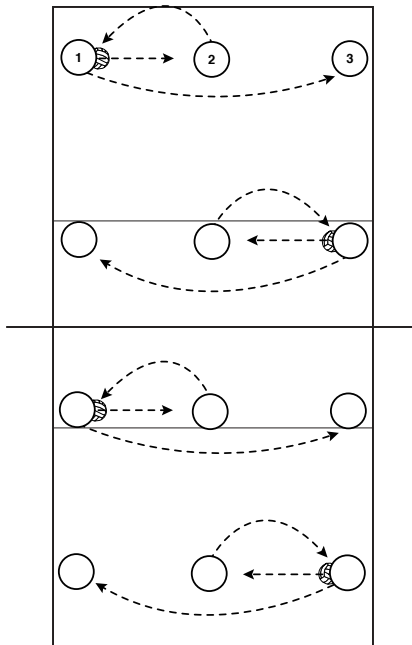
## Ball Control & Warm-up **Three Person Pepper**

**Purpose:** To help players develop ball control while training in all skills.

**How it works:** In this spin on traditional pepper, three players stand in a line and pass-set-hit for a set amount of time or contacts. The middle player sets, while the other two alternate passing and hitting. To start the drill, one player enters the ball to the setter, receives the set and hits to the player standing behind the setter. This player passes the ball to the setter, receives the set and hits to the original player. After each set, the setter turns to face the new passer.

**Variations:** Add three back row players who receive the balls from the hitters and pass back to the setter for 6 Person Pepper.

**Requirements:** Three to six players, a ball, and a full court

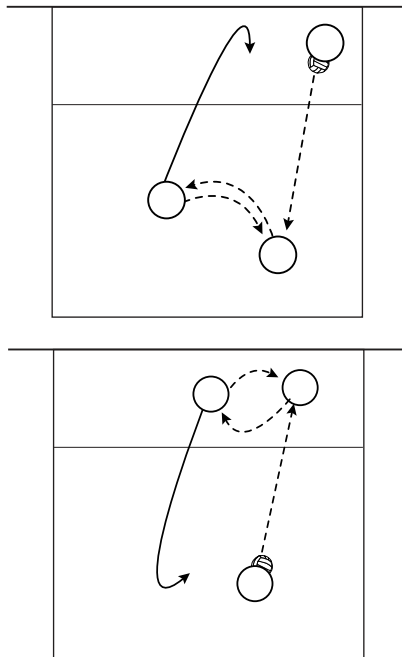


## Triangle Pepper

**Purpose:** To work on ball control as a collective unit in a more game-like situation where the chaos forces communication.

**How it works:** This drill uses a hit-dig-set progression. The player who starts with the ball self-tosses and hits toward the other two players who have drawn close to each other as they read the hit. The digging player passes the ball to the partner who was digging with them. That player must then hit at one of the two partners who have now drawn close to each other as they read the hitter's arm. The pattern continues. There is constant motion as the two non-hitting players draw close to each other to read the hit. The passer is instructed to stop before the ball needs to be played even if they have not reached the spot where they are close to their partner. It is more important to square up to the hitter and be stopped before the hit occurs.

**Requirements:** Three players, one ball and floor space



## Zone Targeting

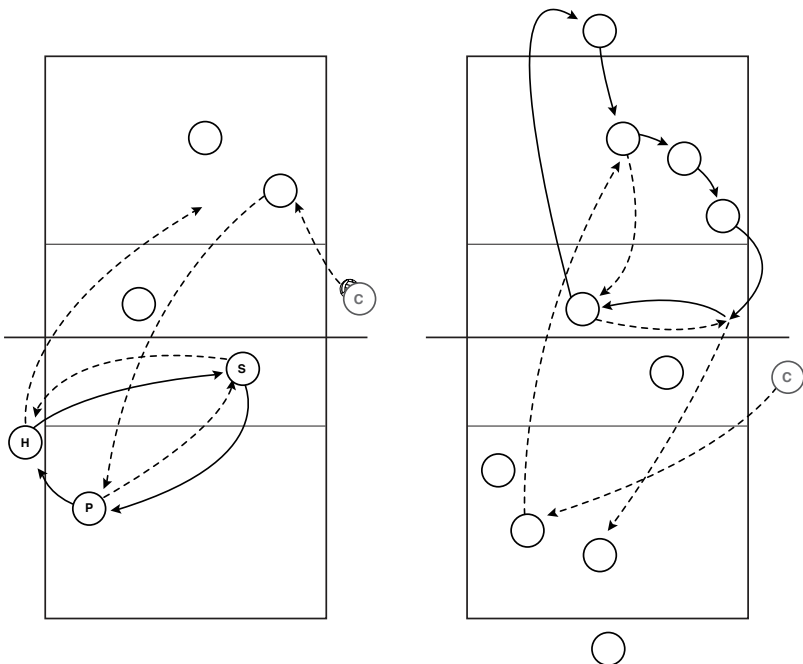
**Purpose:** To challenge players to focus on hitting to specific zones.

**How it works:** Three players start on each side of the court. One is the setter (S), one is the outside hitter (H) and the third is a passer (P) in left back. The ball is played out cooperatively and the hitters cannot jump. Every time the ball goes over the net, the team who hit the ball must rotate so every player practices every position.

In the second progression, add a middle back to each side and have the remaining players line up behind the middle back player. The ball can only be hit into zones 4, 5 and 6. This restricts the hitters to cross-court shots. The drill is still cooperative, but players are encouraged to jump when they swing and hit the ball with pace. Set a goal for your team; this may be six rallies, 12 rallies or more.

**Variations:** Depending on the skill level of your team, you can create certain requirements about how hard the swing must be to count as a point for the collective team.

**Requirements:** Twelve players, a cart of balls and a full court





# **Team Defense Drills**

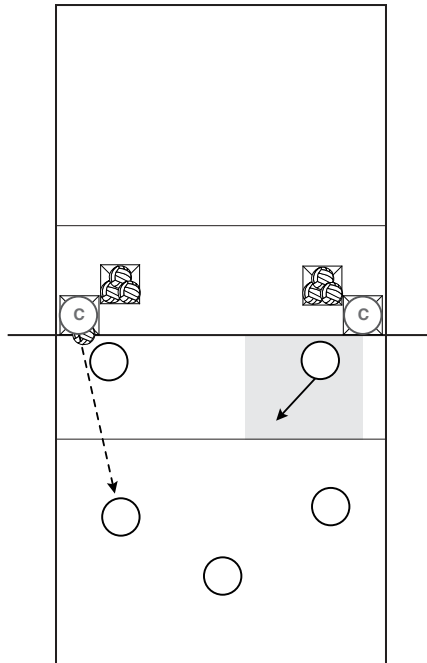
## Team Defense

### Circle Drill

**Purpose:** To provide a variety of swings and shots for your defensive team to defend against without the help of a middle blocker. This drill is meant to be exhausting, so push players to work on form despite exhaustion.

