

Building Fundamentals on the Court

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All skills the first step is teaching the technical side - how to position hands, feet, body.

Then we start to add movement side-to-side, forward, backward, at an angle... then make it game like.

Passing

2 options for hand position

Focus on arms away from the body - freezing to the target

No elephant trunks - no tennis players.

Butt back - you aren't sitting on a stool

Create space between your body and your arms.

Common corrections - younger players want to SWING their arms or will tuck their butt under

- Use a small beach ball or volleyball under their shirt to prevent them from passing so tight on their body.

Favorite Passing Drills

- Passing progression
 - On Knee: Throw -> Catch -> Pass
 - Standing: Throw -> Catch -> Pass
 - Downball -> Pass
- Side to Side and Short Deep – usually we go for time 45 seconds then rotate.
 - Groups of 4 work best.
 - Side to Side – the hitters need to be a good distance apart. Hit before the digger gets to the spot. Stay low and shuffle between.
 - Short-Deep – the hitters need to be close together. The short ball is like a tip. The deep ball you can decide how they take the ball either with their hands, in their midline, or turn and go get it.
- Digging with a chair
 - Focuses on keeping the space needed to dig between your arms and your body.

Setting

Use trigger words - "window" "press" "freeze"

Right foot always forward

Common corrections - younger players want to swim like mermaids or follow through like a basketball shot.

Favorite Setting Drills

- Setting progression - start from a seated position - focus on hands - then add the feet
- Tennis ball + cone
 - Great way to work on players getting their feet to the ball and be in good position to set

Combination: Passing and Setting

- Weave - stay on the same side - can progress to switching sides.
 - Passing only
 - Setting only
 - Pass - set - tip/roll
 - Pass - set - hit
- Dig-Set
 - 3 passers in "defense" - one hitter in middle front.
 - Hit at girl in MB - the person to her right (RB) sets her ball to a pin (goal of 5' off and 5' in - a good out of system ball)
 - Hit at the girl in LB - the person to her right (MB) sets her ball to a pin
 - Hit at the girl in RB - the person to her right (LB) sets her ball to a pin
 - **Repeat the pattern.** Can go for time, number of times around, or number of goods
- Triangle Drill - Groups of 3-4 - thrower, pass, set, shagger
 - First round setter should catch in window
 - Second round they can set to the target (shagger)
- Circle Drill - groups of 3-4 - thrower, pass, target, shagger
 - Round 1 -> Throw from opp. side of net - pass to a target (setter catch in window)
 - Round 2 -> Round 1 then target hits it back to the digger - pass to a target
 - Round 3 -> Round 2 then target sets ball for the digger to back row attack
 - Round 4 -> Round 3 then thrower digs the hit and the extra shagger sets (repeat rd 3)

Building Fundamentals in the Classroom

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You have all these drills you write them down...now what?

Organize....find a system that works for you.

We have a Google Sheet that houses all of them.

We can link videos.

Separate tabs for each skill so that if you want to quickly find a drill that focuses on serving they are all together.

Helps a lot to keep practice fresh- as we all know we get in a rut and do the same drill on repeat.

Even include conditioning ideas.

Use your resources....we get a lot of ideas from Instagram.

@morethanwinsvb

@dan.meske

@natkevolleyball

@premieracademy

Follow other high school programs.