

Terri Neujahr  
Waverly High School  
Head Volleyball Coach  
[terri.neujahr@district145.org](mailto:terri.neujahr@district145.org)  
402-890-8880 cell



## 2022 NCA Clinic “All Things Fundamental”

- ...to on-court success in Volleyball
- Important skill and drill considerations
- What leads to the most scoring/most scored points - what correlates to winning?
  - SoloStats Analysis - 20 million stat entries analyzed: D1 to Club 12's)
  - 13+ different categories
    - Positive Correlations
      - Whoever Scores the most points wins (Well, duh!)
      - Side Out% (PSH or DSH)
      - Kills
      - Aces
    - Negative Correlations
      - High Serve-Receive Errors
      - High Dig Errors
      - High Serve-Receive Attempts (means the opponent is serving longer - again, duh)
      - Kill Errors

**IF all this is TRUE, then it makes sense to spend more time on these things that Positively correlate to WINNING. The elements of these are:**

- passing/S/R/digging
- OOS balls - either by the setter OR another player
- Attacking - to different spots/tempo
- Serving

**So, Volleyball is STILL a serve-pass-OOS game.**

### Other thoughts:

- Assume your players do NOT know what you want them to do. Script EVERYTHING and be clear about it.
- CHOOSE A SINGLE FOCUS for every drill that players and coaches KNOW they are working on. Make the focus SMALL and DETAILED.
- Drills do NOT have to be complicated or time-consuming long. Find simple things that teach what YOU want to teach and then rep them out.

**Whatever you do, have a philosophy about it. Reasons that you do one thing and not another.**

- Kids going from club to High School and back have different coaches with different teachings
- Kids are smarter than what we think - THEY have opinions on what works and what doesn't. THEY have their own philosophies on techniques.
- Often it can be argued that one way may not be better than another, BUT having a philosophy - reasons why you would like it done a certain way - that is KEY.

## 9:00-9:35    **Passing/Platform/Angle**

Foot Placement - Balance - Shoulders - Spacing

### **1. Clock Passing**

- Platform Angle
- Clearing the Hip
- One Shuffle Back

### **2. Movement Pasing**

- In-Out
- Up to Straight Back
- Up to Angle Back
- Back to Up and Shuffle Around

### **3. Pairs Ball Handling**

- Common way to begin practices
- Have a minimum of 3 variations that you can easily add in per week to keep it fresh.
- **Pairs:**
  - Pass - Close - Regular - Side - 90 OOS, Back
  - Set - Close - Regular - Side - OOS - Jump - Back
    - Can do these one contact or 1-2
  - **Other Pairs Assignments**
    - Dig on Knees
    - Drop and Drive
    - Dig High
    - Skins - Chase
    - Kayla Dig
    - Fire Hydrant/Clear the Hip
    - Pancake
    - Collapse - Sprawl - Roll
    - Pepper - All the variations
  - **Two's End Line**
    - Self Pass to Net and.... Pass, Side, Back.... To Partner
    - Self Set to net and..... Set, OOS, Jump. Back.... To Partner
    - Tip, Roll, Jump and Power Tip, Hit Back
  - **China**
    - Pass and Pass Over/Under
    - Set and Set Over/Under
    - Roll Shot and Dig
    - Jump and Roll and Dig
    - Dig the Net and Roll
    - Approach and Hit

#### 4. **Box Serve and Pass for Serve Receive Platform Work**

- Footwork is still KEY
- Shuffle and Angle Pass
- Clear your Hip
- CALL THE BALL EVERY TIME
- HOLD - CHECK - CORRECT
- Variations
  - Straight - Cross - Shoulder
  - Box Depth changes things
  - Erbe - Pairs - Timed
  - Non-Negotiables in Serve-Receive
    - Everybody Talks, Moves, Goes to the Line

#### 9:35-9:50 **Serving**

Foot Placement - Weight Distribution/Balance - Serving Arm/Hand Placement, LIFT, shift, ball strike

##### 1. **Practice the LIFT**

- Straight up - Straight down
- Ball should land in front of hitting shoulder and toe

##### 2. **One-Foot Serving**

- At 10' Line
- Hand/Palm is FLAT
- Errors in BALANCE and DIRECTION often indicate a poor LIFT

