

Winning With What You've Got

NCA Coaches Clinic 2024

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Use Your Personal Strengths

Use Your Assistant Coaches

Good Cop/Bad Cop

Specific Coaching Roles

Assistants Help Plan Practice (Google Docs)

Put Team Members in Places to Succeed

Are my best volleyball players on the court and in places to succeed?

What defense works best with my players?

Are my best defensive players in the spots where our opponents hit the most?

What offense works best with my players?

Do I have players that can make aggressive attacks when we are out of system?

Where do I put my miniature ponies?

Outline Specific Responsibilities for Each Player/A.K.A the Blame Chain

All Players: Responsible for bettering the ball

Passers: Cannot get aced, need to put something up in the air

Setter: Must be able to put a hittable ball up for one of our hitters (1/2 way to the net, straight up on 1's)

Help Setters (Anyone close to an errant pass): Must put up a hittable ball to an outlet hitter

Hitters: Must better the set and put the other team on the defensive, swing to kill, no easy shots

Blockers: Must not get tooled between hands and must seal the net

Servers: Must take other team out of system

Defenders: Must go for everything, defend your patterns

Coach: Must train team for all situations that occur and should admit shortcomings

Provide as much constructive feedback as possible

Skills must be practiced, never assume they can do it (practice weird angles and situations)

Have a game plan for each team (scout, plan, and practice your plan)

Look ahead and practice stopping opponents strengths (start early--comfort = confidence)

Teach the Psychological Crap

Work on the Mental Side of Sports (dealing with pressure, positive thinking, etc.)

No Drama Policy

Parent Relationships

Plan a Good Practice

Keep things moving, keep it fun

Serve receive 2x (once skill, once team)

Conditioning (Tabata style, mixed in throughout practice)

Practice out of system

Have kids grouped before practice starts

Have a plan for drill stoppers in scrimmage drills

Make and keep a drill book (we use a Google Spreadsheet)

Sample St. Paul Practice Plan

15 Minutes: Dynamic Warm Up/Shoulder Bands/Partner Warm Up/Ball Control Drills

Seniors lead dynamic warm up and start on time every day

We do a rotation of injury prevention drills (usually using bands)

Partner ball warm up—often with a specific focus (cross body, thumb down, passing angle...)

Finish with an NCA Clinic drill (Gwen Series, China Drill, Colorado State Pepper Series)

5 Minutes: Corner Up (announcements, goals for today, long term/short term things to think about, feedback)

10-15 Minutes: Team ball control drill (sometimes setters begin warm up on side court)

Cross Court Pepper

Narrow Court Pepper

Pursuit Doubles

Kamikazee 4 v. 4

3 v. 4 Backrow Attack

10 Point Game

20-30 Minutes: Stations (2x10, 2x15 or 3x10 minute) for Fundamental Skill Work

Grouping Ideas:

By Position (Outsides/Liberos do serve and pass; Middles/Setters work offense)

By Offense/Defense (middles/setters on one court, backrow/off blocker practice on the other)

By Back Row Positions (left backs/middle backs on one court; right back/middle backs on other)

By Varsity/JV/C (JV scrimmages C team while varsity works offense or defense)

10-20 Minutes: Small Group Serve and Pass

Target-Serve-Pass (1 passer, 2 passer, 2 passer with attack down the line)

Passing Points Individual Drill

Another good time for a setter station

15-20 Minutes: Team Drill #1

+5 Defense

Bongo

10 Before +10

BOMRS

10-15 Minutes: Combination Skill Drill (Attacking, Serve and Receive)

