



Our Favorite Drills



Before we begin..

- **VIDEO**
 - **Provide your players with a video opportunity at least once a week**
 - No excuses with the technology and software available
- **Key words and phrases should be used in all drills**
- **Some drills are player favorites, some are mine 😊**

Wall Setting

- **Progression**
 - **Drill setup**
 - Use a dot
 - **Standing**
 - **Side to Side**
 - **Jump Set**
- **Keys/benefits**
 - **Contact Point**
 - **Hips squared to partner on contact**
 - **Balance at contact**
 - **Accuracy for both partners on forward set**

Coach-Call Setting

- **Progression**
 - **Drill setup**
 - Importance of a specific target...even for high sets
 - **Coach toss/pass**
 - Coaches **MOVE!!**
 - **Dig ball**
 - **Self-dig**
 - **Change targets**
- **Keys/benefits**
 - **Contact point**
 - **Balance at contact**
 - **Moving towards setters deciding late and reading middle**
 - **Accuracy**

Under the Net Volleyball

- **Drill Setup**
 - **Regular volleyball except ball is hit under the net**
 - **One bounce**
 - **Block with your backside**
- **Keys/benefits**
 - **Fun**
 - **Low impact**
 - **Vision**
 - Hitters see the block
 - Defense gets out from behind the block
 - **Comfort and creativity in attacking**
 - Helps players with contact point awareness and overhand ball control
 - **Must play more than once!**

Burn 123

- **Drill Setup**
 - **4 on 4**
 - **Play initiated by free ball from coach**
 - Coaches, keep it **MOVING**
 - **Both teams rotate on every dead ball**
 - **Unlock skills by scoring points**
 - Bumping only to 5, add setting to 10, downball to 15 Back row attack to 20, live to 25
 - Coaches adjust skills and scoring as you see fit
- **Keys/benefits**
 - **Skills in multiple situations**
 - Platform awareness, hands must be clean
 - **Work on our defensive transitions**
 - **Conditioning when done well**
 - **Move on to the next ball**
 - **Decision making and situational awareness**
 - **FUN!**

Burn 456

- **Drill setup**
 - **6 on 6**
 - **Play is initiated by coach free ball**
 - **Example scoring**
 - Tip to 6
 - Middles hit to 12
 - Back row attacks to 18
 - Live to 25
 - **Rotate by position**
- **Keys/Benefits**
 - **Conditioning**
 - **Game-like reps**
 - **Can work on game plan or offensive patterns**

Marbles

- **Drill Setup**
 - **Need a good quantity of vb's**
 - **Need teammates to retrieve balls**
 - **Player starts in the middle of the court**
 - **Coach rolls balls from the net the player must touch before they reach out of bounds**
 - **Player needs must touch ball before it gets to the sideline**
 - **Player needs 10 touches in a row to get (can adjust)**
- **Keys**
 - **Hustle and conditioning**
 - **Great first steps**
 - **Floor moves**
 - **Touch ball with outside hand**

Coach and Middle

- **Drill setup**
 - **Ideal for situations when you're working with middles and no setters and want to work on attacking**
 - **Coach needs a cart with 10 balls**
 - **Target dot for transition in the middle of the court just behind the 3m line.**
 - **Coach taps middle on shoulder**
 - Middle makes block move in that direction
 - Transitions to dot
 - Approaches and hits off of coach
 - Coach can speed up transition by slapping earlier
 - Depending on your tossing ability, can run different sets
- **Keys/Benefits**
 - **Work on transition footwork in a controlled situation**
 - **Conditioning**
 - **Work on:**
 - First step in the block move
 - First step in transition – towards dot!
 - Toughness

Tempo Ball Control

- **Drill setup/progression**
 - **Ball and partner on opposite sides of the net at the 3m line**
 - **Tempos:**
 - 4 – above the height of the antenna
 - 3 – right at antenna tip
 - 2 – middle of antenna
 - 1 – right over tape
 - **Coach gives 2 numbers**
 - 1st number is temp of pass to self
 - 2nd is temp of pass over net to partner
 - Partners “grade” each others’ contacts
 - **Add 90 & 180 degree turns**
 - **Switch to setting**
- **Keys/benefits**
 - **Platform feel**
 - **Setting feel**
 - **Habit of evaluating ball early**
 - **Quick feet on turns**

Cover Pepper

- **Drill setup**
 - **Ball stays on one side of the net**
 - **Hitters standing on each pin (can have two hitters on each pin)**
 - **Setter in normal offset spot**
 - **Two defenders in zone 1 OR 5**
 - **Hitter initiates with downball**
 - **Defender digs straight up**
 - **Other defender sets to setter**
 - **Setter sets to either pin**
 - **Defenders pursue set to cover**
 - **Pin player tips set**
 - **Defenders cover the ball back to the setter**
 - **Defenders sprint back to zone they started in (1 OR 5)**
 - **Hitter hits at them**
 - **Continue for reps or time**
 - **We usually go 2 minutes**

Cover Pepper (continued)

- **Keys/Benefits**

- **Defenders work on digging up**
- **Everyone sets**
- **Habit of covering a settable ball**
- **Conditioning**
- **Attackers working on overhead ball control**
- **Defenders must have feet stopped on contact**
- **Defenders must wait for the setter to set to spring to cover (no guessing)**

Celine

- **Drill Setup**
 - **Two passers mid court with line behind them (off the court behind end line)**
 - **Hitter on each pin**
 - **Blocker on each pin on opposite side**
 - Can add blocker in middle to work on double blocking and hitting against double block
 - **Serving line**
 - **Ball initiated by server**
 - Passers pass straight up
 - Non-passer sets ball to pin
 - Both players cover
 - Hitter attacks against the blocker
 - Player that set stays, passer follows the ball
 - Hitter goes under net to become blocker
 - Blocker retrieves ball and heads to serving line
 - Server jogs to other side to get in passing line

Celine (continued)

- **Keys/Benefits**
 - **Early call from passers**
 - **Hitters call for the ball**
 - **Everyone sets**
 - **Hitters hitting ball from behind them**
 - **Rhythm drill**
 - **Working many skills**
 - **Coach the blockers' eyes**

Two Touch

- **Drill setup**
 - **Competitive 2 on 2 game**
 - **Two lines on both end lines**
 - **First two people in each line step out into court**
 - **Coach enters ball to one side**
 - **The two players have to use two touches and ONLY two touches to play ball back over**
 - **Team that wins the ball stays, losers go to end of the line**
 - **Next two people step on**
- **Keys/Benefits**
 - **Defensive reading and dig accuracy**
 - **Court awareness**
 - **Attacking out of system**
 - **Hustle**
 - **Fun**

Chan

- **Drill Setup**
 - **Ball and partner and 4 lines or dots**
 - **One partner always passes from one dot/line to the other**
 - From short to deep or deep to short
 - **Go continuous for time**
 - 1-2 minutes
 - **After first time, switch roles**
 - Example – if you were passing from deep to short, you will now pass from short to deep (and your partner vice versa)
 - **Can do setting as well**
- **Keys/Benefits**
 - **Platform feel**
 - **Moving with balance**
 - **Conditioning**
 - **Team work and communication**
 - **Players must be specific about their target**
 - **Players must move in a stance and keep their weight over their feet**