##### 3. **Serving Warm-Up**

- Partners - Back up one step every time the ball goes over the net
- One-Foot or Two-Feet
- When you get to about 25', use all balls and no more partner serve

##### 4. **Jump-Float**

- Jump Float: Left-Lift.. R-L JUMP Hit. Tempo like dance steps. Have the kids SAY this. Have them CLAP this.
- When first learning it, start closer

##### 5. **Types of serves we practice: Key is to MAKE THEM MOVE**

- Maroon Line
- Sideline
- 5 to 5, 1 to 1
- 5 to 4, 1 to 2
- Seams
- Push Serve and In-Front Serve

##### 6. **Circle Serve**

- Timed Drill that is also conditioning. Varsity has 8 minutes to get "X" number in each spot. JV/Reserves have a different number generally
- Side Courts: Dots at a certain spot - 1 - 5 - seams - sideline - etc...
- Middle Court: Dots are short serves

## **10:00-10:30 Attacking/OOS**

Beth Launier: University of Utah Head Coach: a GOOD team plays “in system” about 60% of the time *OUT OF S/R*. “Average” teams, then, are less than that, and perhaps its 40-50% in system, which means **60% OUT of System! And, off of a DIG its even MORE.**

THUS, we spend a LOT of time on OOS and the different parts of it.

- DIG to HIGH 10-Foot
- Everyone trains to platform and hand-set to 4x4 OOS to a pin

### **1. Dig-Set**

### **2. Footwork**

- 3-Step, 4-Step, JOG and approach
- Slow or WAIT or HOLD to fast/ACCELERATE!!
- Big - Smaller - Smallest
- ARMS to jump

### **3. Armswing**

- Throw a squishy ball
- Throw a football
- Foot Placement - Weight Shift - Drag the Toe
- Arms: Elbow/Hand High, LEAD with Elbow
- Finish with ABS - FEEL the tightness in your abs
  - Rounded shoulders
  - Finish over the top
- On a BOX or on the FLOOR
  - Placing the Ball
    - Deep Shot
    - Cut
    - Tool High Hands
    - Tool Out
    - 70
- Use DOTS for areas or BLUE TAPE

### **4. OOS Attacking off Coaches toss:**

- Find your 90
- Slow or WAIT to fast
- Swing CROSS
- Swing LINE

### **5. OOS with a passer**

- Passer is middle of the court - C toss
- Passer is LB or RB - C Toss
- Go off a bounce ball

### **6. Tooling the Block/Attacking areas of the court**

- The Block is your FRIEND - USE IT!!!
- Pool Noodles to simulate - BIG Block vs. SMALL Block

## **10:30-10:50 Drills**

### **1. Tips and Rolls**

- TRAIN what you want them to be able to do - Donut, Over the Block, Off Blocker, Power Throw, Dumps of all kinds
- 6x6 4 or 6 FB Drill.
- Any kind of Tip or Roll shot OR define what you want to work on...
  - Pins can only tip over block, wipe the block, throw the line, 70 roll, ....
  - Middles can only tip to donut, 2 or 4 sideline, power throw 1 and 5....
  - Setters can only dump to donut, 2, 4, shoot 1 or 5
  - Backrow can only roll donut to 10'line
  - Or any other variation you are working on
- Can also be a DEFENSIVE focus to this drill
  - Even though you KNOW its Tips and Rolls you CANNOT be out of BASE
  - T and R helps to define who has what ball
  - Watching FW to defense and body positioning

### **2. Columbus**

- Define which balls and WHERE you want them to attack
  - EX: You can put the number of times you want certain players to GET these as well
    - OH - hitting line or deep cross
    - RS - cutting to 2, tool the block
    - M's - hitting A's to area 5, B's to area 1
    - S's - jump set dumping to donut
- Can do this as a mini-game OR 4-6 FB's and wash out

### **3. Xontro/Cilantro**

- SECRET 6x6 game that you can do out of S/R OR FB's
- Each side has certain things they need to accomplish, and both sides are different
- Great drill for unevenly matched sides
  - Example for Varsity Side:
  - OH's: 2 kills line/tool, 2 kills deep cross
  - RS: 2 kills line/tool, 1 tip/offspeed kill
  - M: 2B's: 1 Kill to 1-6, 1 tip kill to 2/donut.
  - S: 1 dump to 4 or 5
  - 12 Digs, 2 OOS kills anywhere