



Winning The Serve and Pass Game
Nebraska Coaches Clinic 2017
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Session 1: Siding out

Winning the Serve and Pass game comes down to two things: Siding out and Holding serve
Teams that win this part of the game tend to be successful, especially at the high school level

- Pre - Practice (15-20 minutes at the beginning of every practice)

Setters set

Hitters do bands and box swings

Passers do serve receive and throw/hit and dig

-You can never serve receive too many balls!

-Work on individual jobs then put them together later. In volleyball everyone needs to do their job exceptionally well for the team to succeed

-Talk tempo - one/two is where we want to play (tape to top of pin)

Goal is to pass a 2.4 in serve receive and sideout 60% of the time

Focus on feet - fundamentals

Groom our passers - make them successful. Passing is 70% mental

We must run middle to be successful - passing a 2.4 allows us to establish middle

Once middle is established we can run pin to pin

Back to Basics - Drills to work on Feet - Passing

Butterfly - throw/mock serve/serve from multiple areas and pass from all three spots on floor

Make no error, no over-pass, no ball hits the floor (for time)

One passer, two passers

Shuffle in, shuffle out, shuffle up, shuffle back - cover all potential moves

Server and Passer 1 v 1 - serve to partner, partner passes to self then they serve to partner

Lead up to over net pepper for ball handling

3's/4's passing

Progress from one to two passers

Progress from throw, mock serve, serve

Let ball bounce between feet, catch, pass

For time or in a row - no error

Focus on feet to ball, freeze to target

Emergency moves in serve receive - partner drills

Practice for anything that could happen in a game

Shoot ball to corners, work on cutting ball off and bringing back into play

Work both directions - right foot forward, left foot forward

Angle platform, open hips, drop shoulder

What kind of serve receive is best for your team?

Must decide if you want to do a 2 or 3 person receive (or 4!)



Advantages and disadvantages to each.

2 person less communication issues, but must have solid passers

Discuss seams and responsibilities

3 person more communication issues, but less ground to cover

Easier to pass harder serves because of less movement

My preference is a 2 person receive, BUT if we do not sideout on first or second serve, I switch my kids up to a 3 person.

We have 3 to 4 different looks for every rotation and at least three options in each of those sets

You should have at least 2 different looks for each rotation

Do not be afraid to switch things up:

"Insanity: doing the same thing over and over again and expecting different results." - Albert Einstein

Serve Receive drills - change difficulty by setting a time limit or number goal in set number of attempts

Snap-Shot pass - call ball early. See ball early. Do this drill almost every day.

Servers vs Passers - vary up scoring. 10 serves, 30 points, in a row, etc... passes for time

Do drill when servers and passers are on the same team

Do drill when servers are trying to beat passers

Score the outcome - setter must be able to set a 3 or 1 or slide to get a point

Better the ball

Rapid Fire Passing - 4 servers, 3 passers, 1 target

Servers serve specific seams one after another for time

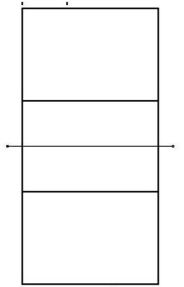
Keep track of perfect passes

Increase difficulty by putting servers on boxes inside court

10 - 3 Drill - must have 10 perfect passes before servers get 3 aces

Overpass is a point for the servers

Missed serve is a point for the passers



Team Drills that focus on Serve Receive

6 v 0 - 2 minutes per rotation, must get 8 kills - no tapes to rotate

Goal is to get through all 6 rotations in 12 minutes

Go back to any missed rotations

*Challenge your setter and change who can be set or how many times or never back to back

*Or only count when you get back to back kills as a point

Score the pass - 6 v 6

Must decide if you are looking for a first ball kill to activate points or win the rally

If the passer passes a 3 and they get a kill, then they get 3 points

If the passer passes a 1 and they get a kill, they they get 1 point

60% drill - 3 serves per rotation, must get 12 sideouts

If you can side out 60% of the time, you will be successful

Our lowest sideout percentages were 64% in two different rotations

First Ball Kill Drills - must get a first ball kill to win a point

Win the rally and you earn another chance to receive

Can only score on a FBK



Streak - how many sideouts can you get in a row
Per rotation or changing rotations

Session 2: Holding Serve

Serving Philosophy - serve hard and in - tempo 2

Work on being aggressive and not afraid of the tape - risk management

Find the other team's weak link

First thing I ask for when I contact coaches for film or a scouting report

Who is the weak passer?

Does the team struggle with short serves? Deep corners? Seams? Etc...

Create drills to work on creating those situations

Find ways to add pressure and fatigue to serving

Use elastic - every serve (short or deep) must cross between tape and elastic

Balloons - helium balloons taped to net (hit the balloon!)

Serve and Chase - change scoring - errors are not acceptable

Back2Back - must get a short/deep combo for a point

Let Serves - most let serves wins (yes, practice let serves)

Seams- people in chairs, hit the person back to zero

2 on one side, 3 on the other

Florida Serving - each person must get one serve in a zone while the team runs

Serving on the whistle - sprint sideline to sideline till you hear a whistle. When the whistle blows everyone must serve one ball in. Must get 4 in a row as a team.

30 point drill - corners are worth 3, sidelines and back are 2, short 1, let 3, middle wash. In net, back to zero, out of bounds -2.

Add pressure, time, punishments. 2 misses means you automatically lose

Serve 10 in a row, 10 short in a row, 10 in a zone in a row

All serving drills have a one song limit.

6 v 6 with focus on side out and hold serve

23-23, must side out and hold serve to win

Missed serve, net violation = auto loss

20-20, must win last two in a row, last 3 in a row

Error takes you back to 20.

Missed serve, net violation = auto loss

Score the pass vs Score the Serve

Pass: 0, 1, 2, 3 vs Serve: 0, 1, 2, 3

Mini games to 7, 11, 15, etc...

Add a bonus point for any FBK

Bonus points if you can run middle or RS

No points for OH kill

2 touch only

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Favorite SkyHawk Drills

***Try to end practice with something fun and competitive**

***Drills are only as good as the focus you place within them**

1. Dirty Swedish
2. Treasure Chest
3. Baseball
4. Streak (in and out of system)
5. Bingo Bango Bongo
6. Speed Ball
7. Queens
8. Under the Net Volleyball (aka Butt ball)
9. Soccer (warm up game)
10. Hockey
11. Neville's Pepper
12. Steal the Bacon
13. Green Ticket
14. Tug o' War
15. Riding Time
16. Activate - Terminate
17. 2:00 Drill
18. 2 touch
19. Vegas 21
20. All or None