**How it works:** Two coaches on blocking boxes alternate hitting at a defensive team on the opposing side. In this drill, the middle is removed from the situation in order to make the blockers and defenders work harder without the middle's blocking support. The hitters on the boxes can hit any shot at any speed and in any direction. This is your chance to mix it up and give players a variety of balls to defend. Instruct players to finish out the play with a set and swing, if possible. Remain in the same rotation until you feel the diggers have picked up enough balls.

**Requirements:** Five players, two boxes, two coaches, a cart of balls and a full court

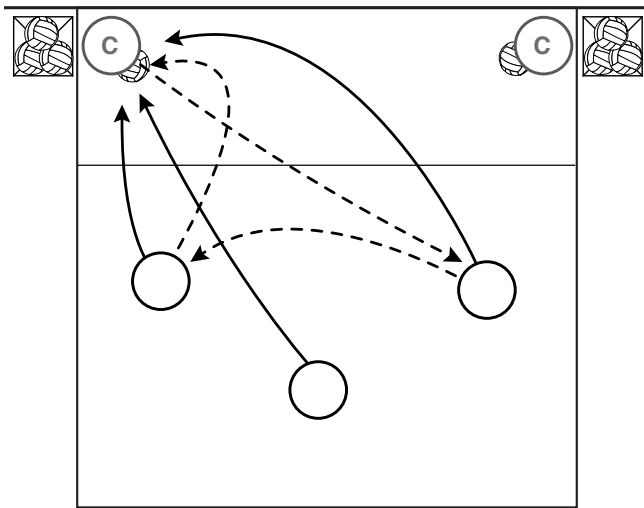


## Team Defense **Dig, Set, Cover**

**Purpose:** To help back row defenders work on moving from their defensive positions into cover positions.

**How it works:** A coach stands in right front facing three defensive back row players. Play begins when the coach bounces the ball, and the players move from base into their defensive positions. The coach then hits a ball and the defenders must dig and set the ball back to the coach. For this drill, if the right back digs the ball, the left back takes the second contact; if the middle back digs, the right back takes the second contact; and if the left back digs, the middle back takes the second contact. After the second contact is made, defenders move in close to the coach who tips the set, mimicking a cover style ball. Defenders attempt to play the cover ball. Once they do, the ball is dead and defenders move back to base to play the next series. Switch groups once the group of three has completed five series of dig, set, cover.

**Requirements:** Three players, two coaches, a ball and half a court



## Team Defense

### Pass, Set, Hit

**Purpose:** To give players practice with footwork, passing and attacking.

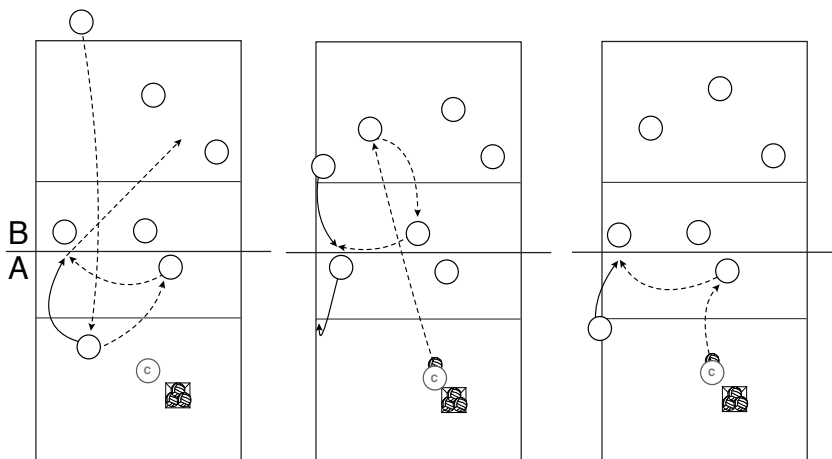
**How it works:** Two teams face off in this full-court drill. Team A consists of a sole passer and setter. Team B is made up of a server, two passers, a setter and a blocker.

Team B serves to the sole passer on the opposite side. The passer sends the ball to the setter who sets it to the outside. The passer then becomes the hitter, attempting to work around team B's block for the kill.

The coach starts the next play by tossing the ball to team B, giving them a chance to pass-set-hit. Play continues with team B serving again. This pattern of serve-toss-serve repeats with each team attempting the kill on offense.

**Variations:** You can vary the height and location of the toss to make it more game-like. You can also assign points for kills or add more players to the drill.

**Requirements:** Eight or more players, a coach, a cart of balls and a full court



Team Defense  
**Three Before Five**

**Purpose:** To help prepare a team for an opponent's specific offensive system.

**How it works:** Players line up in six-on-six formation, and a coach enters free balls to the offensive side. The offensive side replicates an opponent's offense. After each free ball, the rally is played out. By blocking and playing defense, the defensive side must win three points before the offensive side wins five. The defense must work together to recognize what play is developing and figure out ways to counter it.

**Variations:** Begin play with a serve to the offensive side to help develop appreciation for how a tough serve can keep a good offense in check. Have the same player serve every ball for the mini-game being played.

**Requirements:** Twelve players, a coach, a cart of balls and a full court



# **Team Offense Drills**

## **First Ball Down**

**Purpose:** To help teams focus on winning multiple points in a high-pressure situation.

**How it works:** Players set up in a 6 vs. 6 format. The drill begins with a served ball. The receiving team must successfully score in the serve receive rotation. Once they have done so, they receive two consecutive balls, the first being a down ball then a free ball. If they score two out of the three points (including the serve receive ball), their side receives a BIG point and is able to rotate. Play until the desired number of points is reached.

