

Fast Paced Practice

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Overall Practice objectives:

1. Have fun! No one is getting better if they aren't having fun.
2. Ball control is key to being an effective team.
3. Condition within a drill
4. Pace is important-we can do a lot in less time if we are efficient.
5. Purpose-every thing we do has a purpose
6. Versatility-the best players are the one's who can do it all.....our goal for our players is that they will be that type of player.

Drills:

1. **Butterfly No Touch:** 10 two hand, 10 one hand, 10 down ball (jump) from LB, MB, RB. If the ball touches the floor they start over-sense of urgency. You can time them if necessary!
2. **Hyperventilate**-3 ppl. On the end line, 3 ppl. there with them as taggers: one target. Coach will throw the ball over the net making it hard to get there. They will pass a ball and run back and tag there partners hand on the end line. Another ball will be coming quickly. The goal is 10.
3. **12=50:** The kids have 12 free/down balls to get 50 pass, set, hit combos. They can neutral the ball i.e. free ball a bad set instead of forcing a hit. A neutral does not count against them. Everything is in play during this drill; I call this a cooperative drill. Change the goal to 12=30 if 50 is not possible.
4. **25 Contact Drill:** Set it up so that you have a setter on each side of the net, a left front, a left back and a middle back. Rotate in from the middle back. Start the drill with a free ball, every contact counts for one. Left Front is control hitting a cross-court attack to the middle or left side of the court. This is a control drill. 25 is the goal before you rotate. You can also rotate on every ball to keep them moving.
5. **7 Minute Pass:** Three passers, a setter and a hitter. 3 blockers on the opposite side. Everyone else is serving. Your primary passers and setter have 7 minutes to get all of your hitters out of the drill before the time runs out. Each hitter needs 3 good kills. Coach determines what would score.
6. **Hitter Heck**-3 or 4 Hitters on one side of the net with a tosser; 6 people on the other side in defense. The hitters are working against the defense. Each time they hit, they have to run back to the end line and touch the line, then get back in the hitting lines and keep going. They need 10 good kills as a group to get out of the drill. If they get blocked or make a hitting error they go back to zero. There are many variations of this drill I will attempt to demonstrate all of them.
7. **Baseball:** One side starts with the serve, they are trying to get "outs." If the other side wins the serve, they get free balls or "runs" until the serving team gets a "stop." Each free ball the receiving side wins results in a "run." The serving team needs 3 outs to get a chance to make runs. Once the serving side has 3 outs, the receiving side becomes the

serving side and the roles reverse. Do NOT rotate until both sides have had a chance to serve and receive in each rotation.

8. **OWD**: One side serves 5 serves and the receiving side receives 5 free balls (one after each serve). Coach keeps score on the sideline of who wins what ball. There are 3 categories "O" for offense, "w" for Wash (meaning both sides win one of the balls) and "D" for defense. The score will tell you how well your team side outs and point scores. The "Offensive team" is the team receiving/getting free balls. If the receiving side wins both balls they get a point in the "O" Category. If they only win one ball the point goes in the "W" category. If they lose both balls, the point goes in the "D" category and the defense gets 20 points. The offensive (receiving) team gets 20 points for any marks in the "O" category, and 10 points for any marks in "W" The Defensive team (serving team) "D" gets 20 points for any marks in their section. The total score should equal 100.