

My Favorite Drills

- 1 - Connect 4: Use a Connect Four game as a scoring method for any game like drill. For example, we often require our team to score two points in a row to put a game piece in. Or, we only allow our team to put a piece in off an OH kill. This is a fast paced game, and the next ball is going in immediately, while the player puts a game piece in. This often requires a team to play short handed and out of system. Who you have put in the game piece is up to you.
- 2 - Capture the Cones: In this 6-6 drill, each team starts out with 5 cones on their endline. If Team A wins a point, they can go steal one of Team B's cones and put it on their endline. Again, this is a fast paced drill that continues while a player is stealing a cone. The first team to have all 10 cones wins. Change the number of cones as you see fit!
- 3 - Hitter vs. Passers: This is a 2 versus 4 game. On one side is a hitter and a setter. On the other side is the back court defenders and an OH. Coach tosses a ball to setter, who must transition to the net and set the hitter. The other team attempts to dig the attack and score on the two. First team to score five points wins and stays for the next match, which begins immediately. Fatigue becomes a factor for the hitter, as every first ball is going to her side. Even if the Defense wins, the team with 2 players always gets the first ball. This is a hitter's dream drill, but can only be played with plenty of rest opportunity before the next match date.
- 4 - Tennis: This is a 6-6 warm-up game that starts with a free ball. Teams are playing volleyball, but the third contact must go under the net if it is attacked. Only a free ball or overpass may go over the net. We use this as a warm-up game, and often require players to rotate after the ball goes to the other side. Blocking is allowed and encouraged, because everyone has the skill to stand with their back to the net to prevent a ball from passing under!
- 5 - Back Row Vs. Back Row with a Serve: We use setters in this drill, but you don't have to! Team A serves and the serving player comes on to the court. The team that lost the point serves the next ball, and the server replaces the player that made the error. Play for time or points.
- 6 - Wash Drills: Any wash drill can be used to address the specific needs of a team. For example, we use a wash drill where the first team is required to score on a Serve Receive, Free Ball, and defend and score on an attacked ball. All balls are initiated by the 2nd team. 1st team can rotate only if they score all three in a row. 1st team is not allowed to attack and have the ball touch the net.
- 7 - 2v2: This drill is designed to maximize touches, as there are three games on a single regulation court, using extra antennae to mark the courts. In this progressive drill, games are played to five. In the first game, players are only allowed to tip with their right hand on a shortened court (about half length, marked with cones). In the next game, players can only tip with their left hand on a shortened court. In the third game, players are on a full length court and the ball can only be attacked with a standing downball. In game four, hitters can attack with a full approach and jump. With a skinny court, it requires control from the hitters, and communication from the setter to let them know where is open.
- 8 - Wall Cover Drill: In this drill, the team of 6 plays against a wall. Hitters may only tip into or brush the ball into the wall, to simulate a blocked ball. Covering players pass the ball high to allow the offense to transition to get another strong approach. Setter should spread the ball around.

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