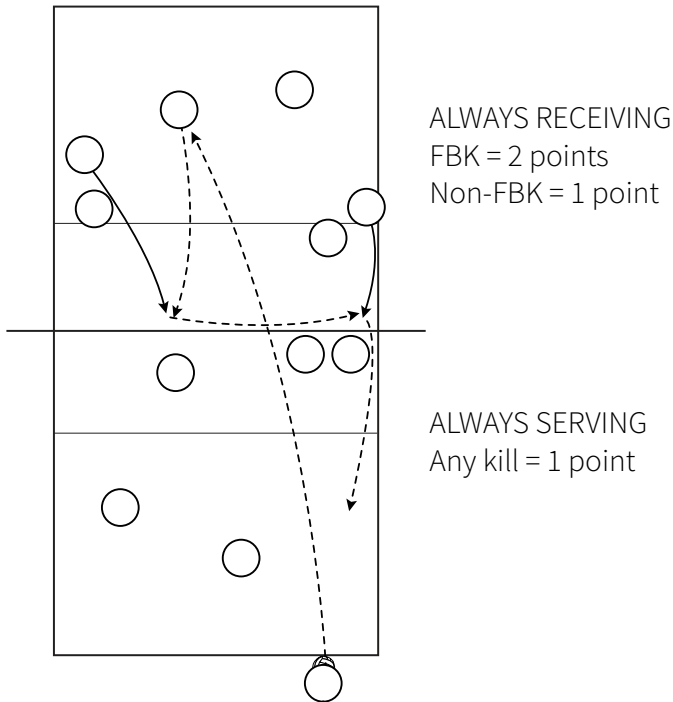
**Requirements:** Twelve players, a ball and a full court

Team Offense  
**First Ball Kill Drill**

**Purpose:** To focus on first ball kills.

**How it works:** Assemble a team of six on each side of the court. One team serves the entire game. Start the score at 20-10, with the receiving team at 10 points. For every point the receiving team gets on a first ball, they earn two points. If they side-out but not on the first ball, they earn one point. Play a game to 25, then switch which team serves and which team receives.

**Requirements:** Twelve players, a cart of balls, and a full court



## First Ball Kill then Rotate

**Purpose:** To sharpen passing and decision-making skills and keep attackers aggressive.

**How it works:** In a typical six-on-six setup, a server puts the ball into play and the serve receive side must try to get a first ball kill. If accomplished, that team rotates and receives the next serve. For rallies of any duration, no points are awarded and no one rotates, but the side winning that rally gets to receive the next serve. First team through all six rotations wins the drill.

**Variations:** Require one team to get two first ball kills before rotating.

**Requirements:** Twelve players, a cart of balls and a full court

## Middle, Right Combo

**Purpose:** To practice middle and right side kill combinations.

**How it works:** Set up with two teams of six. Team A receives and must attempt a first ball kill from either the middle or right side attacker. If they succeed, they get a free ball toss for a second kill attempt. If not, it's a wash and Team B gets to serve receive. The setter may set other players, but those hitters can only hit  $\frac{3}{4}$  speed to zones 5 or 6.

When a team gets two consecutive kills, they earn one BIG point. Each game starts at 22-22 and the first team to 25 wins.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Team Offense

## Offensive Pressure

**Purpose:** To train players to run the offense under pressure.

**How it works:** To set up this drill, mark off the right  $\frac{1}{3}$  of the net with a piece of tape. No offensive attacks are allowed in this area. The setter can only run the offense on the remaining  $\frac{2}{3}$  of the net with sets to the middle, pipe or left outside hitter.

Next, set up both sides of the court with six players each. A coach tosses the ball to a side, and that team runs their offense against the opposing team's blockers. The drill continues with play alternating between the two sides.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## Side-Out Drill

**Purpose:** To put one passer under pressure to pass well in a game situation.

**How it works:** The objective in this drill is for the receiving team to put away six out of eight side-out opportunities, targeting one receiver in particular. Full teams are on each side of the court, with one team as the designated serving team and the other side as the designated side-out team. The side-out team must get six out of eight of the points. The serving team, however, targets one passer on the opposing team. This can be your best passer or your weakest passer, but the responsibility falls on that player to facilitate the team's kill percentage.

**Requirements:** Twelve players, a cart of balls and a full court



# **Team Drills**

Team

## **5 vs. 6**

**Purpose:** To help manage out-of-system plays and develop out-of-system setters.

**How it works:** This full court, out-of-system drill sets up with five players on one side and six on the other. The five-player side has no setter, so anyone may play the second ball. Starting at 20-20, both teams battle to score the most points and win the game.

**Variations:** The five-player side can run a middle hitter to increase the difficulty.

**Requirements:** Eleven players, a coach, a cart of balls and a full court

## **Accumulation**

**Purpose:** To motivate players to make the most of every first ball kill opportunity.

**How it works:** In this six-on-six drill, each play starts with a joust at the net. The joust winner then gets a ball bounced at them from a coach, which counts as the first contact. The ball must be immediately set to a pin hitter who earns a point (and steals a point from the other team) by killing the ball on a first swing. Points never go negative. If the rally continues, no point gets awarded, but the winner receives the next coach-bounced ball. Three points wins the drill.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Team  
**Avalanche**

**Purpose:** To reinforce the importance of scoring consecutive points.

**How it works:** Except for scoring, this six-on-six drill plays like a normal set to 25. Play begins with a serve. When a team wins a rally, they earn one point and serve the next ball. Points are scored avalanche style. For the second-consecutive rally won, a team earns two points toward their total set score. For the third consecutive rally won, a team earns three points (and so on) toward their total set score. Play continues until one team reaches 25 points.

**Variations:** When a skill discrepancy between the A team and B team exists, the A team can use traditional scoring while the B team can use avalanche scoring.

