

Tuesday, July 24 1:15-2:05 PM

Drills to improve your team's defense and offensive production

After 20+ years coaching, I've identified several key drills that help our club teams and college team find success on both the offensive and defensive side of things. I think these drills prepare the team well for any team we play against, maximizes our efficiency level in the gym, and it exposes players to points-of-emphasis that I find they typically haven't gotten elsewhere. While the concepts of these drills aren't overly unique, I do think these drills can add a lot of value to your team if you aren't doing them already.

- 6-on-6 control drill with variations
 - OHs only
 - MH/RHs only
 - setter dump/BR only
 - OH/MH crossing patterns/setter dump only
 - offense: keys on placement and offensive efficiency
 - defense: (1) reps to defense keying on offensive keys for other team
 - defense: (2) allows coach to truly break down defensive goals/POE
- 6-on-6 tips-and-roll shots to score drill with variations
 - OHs only
 - MH/RHs only
 - setter dump/BR only
 - OH/MH crossing patterns/setter dump only
 - offense: (1) hit spots where other team is weak at coach's identification
 - offense: (2) gives time for players to start seeing the block/defense
 - offense: (3) gives player understanding that hitting hard (only) doesn't equal good offensive production
- 3-on-3 back row control with setter with variations
 - all players cover in front of 10 foot line (non-attacks stay at current number)
 - players must jump on attack behind 10 foot line or back to 0
 - setters must attempt block on each attack
 - players determine switching or not switching to accomplish goal
 - reduce to 2-on-2 back row control (with setter still) with specific zone empty
 - reduce to 1-on-1 back row control (with setter still) with sole zone identified
 - offense: (1) value of clean play; reducing 3-5 points of silly errors
 - defense: (1) communication between defensive players
 - defense: (2) teammates determining ways to win through defense
 - defense: (3) back row players feeling their worth and contributions
- coverage drill
- establish other team's defense / holes → only attack those holes back-and-forth (2)
- blocking series (individual on floor, 3's on floor, boxes, full)
- box attacking (see zones, see the floor/defense, attack that spot mindfully)
- rotational defense / serve-receive philosophy and drill series
- serve-receive series (short/deep; side-to-side; float/top-spin; serve from 1 and 5)