

Competitive Drills - Christi Posey, UMKC Volleyball
Nebraska Coach's Clinic
July 25, 2012
9:30-10:30 am

9:30 Welcome, introductions, format

9:35 Discuss different ways to score drills: Timed, #, hitting %, Bonus points for Certain positions or certain situations, rotation race, stacked scoring (varsity to Jr. Varsity, front row vs. front row)

1. Doubles competition: 2 vs. 2 Narrow Court
6 teams of 2 on 1 net 2 min doubles
1st team to 15 digs- no offensive points
1 vs. 6 team 3 refs/shags
2 vs. 5 team 4 refs/shags
2. Triples with double block 3 vs. 3 Narrow Court
4 teams of 3 - use side-out scoring
3. 4 vs. 4 vs. 4 1, 2, 3 Drill
1 Tip, 2 Back Row Attacks, 3 Anything Goes
4. Serve Line, Serve Cross 2.0
1st passers to pass 3 perfect passes
Servers score anytime the passer passes less than a 2 pass
5. 5 vs. 5 vs. 5 3 segments S/MH, S/OH, OH/RS w/ Back row setter
Side A gets 5 balls: FBK +2, transition ball +1. Accumulate points each round
6. 6 vs. 6 Activate with perfect pass - play to 10
7. 22-19 Defensive Pride Drill -
Side A has 22 - may only score with stuff block or dig to convert
Side B has 19 and can score on any point
8. +8 LS 3 vs. 6
All left sides play with setter and ds, one at a time vs. 6. Play it out - if left Side scores FBK +2, any other + Total all points for each LS and calculate Hitting efficiency

9. 60 before 10 6 vs. 6
Each rotation you must earn 10 points before you can rotate - FBK =2, any Other point is =1, goal is to get thru all 6 rotations in 10 minutes

10. Iowa Drill - 6 vs. 6 1 minute on the clock
Side A receives serve and works to side out - if/when they error, Clock starts and Side B receives free balls until Side A stops them. Once Side B is stopped, clock stops and Side A receives next free ball. If Side A FBK, they move to next rotation; Side A's goal is to get to all 6 rotations before 1 minute is up

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3 vs. 4 team 2 refs/shags
1 vs. 5 team 6 refs/shags
2 vs. 6 team 1 refs/shags
3 vs. 5 team 4 refs/shags
1 vs. 4 team 5
2 vs. 3 team 6
5 vs. 6 team 2 refs
1 vs. 3 team 4 refs
2 vs. 4 team 5 refs
3 vs. 6 team 1 refs
1 vs. 2 team 3 refs
4 vs. 6 team 5 refs