**Requirements:** Twelve players, a scoreboard, a cart of balls and a full court

## **Burpee Drill**

**Purpose:** To give players incentive to work hard when the practice atmosphere is low energy or lackadaisical.

**How it works:** Feed a free ball to one side of the court. The team who wins the rally off the free ball immediately gets fed another free ball. But the losing team doesn't just lose a point by losing the rally; they also have to do a burpee. This free ball rallying continues until one team reaches 10 or 15 points, decided by the coach.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Team

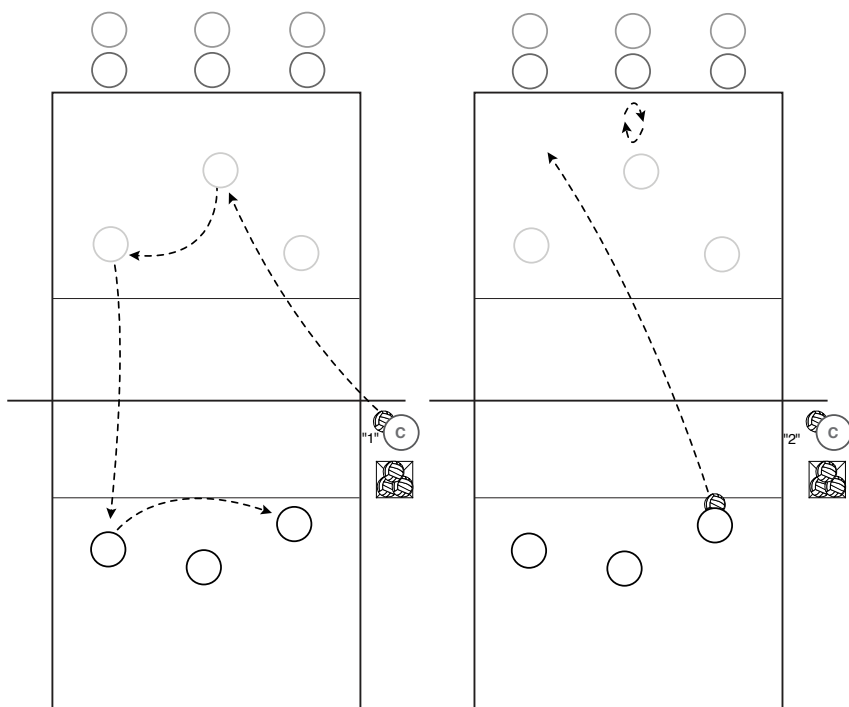
## Dig to Score

**Purpose:** To train going after every ball to open scoring opportunities for your team.

**How it works:** In this fast-paced, timed drill, groups of three compete in an anything-goes atmosphere. One group of three stays on the court for the full 3 minutes while, on the other side, a new group of three enters at the end of each rally. To start, a down ball is given to the side of three that keeps rotating off the court. Only the side that remains on the court can score points during the 3 minutes. A point is earned for every dig and another for winning the rally. When the 3 minutes end, the final score is marked on a white board and becomes the score to beat for the next group of three. When all groups have a turn on the timed side, the team with the highest score wins.

**Variations:** You can penalize overpassing with a negative point or emphasize digging off the net by awarding an extra point.

**Requirements:** Nine or more players, a coach, a cart of balls and a full court



## Down Ball with a Serve

**Purpose:** To improve ball control and serve receive in a competitive team setting.

**How it works:** Place six players on each side of the court. One coach initiates a hard down ball from a place near the service line to one of the teams, and the two teams play the rally out. Whoever wins that rally gets the opportunity to serve the next ball. After that rally is played out, the coach initiates a down ball to the opposite team. This sequence continues until the coach feels that the team's serve receive is stable and productive.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Team

## Endgame

**Purpose:** To practice endgame situations.

**How it works:** This drill sets up with two teams of six on a full court. Play ensues like a regular game with each side battling to win three different endgame scenarios: 22-22, 22-23 and 22-24. Each time a team wins their scenario, they earn a rung on the “ladder.” Teams may only win a rung when they receive the first ball. The first team to earn all three rungs on the ladder wins the drill. To track each team’s progress, you may want to create a scoreboard similar to the one shown below.

**Variations:** You can have teams rotate after each side-out, stay in the same rotation for an entire endgame scenario, or switch rotations after earning a rung on the ladder. You can also designate the endgame scenarios.

**Requirements:** Twelve players, a scoreboard, a coach, a cart of balls and a full court

US - THEM	US - THEM
<b>24 - 22</b>	<b>22 - 24</b>
<b>21 - 23</b> ✓	<b>23 - 21</b>
<b>22 - 22</b> ✓	<b>22 - 22</b> ✓

## First Team Challenge

**Purpose:** To challenge the first string players to put the ball away quickly and efficiently. By allowing the second string players more opportunities to create points, the need for two equally-matched teams is eliminated.

**How it works:** Put your first string of players on one side of the court and your second string of players on the opposite side. The game is played out normally, except there are several differences. The second string of players only gets two touches, but receives one point every time they get the ball over the net. The first string of players scores points only when they side-out. This makes it more difficult for the first string of players to win the game since they have fewer chances to create points. Play a game to 10 points in every rotation.

**Requirements:** Twelve players, a cart of balls and a full court

Team

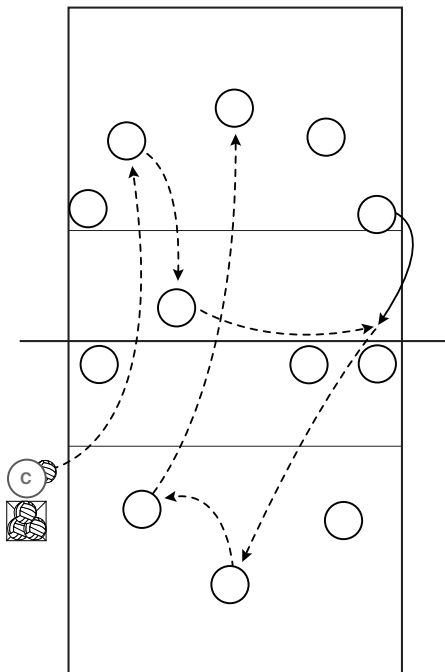
## Free Ball Execution

**Purpose:** To train offensive and defensive skills in a competitive environment.

**How it works:** Only one setter is needed for this up-tempo, six-on-six drill that features multiple offensive repetitions on one side of the net and defensive work on the other. After a coach puts a ball into play, the defending side has just two contacts to get the ball back over the net. While the offensive side is working on free ball attack options, the defending team is strengthening blocking and defense. First team to 25 points wins, but the defending team starts at 20 while the offensive side of the net starts at 15.

**Variations:** For a different scoring option, award two points to the defense for every stuff block or dig and give the offense one point for every kill. Play games to 10.

**Requirements:** Twelve players, a coach, a cart of balls and a full court



## Hand-to-Hand Combat

**Purpose:** To instill a defensive culture and understanding that more range and opportunities are opened when the first contact is with their hands.

**How it works:** In this six-on-six drill, the score starts at 20-20 with both teams in base defense. A coach initiates play with a down ball, alternating sides every time. If a player takes the first ball overhead with their hands, their teammates are allowed two more contacts to get the ball over. If the first ball is dug, the next contact must be used to put the ball over. The ball is played out with normal rally scoring but throughout the rally, every first contact should be with the hands to permit two more contacts. The game is played to 25, win by two.