Passing Queen

Lose Your Balls

10 Before 4

Kill 25

3 Before 3 In a Row

Unnamed But Good Hitting Drill

7 Before 3

Hitter v. Hitter

15-20 Minutes: Team Drill #2

Downball Derby 3-2-1

Passing Points Team Drill

50 Point Game

Impossible Game

5-10 Minutes: Serving Drill or other fun drill to get out of practice

Serving Points

Ace the Liberos

Serving Streaks

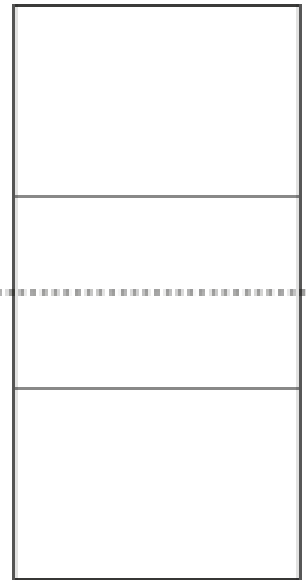
Beat (or Ace) the Coaches

Serving Derby

St. Paul Volleyball Drills

Cross Court Pepper

Set Up: 5v5 or 4v4, all players rotate when the ball crosses the net
Variations: Cooperative or competitive, hit angle, hit line, hit right, setters can stay



Pursuit Doubles

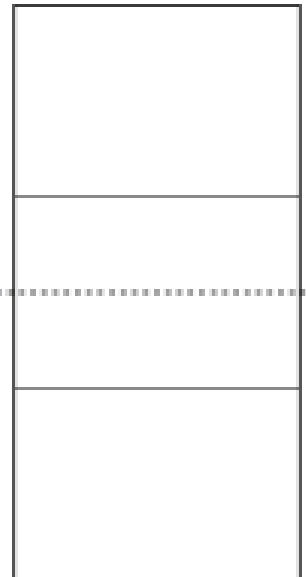
Set Up: 2v2 queen of the court, coach initiates tough ball to queen side, they have 2 hits 1st time
Variations: No short tips, no open hand tips, have queen side serve

3 v. 4 Backrow Attack (or 4 v. 5)

Set Up: Serving team has 3 back row players, receiving team has 3 back row players and front row setter. Each player on serving team serves 2 balls, play best of 7
Variations: Add middles on each team to work on blocking, allow middles to attack

Narrow Court Pepper

Set Up: Mark court $\frac{1}{3}$ wide, 2v2, players flipflop when ball crosses the net
Variations: Cooperative/competitive, jump pepper, tip pepper, play diagonally ($\frac{1}{2}$ court wide)



Kamikazee 4v4

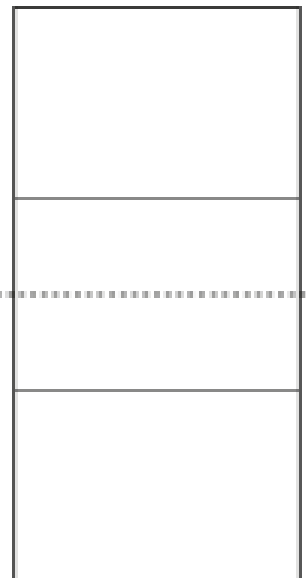
Set Up: 4v4, players in the four corner positions of court, rotate every 1:30
Rules: Only back row players can set, hitters cannot hit to the 6 zone

10 Point Game

Set Up: 2 passers (5&6 zones), 1 blocker, 1 setter (stays entire game), others serve/dig
Rules: Server serves zone 5 or 6 then runs in to dig, whoever passes must get set, 1 (or more) player scores each rally, all players (except setter) rotate, first player to 10 wins

Target-Serve-Pass

Set Up: 4v4 or 5v5, 1 (or 2) passer(s), 1 (or 2) server(s), 1 target, 1 shagger/talker
Variations: 2 passers (practice seams), add set to a target, add set to 5 zone passer who hits down the line (first team to 3 kills down the line wins)

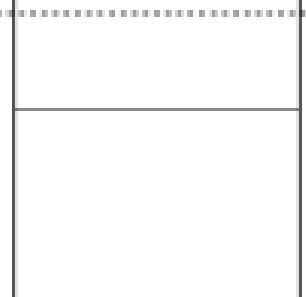


Passing Points Individual Drill

Set Up: Server on a box (rotate every 1:00), passers in one line starting in 1 zone
Rules: Coach scores each pass on 3-pt. scale, passer stays on until a 0 pass, if she gets to +15 without a 0, she rotates to 6 zone next turn, if a 0 she starts over

+5 Defense (or 10 Before +10)

Set Up: Team of 6 on defense v. 3 hitters & setter
Rules: Coach toss to setter, she can set any hitter, defense must dig/transition/overhand attack to score +1, hitting team may block but we do not dig, need +5 to flip flop/wave through
Variations: Defense needs to get +10 (+3 for MB attack, +2 for RS attack, +1 for OH attack) before offense gets 10 kills.



