

## **2018 Nebraska High School Coaches Clinic**

Training Defense and Serve Receive: Individually and Team  
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### **Training Movement-Defense**

- Wrestling
- Drop & Drive: Base Release
- Floor Moves: They don't dig the ball for you, they control the dig
  - collapse
  - dig and roll
  - sprawl
  - under net dig
- Everyone's body is different

### **Team/ Group Defense Training**

- 10-ball: everyone plays every position, everyone makes all angles
- China: conditioning, communication, emergency moves
- Parallel Lines: Communication is key, everyone plays every position
- Line dig-overhead
- Wing man

### **Training Movement-Serve Receive**

- wide base
- Posture-this is NOT defense
- angles-lead with your shoulders
  
- Star Drill
- Left-Right-Center
- Drop Step

### **Team Serve Receive Training**

- Seams
- Competition between servers and passers
- 2 person serve receive v 3 person serve receive
- invest in a ball machine?