**Requirements:** Twelve players, two coaches, two carts of balls and a full court

## Left vs. Left

**Purpose:** To put pressure on hitters to be aggressive and get a first ball kill.

**How it works:** In this six-on-six drill, a coach hits a down ball which must result in a left-side set. A first ball kill earns one point and the next ball. No points are awarded for rallies of any duration, but they are played out to determine who gets the next ball.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Team

## Longest Rally

**Purpose:** To teach players the importance of winning the long, tiring rallies that can often be the turning point within a match.

**How it works:** The longer the rally goes, the more points the winning team can earn. The game is to 50 points; every time the ball crosses the net and stays alive, the amount of points the winning team receives for the rally increases by one. By upping the point amount, this drill emphasizes the importance of winning long rallies.

**Variations:** Based on the skill level of your team, you can choose a different score to play to.

**Requirements:** Twelve players, a cart of balls and a full court

## Make it or Take it

**Purpose:** To improve serve reception and promote first ball-kills.

**How it works:** This fast-paced, multi-skill drill requires a full court and two teams of six. Each side plays for points, but can only score on a first ball-kill. If one team wins a rally but doesn't get the kill, they receive a free ball for an opportunity to score. The first team to get a first ball-kill in each rotation wins.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

**Purpose:** To challenge players to cover a larger amount of court than they normally would and put pressure on the middle and back row attackers to put the ball away.

**How it works:** A team of six is playing a game to five points against a team of four players. The team of four has two back row players, a setter and a middle hitter. The rally is played out normally, with a few exceptions: the server on the team of six must serve to one of the two back row players, and the setter must set either the middle hitter or the back row attacker in left back. Once the mini-game has been won, a new team of four comes onto the court.

**Requirements:** Ten or more players, a cart of balls and a full court

Team

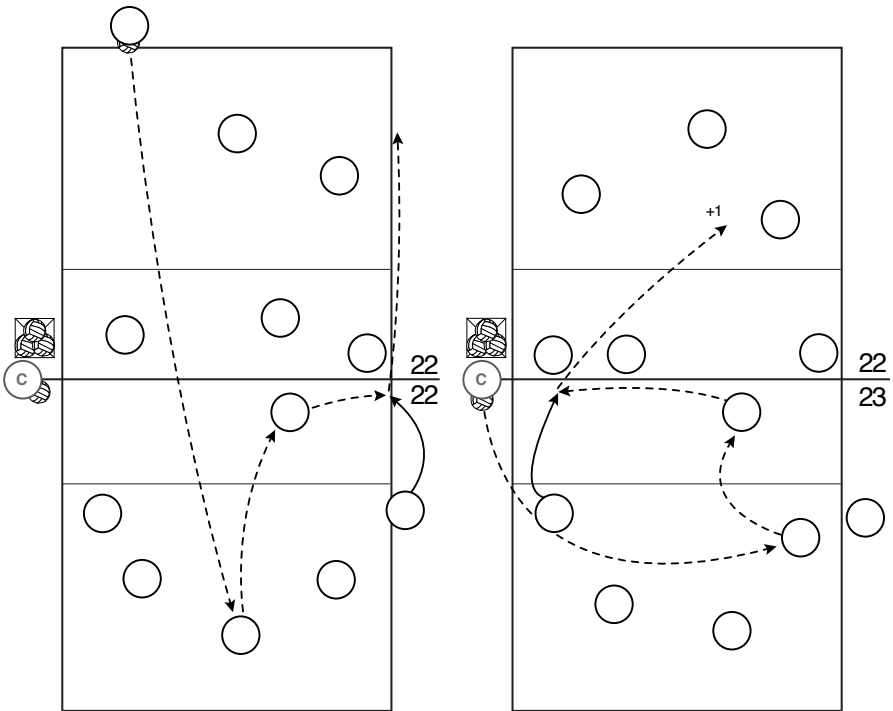
## Middle, Right Wash Drill

**Purpose:** To practice middle and right side kill combinations.

**How it works:** In this fast-paced drill, two teams of six face off against each other on the full court. Starting at 22-22, each side battles to earn 3 BIG points. A BIG point is awarded when middle or right outside hitters score two kills in a row. Errors and blocks count as a point for the other side, and the first team to 25 wins.

**Variations:** If it's not possible to set the middle or outside hitters, the setter can set pipe or left side. In this case, the attacker must hit  $\frac{3}{4}$  speed and send the ball to either zone 5 or 6 to avoid disrupting the drill.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

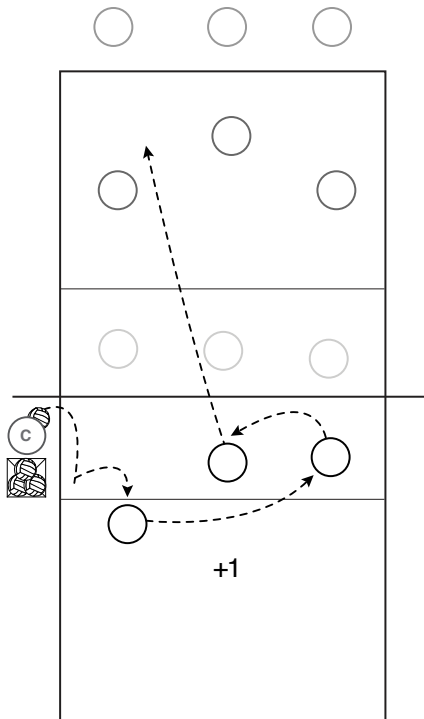


Team  
**One-Sided Scoring**

**Purpose:** To train the ability to score points even if playing against six players as a team of three.

**How it works:** This three-on-six wave drill starts with a group of three on one side and two groups of three on the other side (with extra groups of three waiting to wave on). A coach enters a ball and the teams play it out, but only the three-player side can score. If they win the rally, they receive a point and wave off. However, if they lose, they lose a point and all three groups remain to compete in the next rally. The drill continues with each group of three waving to the side where they can earn points. Each team tracks their own score and whichever group of three has the most points at the end of the drill is declared the winner.

**Requirements:** 9-15 players, a cart of balls, a coach and a full court



Team

## **Out-of-System Drill**

**Purpose:** To make your team comfortable with playing out-of-system balls where the setter is taken out of the equation.