Bongo

Set Up/Rules: 6v6, Coach initiates downball to right back player, play it out. If defense wins rally, next ball is hit to middle back player, if not, other team starts with right back digger, etc. To score a point, team must convert dig from all 3 b-row positions, a chaser, and serve a point. We flip-flop every 3 minutes if no points are scored.

BOMRS

Set Up/Rules: 6v6, tape letters B-O-M-R-S to both back walls, first team to get all letters down wins. Alternate freeballs or downballs, if a team gets a kill, they get to take down the corresponding letter (B=Back Row kill, O=OH kill, M=MB kill, R=RS kill, S=Setter kill). If a team gets a stuff block they decide which opponent letter to put back up.

Passing Queen

Set Up: 3 passers and coach as target, all others are serving

Rules: If a player gets a perfect pass (coach decision) she earns a letter for herself. If she gets aced or passes a 1 pass she gets replaced by the server. If a serve falls in a seam BOTH players are replaced (server brings a friend). Coachspeak is "Letter," "Wash," or "Switch."

10 Before 4 (or 3 Before 3 In a Row)

Set Up: 3 passers and coach as target, all others are serving

Rules: Passing team needs 10 perfect passes before servers get 4 aces (we count overpasses as 1/2 an ace and two consecutive missed serves = a perfect pass)

Variation: Passing team needs 3 perfect in a row before servers get 3 aces overall.

7 Before 3 (or Lose Your Balls)

Set Up: 3 passers, 1 setter, 1 middle hitter v. servers

Rules: Passing team must pass well enough to set middle who scores +1 with a kill
Server scores +1 for an ace and can keep offense from scoring by digging MB attack.
Offense must get 7 kills before giving up 3 ace serves.

Variations: Score 1/2 point for back row kill (if pass doesn't all MB attack).

Lose Your Balls: Each server starts with 3 or 4 balls in her cache. If she gets an ace or a dig, she puts the ball in the cart. Offense needs 7 kills before any server loses all her balls.

Unnamed But Good Hitting Drill

Set Up: 3 OHs (1 blocking opp. side of net), 3 RSs (1 blocking opp. side), setter, diggers in 1 zone and 5 zone, shaggers (MBs can play OH or RS or add a double block)

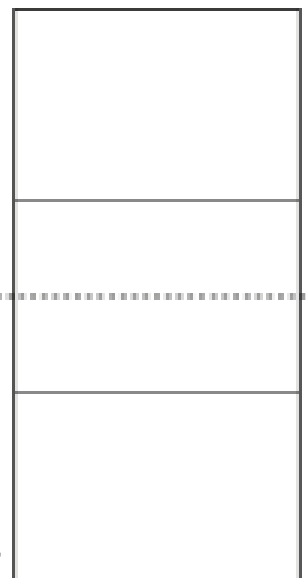
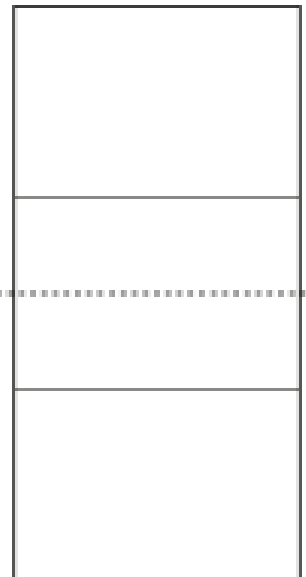
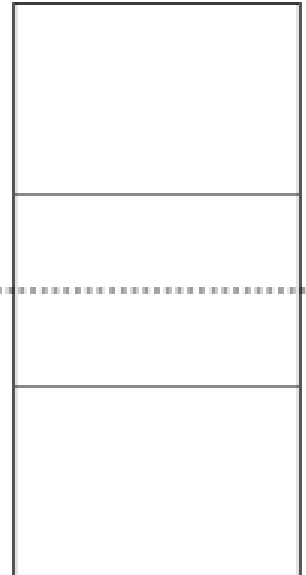
Rules: Toss or pass to setter, alternate sets to OH and RS, player must hit 5 zone or 1 zone
If player gets a kill, she earns a point, if she is dug or hits to 6 zone, she flip-flops with the other hitter in her line. If she makes an error, she rotates with blocker from her group.

