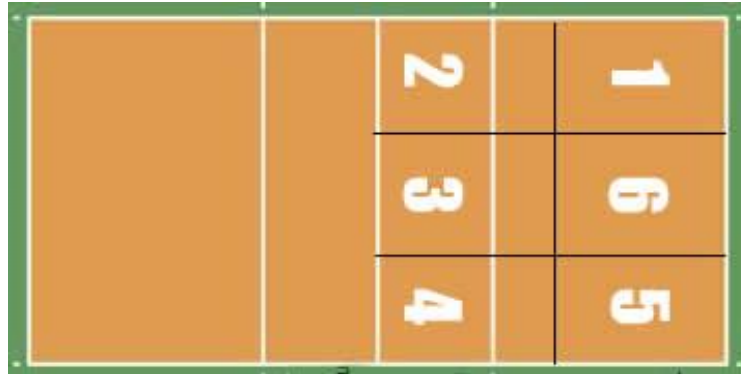


VOLLEYBALL DRILLS & TIPS



Volleyball knowledge: This diagram shows the positions on the volleyball court. During a game the players will rotate clock-wise.

- #1 spot is the serving location
- #5 & #6 spots are the back row spots on the court. These positions are furthest away from the net.
- #2, #3, #4 spots are in the front-row of the court and these are the hitters and the setter locations. The setter is always in #2 position and she should receive the passes in this location (target spot).

Beginning of the Year Practices:

Work with all players on technique of basic skills: passing, setting, and serving. Try to get all players to complete these skills consistently. Introduce hitting to your players if they are ready for it. Show them the spiking/hitting approach (See bottom of page). Try to get players to have at least 3 hits before sending the ball to the other side. (3 bumps are fine early in the year)

Middle of Year Practices:

Add movement to basic skill drills. Make players move when trying to pass or set the ball. Try to have players accomplish 3 hits (bump, set, spike) before returning the ball to the opponent's side. Work on completing skills to the exact location they are intended to go to. Example: Passes are to do to the setter's spot (between spot 2 & 3 along net, see diagram above for help)

End of the Year Practices:

Players should be able to perform all the skills consistently. In practices, do drills that allow the players to compete against each other to help them gain experience on the court. Example drills:

- 1) Queen of the court: 3 players on each side of the court and coach tosses a ball to one side. The players on each side of the court are trying to play out the ball and win the point. Once the ball hits the floor or the team hits

- the ball out of bounds, a point is awarded to the winning team and the losing team is replaced with a new group of players.
- 2) Tip drill: The drill is the same set-up as “Queen of the court” but players are only allowed to “tip” the ball over the net. No bumping is allowed to be awarded a point.

PASSING:

Technique:

- Correct passing form- (hands in cup or hands/fingers crossed over each other)
- Player’s platform (area on forearm to contact the ball) should be flat
- Player butt should be low and not in the air
- Feet should be shoulder width apart and feet should be balanced
- Passing drills should progress from drill #1 to #4 once players understand how to pass off forearm



Shows correct hand placement→

<http://brittkaufmann.blogspot.com/search?q=volleyball+passing+technique>

Sample Passing Drills:

- 1) Player kneels on ground and a partner/coach toss balls to pass
- 2) Have partner toss to one player straight on and work on form to pass back
- 3) Tosses are side to side to partner (person passing), make player shuffle from side to side
- 4) Make a passing drill a competition and divide team into 2 groups seeing who can get the most passes to the target in a set amount of time.

Once players are comfortable with moving side to side while being able to pass have the players try to pass to a target while coach is throwing the ball over the net (This is the most advanced passing drill, trying to get players to pass directly to the target/setter spot on the floor.)

If the players on your team are more advanced and are able to pass consistently to the target spot off of a toss, try to get the players to pass a served ball to the target spot. If players can not serve to a certain spot (which is most likely the case) have the coach or players over-hand throw the ball to the passer.