**How it works:** One coach on each side initiates a hard-driven ball to the setter in right back. This creates an out-of-system ball that has taken the setter out of commission. That team now must figure out another option for putting the ball away. Different options include: The middle hitter swinging at the second ball, the middle hitter setting either of the two remaining hitters, the middle or left back players stepping in and setting, etc. Play a game to ten points and then rotate.

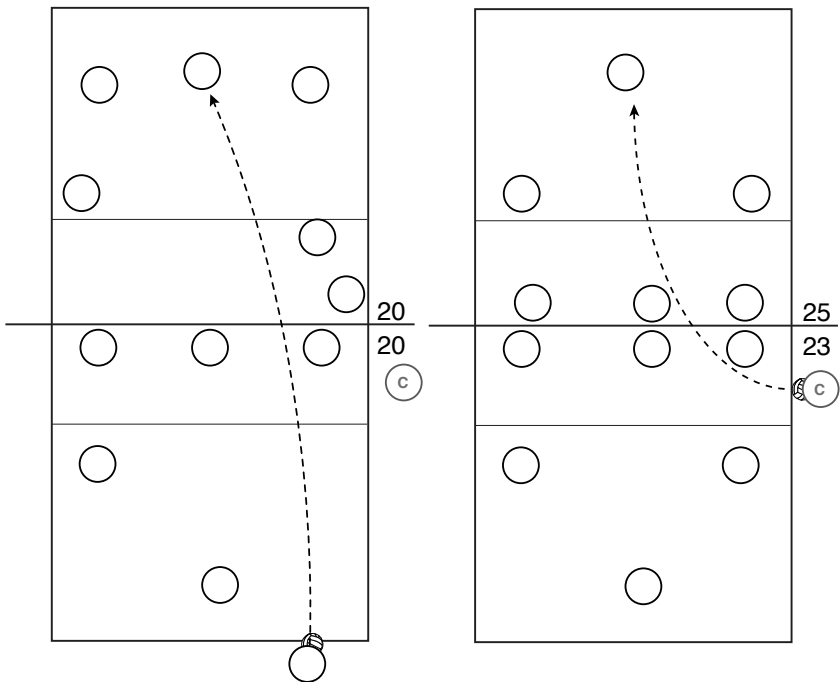
**Requirements:** Twelve players, a cart of balls, a full court and two coaches

## Refuse to Lose

**Purpose:** To help teams learn how to be successful in end-of-game situations.

**How it works:** Players set up in a 6 vs. 6 format. In order to decide who gets the first serve, the coach begins play with a joust between two players at the net. The winner of the rally then wins the serve to begin a game to 25, win by two, starting with a score of 20-20. Normal play continues until one team wins the set. The losing team then has a chance to “refuse to lose.” The coach enters a ball into the winning side and they must get a first ball kill to end the game. If they are successful, they win the game. If not, they get minus two points and the game continues until one team gets to 25 or wins by two. The game ends when one team successfully wins the set and finishes the first ball kill.

**Requirements:** Twelve players, a coach, a ball, and a full court



Team

## Rotation Race

**Purpose:** To work on sharp passing and aggressive attacking.

**How it works:** In this six-on-six drill, the winner of each rally receives the next serve and can only rotate if they're able to use good decision-making skills to get a first ball kill. Whichever team "races" through all six rotations first wins.

**Variations:** Force one side to get two first ball kills before they can rotate.

**Requirements:** Twelve players, a cart of balls and a full court

## Rules Drill

**Purpose:** To help teams communicate with one another as well as identify what their opponent is doing during a rally.

**How it works:** Have players set up in a 3 vs. 3 back court scenario. Begin by giving both teams a single rule to follow. For example, if the left back attacks the ball, the opposing side must set whoever dug the ball. Begin play with alternating free balls. For the next progression add in another rule. For example, if the middle back attacks, the opposing middle back must release and take the second ball on their side. Continue progressing and adding more rules, forcing players to process what their opponent is doing as well as communicating to their own teammates what rules need to be followed.

**Variations:** To ensure the entire team is processing and paying attention, have sides switch in with three new players each time they send the ball over the net.

**Requirements:** Six players, a coach, a ball and a full court

**Purpose:** To help players realize the importance of the score, no matter how many distractions mid-game play creates.

**How it works:** Two full teams take the court. Each team has five orange cones on their respective sidelines, which signify points. (The physical presence of the bright orange cones creates a more immediate and tangible loss or gain of points.) Whichever team wins the first point receives a free ball. If they win the free ball rally, they get one of the other team's cones (which is retrieved by one of the winning team members). If they don't win the free ball, that point is a wash. The team who has no cones left loses.

**Requirements:** Twelve players, 10 orange cones, a cart of balls and a full court

## **Secret Squirrel**

**Purpose:** To incorporate fun and strategy into competitive six-on-six play.

**How it works:** In this six-on-six drill, teams race to complete a set of three tasks (e.g., stuff block, combination play, setter dump). The coach initiates play with a down ball and continues to alternate down balls until one team completes their tasks. Neither team knows what the other team must accomplish. But as the drill progresses, an attentive squad can determine what their opponents are attempting and defend accordingly. To assign these secret tasks, the coach can either verbally indicate the assignment or have teams draw from a customized deck of task cards.

**Variations:** A coach can vary the required tasks depending on the needs of the team, or assign tasks at random using task cards.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