Play for time (12-15 minutes), highest score wins.

10 Swings (Hitter v. Hitter)

Set Up: Team of 6 v. 2 (or 3) hitters and setter

Rules: Coach toss to setter, she sets hitter who scores up to 3 points each swing based on quality of block dig (+3 for a kill, +2 if defense digs & can only set OH, +1 if def. can set OH or RS, +0 if defense gets a block or can dig to run MB). Player A gets 3 sets, then B gets 3, then repeat (A gets 3 B gets 3), then A gets 2 B gets 2, then repeat. Most points after 10 swings wins.



Downball Derby 3-2-1

Set Up/Rules: 6v6, coach tosses to right back player x2, middle back player x2, left back player x2, then repeats with other team. Every rally begins with a downball, then play it out. Scoring: +3 if defending team digs to kill on first chance, +2 if downballing team converts their first chance, +1 for any team that wins rally after that.

50 Point Game

Set Up/Rules: 6v6, start play with serve. Served ball = +3 points plus two free balls to the winning team. Each free ball is worth +1. Then other team rotates and serves. Play to 50. Variation: Served ball is worth +5 points and 5 free balls to winning team. Play to 100.

Passing Points Team Drill

Set Up/Rules: 6v6, start play with serve. Coach must rate the serve reception (0-3) which determines how many points each team can score during that play. For example, if Team A serves and Team B passes a 2-rated pass, Team B scores 2 points if they win the rally and Team A can score 1 if they win the rally. In the same scenario if Team B shanks a pass (coach rates it as a 0) but wins the rally, they score 0 points but so does Team A. Whichever team wins the rally GETS TO RECEIVE the next serve. Losing team rotates and serves. Go to 25.

Impossible Game

Set Up/Rules: 6v6, usually uneven teams (JV v. Varsity). Varsity must win received ball, defend two free balls, and serve JV out of system for +4. JV scores +1 for any rally they win. For example: JV serves at varsity, varsity must side out or JV scores and serves again. If varsity wins the serve/receive rally, the JV gets a free ball, if JV wins it, they score +1 and go back to serve again. If varsity wins the free ball point, JV gets another, if varsity wins that one also, varsity gets to rotate and must serve JV out of system (1-rated pass or lower).

Serving Points (or Serving Streaks)

Set Up/Rules: Mark zone(s) on court you want players to work on. Players keep their own individual score. Scoring is +2 for serve to zone, +0 for serve that is in bounds but out of zone, -1 for error. Play to +10 or highest score during time limit.

Variations: Play with a partner/shagger, players switch roles every 1:30 or 2 minutes but keep score together.

Serving Streaks: Same set up but players need 3 serves in a row to zone, or keep track to player or team with the longest streak of serves to zone.

Serving Derby

Set Up: Divide team into equal pools of 4-5 players and set up a pool schedule. (1v5, 2v4, 1v3, etc.). Play is 1v1 and each player chooses another girl as her target.

Rules: Score begins at 22-22, rock-paper-scissors for first serve. Server scores if she aces the lone passer (ace means passer's target cannot catch ball). Passer scores if her target catches the ball. Whoever scores gets to serve next and play continues until someone wins by 2.

Ace the Liberos

Set Up: 1 Libero (and 1 coach/manager as target) on each 1/2 court, all others are serving
Rules: Servers must get 1 (or more) aces against each Libero (ace means target could not catch [or touch] the passed ball). First to ace all Liberos wins the drill