SETTING:

Technique: (See Diagram at bottom)

- Only finger tips should be used when setting a ball
- Wait for ball with hands 4 to 6 inches above forehead.
- Thumbs and index fingers form a triangle through which you can see ball (triangular window).
- Hands should be up at face once the player has moved to the ball
- Rest of hands form the shape of a ball
- Use legs when setting the ball to get the ball to travel further in the air
- One has to contact the ball evenly with both hands, or the set will be illegal
- The ball should NEVER rest in a player's hands while setting the ball
- Players should be using the Left, Right footwork when contacting the ball to set

Sample Setting Drills:

- 1) Have players set against wall every practice to get to use hand position in setting. Start a player standing about one foot away from the wall and setting the ball against wall a few blocks above the player's head and then progressively have the player set higher and higher. Once players can easily set ball against wall, have players move a few feet away from wall and try to keep the ball in the air with correct setting form.
- 2) Have players set back & forth to each other off of a toss. It might be hard for kids to toss to each other, so a coach might have to start the year tossing to the players. Players should be bending their legs each and every time they contact the ball to set it.
 - a. You can have the player that is setting the ball sitting on her knees that way she can just worry about using her hands and it might make the skill easier.
 - b. Having players set with partners over the net will also help players to learn how to get the set into the air. Have one player toss the ball over the set for the other player to set back. Once players can set the ball consistently back and forth over the net, have the players set back and forth to each other over the net. Challenge the team to see who can get the most sets without the ball dropping.
- 3) Coach toss the ball to player/setter while standing in the setter location (next to the net between spots 2 & 3- see diagram below) and try to set the ball to hitting locations on the court (Outside/Middle/ Right side) The right side set would be a set behind the head and usually only advanced setters will be able to perform this set at this age level.

- 4) Have players walk up and down the court while setting the ball with their hands. Tell players to concentrate on getting the ball into the air every time when setting it.



SERVING:

There are three different basic types of serves a player can use in volleyball: underhand serve, overhand serve, and jump serve.

Underhand Serve:

The most basic serve is the under-hand serve. To do this a player needs to hit the ball out of their hand. It is important for the server not to toss the ball and then try to contact it when serving. The serving arm should swing straight through the ball with a closed fist, while the ball is resting in the other hand's palm. The flat part of the closed fist should contact the volleyball. This is the beginning serve in volleyball and a player shouldn't move onto the overhand serve until this is completed consistently.

Overhand Serve:

First a player needs to stand shoulder width apart and the most important part of the serve is the toss of the ball. See diagram below for sequence of overhand serve.

Toss- the ball needs to be tossed above the player's head and on the serving hand's side. The toss needs to be consistently above one's head to perform this type of serve. One can toss the ball with 2 hands or 1 hand for serving.

- 1) One-hand toss: This is harder to accomplish because a player needs to be able to balance the ball and get a good toss every time to get the serve over.

- 2) Two-handed toss: This toss is done with the non-serving hand on the bottom and the serving hand on the top of the ball. The player needs to release the ball so the player has enough time to contact the ball.
- A good toss is about two feet in the air above one's serving arm.
 - As you toss the ball, bring your serving hand up and back so that your palm is now facing the net and your forearm is perpendicular to the floor.
 - Step straight forward with your left foot and as you swing your arm, bring your hips around until they are square to the net to get a little more power.
 - Keep your eye on the ball and strike it just above and in front of your head with the palm of your hand. When you contact the ball make sure to spread your fingers, keep your hand and wrist stiff and strike the middle of the back of the ball solidly.

Once a player can consistently get an overhand serve over the net, try to get the player to serve to certain spots on the court. (Refer to diagram above for certain positions on the court)



Jump Serve: This is the most difficult serve and no players in this league for the most part will be able to perform this serve. A player would accomplish this serve by tossing the ball in the air and then contacting the ball while in the air.

Sample Serving Drills:

- 1) "Dead Fish Game"- Split the team in half, each group on opposite sides of the net. Both teams serve the ball and once a player misses a serve, they must lay down on the opposite side they are serving from. For the player to get-up from laying down her teammate must hit her on a serve. The first team to not have any players left serving (all the girls are on the floor) loses.
- 2) Spot serving: Have players serve to certain spots on the floor, see which player can get the most spots consistently.

ATTACKING/SPIKING:

Spike Approach:

The correct footwork is left, right left for a right-handed player. (Right, left, right for a left-handed player).

- The first step is the largest step but the player should be balanced.
- The next two steps are quick steps almost together with a jump at the end.
- For the arms when taking a hitting approach, should start next to the player's side on the first step and then should be swung backwards to complete the right, left steps. The swinging back of the arms will give the player momentum to jump. The player should be starting their spike approach from around the 10 foot line on the volleyball court. (See top diagram for spike approach form).