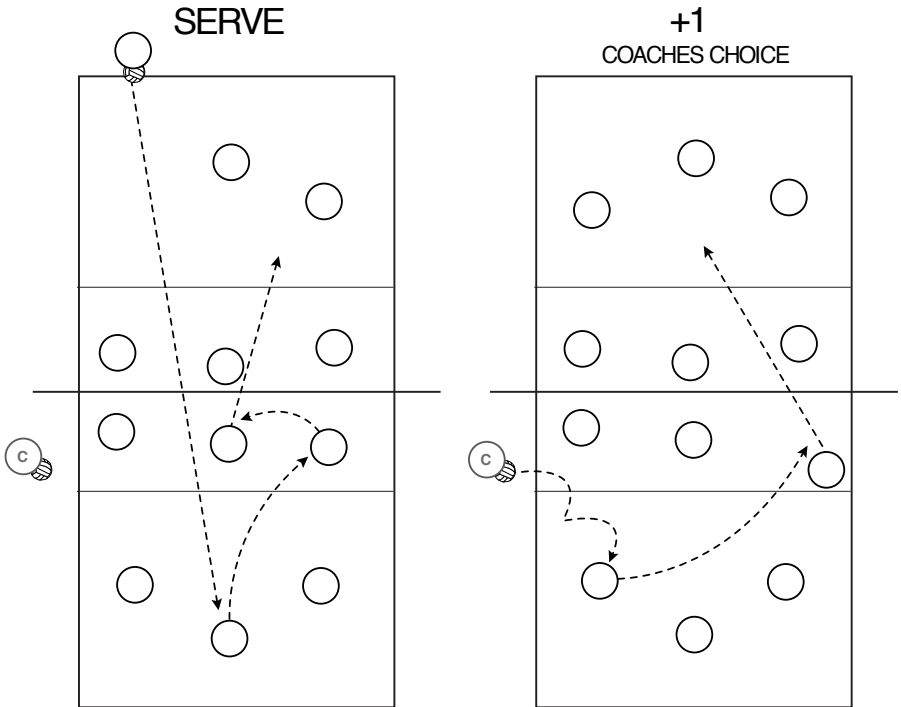
Team

## Serve Plus One

**Purpose:** To add extra touches in each rotation without losing the flow of a traditional game.

**How it works:** In this 6 vs. 6 drill, teams line up in any rotation and take turns receiving two balls: a serve and a coach-initiated ball. After each team has had two serve plus one opportunities, they rotate. The coach-initiated ball should put teams in position to hone whatever skill you wish to train.

**Requirements:** Twelve players, a coach, a cart of balls and a full court



## Six-Inning Drill

**Purpose:** To focus on various skills using an atypical game approach.

**How it works:** In a baseball game, one team pitches while the other tries to score as many runs as possible. This competitive 6 vs. 6 drill replicates that basic structure by having one player serve until her team gets three side-outs. During that same “half-inning,” the opposing side tries to score as many points as possible. Neither side rotates until each has had an opportunity to serve. Tally the score at the end of each of these half-innings.

**Requirements:** Twelve players, a scoreboard, a cart of balls and a full court

## The Perfect Pass

**Purpose:** To encourage perfect passes.

**How it works:** Two teams of six set up on a full court with team A serving, team B receiving, and a coach scoring the quality of the passes for the entire game. Play ensues like a normal game-type situation. If team B passes a “3”—a perfect pass—they are qualified to earn a point if they win the rally. If they don’t execute a perfect pass, it becomes a “wash” and no point is awarded, even with a rally win. To win the game, team B must earn four points. In a two-hitter rotation, each hitter must earn one point with a kill. The team must also win points from a setter dump or back row attack, and a wild card play in which anyone may score. In a 3-hitter rotation, all three hitters contribute a point along with a wild card point from any player. In addition, team A can earn points for a stuff block. Hitting or service errors result in a free ball to the other team. This is a great drill to run if you want to improve your team’s serve receive or work on a problem rotation.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Team

## Three Before Two

**Purpose:** To work on sharp passing and aggressive attacking.

**How it works:** In this six-on-six drill, the goal is for the receiving team to get three side-outs before the serving team gets two stops. If the receiving team gets three side-outs first, they rotate and receive in the next rotation. If the serving team gets two stops, they become the receiving team and fight to get three side-outs. Whichever team “races” through all six rotations first wins.

**Variations:** Force the receiving side to get the three side-outs in a row before they can rotate.

**Requirements:** Twelve players, a cart of balls and a full court

## Three, Two, One Drill

**Purpose:** To put emphasis on first ball kills and develop a must-stop defensive mindset to prevent first ball kills from happening.

**How it works:** This six-on-six drill is scored differently to emphasize the importance of getting a first ball kill or—from a defensive perspective—stopping a first ball kill. To start, chip in a ball and the rally winner gets the next chipped-in ball. If the side-out team gets a first ball kill, they receive three points. If the defensive side stops the first ball kill and gets a transition kill, they receive two points. If neither team accomplishes their goal, one point is awarded to whichever team finally wins the rally.

**Variations:** If running this drill on the day before a competition, you can limit long rallies by calling a ball dead if no one gets the first ball kill, a kill from the defensive side or the next ball over the net. You can also add a level of intensity by having teams serve the ball to start each rally.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## Tie Breaker Reset

**Purpose:** To develop strategies and train tactics for success in short, tie breaker sets.

**How it works:** This six-on-six drill starts with a serve played out with normal rotations and point scoring. The score in this short game goes to 15, however, the advantage can change quickly as hitting errors before reaching five points reset the score to zero. The consequence for the team committing the error is to run before returning to the court for the next serve. To ensure competitive serving, add a tally mark on a white board for any serve that results in a perfect pass. If a team receives a tally three serves in a row, that team's score goes to zero.

**Variations:** You can use this drill with starters competing against non-starters. If the starters' side loses before getting to 15, a player from the non-starter side can replace a starter.

**Requirements:** Twelve players, a white board, a coach, a cart of balls and a full court

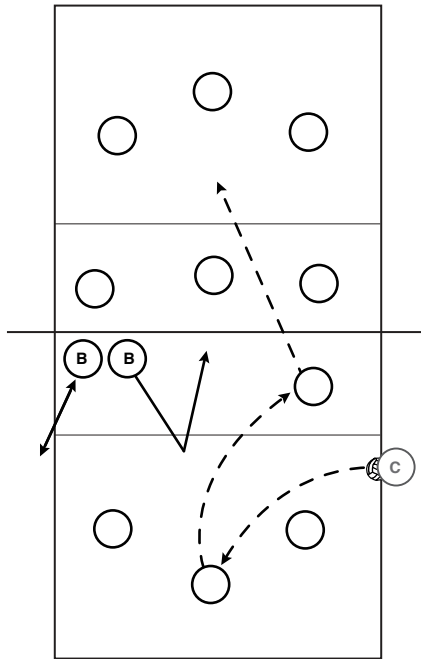
Team

## Unpredictable Ball Drill

**Purpose:** To help teams improve on playing unpredictable balls and keeping the rally alive.

**How it works:** Teams set up in a 6 vs. 6 format. The coach initiates each rally with an “unpredictable ball,” and he or she should alternate sides each rally. The coach’s ball simulates the first contact, leaving the team two remaining contacts on their side. Whoever wins the rally receives the point. If the team who receives the “unpredictable ball” is able to immediately get a kill, they receive plus two points. Play until 25, win by two.

**Requirements:** Twelve players, a ball and a full court



# **Wash Drills**

Wash

### 3.0 Drill

**Purpose:** To work on keeping your team in-system with good passing.

**How it works:** Set up in a 6 vs. 6 format with one side always in serve receive and the other always serving. The serving side scores a point for any rally they win. The serve receive side can only score a point if their initial pass is a “3” (perfect pass) and they win the rally. If the serve receive side does not get a “3” pass but wins the rally, the play is a wash. The first team to five is the winner.

**Variations:** Depending on what your team needs to work on, have the serve receive side rotate after they score a point, or remain in one rotation for the entirety of the game.

**Requirements:** Twelve players, a ball and a full court

### Big Point, Little Point

**Purpose:** To show players the importance of not giving up two points in a row during games.

**How it works:** Set up with twelve players of six on each side of the court. The receiving team must get three side-outs in a row before the serving team earns two points in a row. Whichever team earns their required number of little points wins a BIG point. After every BIG point is scored, each team rotates one rotation. The serving team becomes the receiving team after each BIG point is scored, and vice versa.

**Requirements:** Twelve players, a cart of balls and a full court

## Wash **Big Three**

**Purpose:** To practice playing under pressure by simulating an “end of game” situation where players must concentrate on all aspects of the game.

**How it works:** Start with two full teams and a score of 22-22. One team initiates the point by serving the ball and the rally is played out normally. If that team wins the point, the score is now 23-22. If they win another, they are up 24-22. If the opposing side wins a point, the score resets and they are now up 23-22. What makes this so challenging? One team must win three points in a row to win the game. Additionally, a server can only serve once; even if their side wins the rally, they must rotate.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## **Execution**

**Purpose:** To help teams focus on winning consecutive points as well as securing the fifth set in a pressure situation.

**How it works:** For this 6 vs. 6 drill, the coach enters a free ball and the rally is played out. The winning side then receives the next free ball. The first side to win three rallies in a row wins the opportunity to serve in order to win the “5th set.” The serve side has a 15-14 advantage, and, if they win the rally, they win a BIG point and both sides rotate. If the receiving side wins the rally, that round is a wash and both sides rotate. Play until one team reaches the desired number of BIG points.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Wash

## Real Point

**Purpose:** To put the starting lineup under pressure on serve receive and challenge them to earn a “real” point after getting a side-out.

**How it works:** Set up 6 vs. 6 with your starting lineup on one side. The score starts at 22-22. If the serving team (the second lineup) wins the point, they earn a normal point and the score becomes 23-22. However, if the receiving team wins the first point they must then earn a second point off a free ball initiated by the coach in order to earn a point. If the receiving team wins the first side-out but fails to win a point off of their serve, that rally is a wash. Play to 25.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## Three-in-a-Row

**Purpose:** To mix continuous play with match point pressure.

**How it works:** This six-on-six drill has each team trying to earn six BIG points, one in each rotation. To earn a BIG point, a team must win three rallies in a row plus a bonus ball. The bonus ball replicates match point. Rally points begin with a chipped-in ball, but the bonus point is served by the team trying to earn it. If that same team wins the bonus ball, they get one BIG point and rotate. If a team loses a rally, they rotate and start over, working to get three rallies in a row. BIG points don't reset to zero.

**Variations:** You can also start the drill with a dig down the line instead of a ball chipped in by a coach.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## USA Transition

**Purpose:** To train quick transitions with free balls then change the speed by getting a side-out point.

**How it works:** To start this six-on-six drill, a coach tosses a free ball. The rally winner gets one point and the next free ball. When one team wins three straight points, they earn the opportunity to win a BIG point by siding out. Teams rotate whenever one of these BIG points is earned. Play continues to three or five points as time permits.

**Variations:** When a coach is working with teams of varying abilities, the stronger side can receive one free ball, one hard-driven ball and a ball that must be chased down instead of three free balls.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## Validation

**Purpose:** To emphasize the importance of executing the right play at the right time for the greatest possible impact.

**How it works:** This six-on-six drill is based on a normal volleyball rally that starts with one side serving. What differentiates this drill is that the rally winner only gets to keep the point if they also complete the validation point, a free ball that's won by whatever method the coach determines. If the emphasis of the drill is out-of-system high ball hitting, for example, the free ball is tossed in and a non-setter must set an out-of-system high ball. If they win that rally also, they score the point. If they don't, no point is awarded and the next rally begins. Rotating and serving continues based on the rally while scoring is based entirely on the outcome of the validation point.

**Variations:** The validation point can be whatever the coach wants to work on.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

Wash

## **Vegas: Winner Takes All**

**Purpose:** To instill game-like intensity by changing how each game ends.

**How it works:** This six-on-six competitive drill features several mini-games played to an odd number of points (e.g. five). Play, score and rotate normally until one team gets one point away from winning one of the mini-games. This team then decides whether they serve or receive the next “winner take all” ball. Whoever wins that next ball gets to keep whatever points they’ve earned in that mini-game while the loser scores zero. Play as many of these mini-games as time permits. This scoring twist adds pressure, replicating inevitable match scenarios where it’s essential to succeed on must-win points.

**Requirements:** Twelve players, a cart of balls and a full court

## **W-I-N Drill**

**Purpose:** To train decision-making and consistent execution in a game-like setting.

**How it works:** Teams line up in six-on-six format. To score a BIG point, one team must win three consecutive rallies. The coach initiates play with a down ball. Whichever team wins that rally earns a “W” and receives the next down ball. If the same team wins the next rally, they earn an “I” and receive the next down ball. If the same team wins the next rally, they earn an “N” and score a BIG point. Any time a team wins one rally then loses the next, that team loses all their letters while the other team earns a W and receives the next down ball. Play continues until a set number of BIG points has been reached.

**Variations:** You can start play with a free ball or initiate the “N” ball toward the setter to train out-of-system execution.

**Requirements:** Twelve players, a coach, a cart of balls and a full court

## You the Man

**Purpose:** To challenge hitters and train them to deal with pressure.

**How it works:** This drill begins with two teams of six on the court and the score at 22-22. Team A receives two consecutive free balls lobbed at them by a coach. On the first ball, team A can play out the ball any way they like. On the second ball, a player designated by the coach—"the man"—must get the kill. If team A wins both balls, they earn a BIG point. If not, it's a wash and team B earns the chance to win a BIG point.

**Variations:** You can designate different people to be "the man" during the drill or have the same person play that role for the entire game.

**Requirements:** Twelve players, a coach, a cart of balls and a full court





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